



USA



# PARIS SAINT-GERMAIN US DEVELOPMENT ACADEMY

2021-22 SEASON

**U13-U16**

SOCCKER CURRICULUM

# PARIS SAINT-GERMAIN US DEVELOPMENT ACADEMY

U13 CATEGORY



USA



### 1. PROGRAM AND TRAINING SCHEDULE

- Program from August to May at the PSG Academy USA Campus with the PSG Academy Coaching Staff.
- 5 practices per week: Monday - Friday (Equivalent to more than 500 hours of practice throughout the season)
- Minimum 1 game each weekend (friendly games, leagues, tournaments)



### 2. DEVELOPMENT OBJECTIVES OF THE AGE-GROUP

- Develop individual and collective technique
- Develop collective tactical concepts: Attack (Switch point attack, Support), Defense (Shift, Cover)
- Initiate the specific physical condition
- Develop specific training by positions
- Initiate soccer formations playing 11v11 / 1.4.3.3 and variants (PSG Game Model)
- Develop Set Pieces Plays
- Show high competitive performance in elite tournaments: Weston Cup, ICEF Cup or MIC Football USA or PSG Academy World Cup



### 3. PLAYER DEVELOPMENT & EVALUATIONS

- Player Assessment Report by term (November, February and May)
- Team evaluation
- Identify and analyze individual weaknesses and areas of improvement



U13 CATEGORY



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#### 4. CURRICULUM (TRAINING CONTENTS) - BY TERMS

During each term, training sessions will consist and be structured in the following soccer concepts and categories

- Phase of the game
- Game principle
- Technical
- Physical
- Perception / Tactical
- Mental

The specific contents of each soccer concept and category will be communicated to the families at the beginning of the season and at the beginning of each cycle.

#### PSG US DEVELOPMENT ACADEMY WEEK STRUCTURE EXAMPLE

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OBJECTIVES</b>	Recovery (2 groups)	- Game analysis - Individual training	Strenght & Conditioning	Game Model	Activation Mental Preparation	Rest Day	Game
<b>CONTENTS</b>	- Injury prevention routine - Physiotherapy / Cardio - Conditioning - Technical - Tactical (perception & games)	- Video analysis - Theoretical session - Individual programs: • By positions • Speed & Agility • Individual aspects • Mental preparation	- Prevention routine - Strength & Conditioning - Technical - Tactical (perception & games)	- Technical - Tactical (perception & games) - Game situations - Games	- Speed - Technical - Tactical (perception & games) - Set pieces plays		Pre-game Game
<b>DURATION</b>	120 min	120 min	120 min	120 min	120 min		120 min



#### 5. ADDITIONAL PARIS SAINT-GERMAIN DEVELOPMENT ACADEMY PLAYER BENEFITS

- Available upon request: Nutritionist, Physical Therapist, Podiatrist
- Video analysis and game analysis
- Injury prevention and recovery programs
- Speed and agility training
- High performance Clinics
- Pro Development Program



**U13 CATEGORY**



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## 6. COMPETITION MODEL

Our Development Model is based on training sessions, but we also think that competition is very important for players to evolve and improve. We believe that “the game is the best practice”.

Also, during games, players have the opportunity to show their evolution and their competitiveness.

We choose the most suitable competitions for the development of the players and those that will give more opportunities to be exposed to scouts and coaches

For this stage we have chosen the EDP Development Model because that model provides the best developmental pathway in support of each player's journey/project.

This model properly prepares players for more competitive leagues, like the Florida Academy League and USYS National League, the next level of youth soccer.

Participation in the main tournaments in south Florida and out of state:

- EDP League
- State or Presidents Cup
- ICEF Cup
- MIC Football USA
- The Dimitri Cup
- Weston Cup
- Miramar Cup
- Miami Cup
- PSG Academy World Cup



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## 7. BI-MONTHLY EDUCATIONAL PARENT MEETINGS

By-monthly educational parents' meetings:

- Players' development process
- Parents guidelines
- Nutrition
- Positive Soccer environment
- Educational lectures



## 8. PARIS SAINT-GERMAIN DEVELOPMENT PATH TO REACH THE NEXT LEVEL

The Paris Saint-Germain US Development Academy brings the style of excellence and professionalism of a European football Academy to the United States.

The long-term development of players is our main focus. Therefore, we offer a strong development pathway where players grow and progress through different age categories, with a clear youth to professional path that will enable them to reach the top level.

Throughout the season and their time at PSG US Development Academy, they are immersed in a professional environment with top level competitions, exposure opportunities and access to a complete staff featuring college and soccer advisors.

These experiences lead them to have the best chances of reaching the next level such as playing for the Academy's elite youth teams and the Academy's premier team, FC Miami City, a fully affiliated USL club. As part of the Development Academy's global soccer network, they also have the opportunity to accelerate their development at one of our Residency Academies and professional clubs in the U.S, Europe and around the world.

**DISCOVER MORE ABOUT ALL THE OPPORTUNITIES**



**U13 CATEGORY**



**USA**

# PARIS SAINT-GERMAIN US DEVELOPMENT ACADEMY

U14 CATEGORY



USA



### 1. PROGRAM AND TRAINING SCHEDULE

- Program from August to May at the PSG Academy USA Campus with the PSG Academy Coaching Staff.
- 5 practices per week: Monday - Friday (Equivalent to more than 500 hours of practice throughout the season)
- Minimum 1 game each weekend (friendly games, leagues, tournaments)



### 2. DEVELOPMENT OBJECTIVES OF THE AGE-GROUP

- Develop individual and collective technique
- Develop collective tactical concepts: Attack (Switch point attack, Support), Defense (Shift, Cover)
- Initiate the specific physical condition
- Develop specific training by positions
- Develop soccer formations playing 11v11 / 1.4.3.3 and variants (PSG Game Model)
- Develop Set Pieces Plays
- Show high competitive performance in elite tournaments: Weston Cup, Dimitri Cup, ICEF Cup and State or President's Cup



### 3. PLAYER DEVELOPMENT & EVALUATIONS

- Player Assessment Report by term (November, February and May)
- Team evaluation
- Identify and analyze individual weaknesses and areas of improvement



U14 CATEGORY



USA





#### 4. CURRICULUM (TRAINING CONTENTS) - BY TERMS

During each term, training sessions will consist and be structured in the following soccer concepts and categories

- Phase of the game
- Game principle
- Technical
- Physical
- Perception / Tactical
- Mental

The specific contents of each soccer concept and category will be communicated to the families at the beginning of the season and at the beginning of each cycle.

#### PSG US DEVELOPMENT ACADEMY WEEK STRUCTURE EXAMPLE

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OBJECTIVES</b>	Recovery (2 groups)	- Game analysis - Individual training	Strenght & Conditioning	Game Model	Activation Mental Preparation	Rest Day	Game
<b>CONTENTS</b>	- Injury prevention routine - Physiotherapy / Cardio - Conditioning - Technical - Tactical (perception & games)	- Video analysis - Theoretical session - Individual programs: • By positions • Speed & Agility • Individual aspects • Mental preparation	- Prevention routine - Strength & Conditioning - Technical - Tactical (perception & games)	- Technical - Tactical (perception & games) - Game situations - Games	- Speed - Technical - Tactical (perception & games) - Set pieces plays		Pre-game Game
<b>DURATION</b>	120 min	120 min	120 min	120 min	120 min		120 min



#### 5. ADDITIONAL PARIS SAINT-GERMAIN DEVELOPMENT ACADEMY PLAYER BENEFITS

- Available upon request: Nutritionist, Physical Therapist, Podiatrist
- Video analysis and game analysis
- Injury prevention and recovery programs
- Speed and agility training
- High performance Clinics
- Pro Development Program



U14 CATEGORY



USA



## 6. COMPETITION MODEL

Our Development Model is based on training sessions, but we also think that competition is very important for players to evolve and improve. We believe that “the game is the best practice”.

Also, during games, players have the opportunity to show their evolution and their competitiveness.

We choose the most suitable competitions for the development of the players and those that will give more opportunities to be exposed to scouts and coaches

For this stage we have chosen the EDP Development Model because that model provides the best developmental pathway in support of each player's journey/project.

This model properly prepares players for more competitive leagues, like the Florida Academy League and USYS National League, the next level of youth soccer.

Participation in the main tournaments in south Florida and out of state:

- EDP League
- State or Presidents Cup
- ICEF Cup
- MIC Football USA
- The Dimitri Cup
- Weston Cup
- Miramar Cup
- PSG Academy World Cup
- Miami Cup



U14 CATEGORY



USA



## 7. BI-MONTHLY EDUCATIONAL PARENT MEETINGS

By-monthly educational parents' meetings:

- Players' development process
- Parents guidelines
- Nutrition
- Positive Soccer environment
- Educational lectures



## 8. PARIS SAINT-GERMAIN DEVELOPMENT PATH TO REACH THE NEXT LEVEL

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**DISCOVER MORE ABOUT ALL THE OPPORTUNITIES**



**U14 CATEGORY**



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# PARIS SAINT-GERMAIN US DEVELOPMENT ACADEMY

U15 CATEGORY



USA



### 1. PROGRAM AND TRAINING SCHEDULE

- Program from August to May at the PSG Academy USA Campus with the PSG Academy Coaching Staff.
- 5 practices per week: Monday - Friday (Equivalent to more than 500 hours of practice throughout the season)
- Minimum 1 game each weekend (friendly games, leagues, tournaments)



### 2. DEVELOPMENT OBJECTIVES OF THE AGE-GROUP

- Master individual and collective technique
- Develop collective tactical concepts: Attack (Break lines, Play in the intervals), Defense (Pressure)
- Develop the specific physical condition
- Develop specific training by positions
- Develop soccer formations playing 11v11 / 1.4.3.3 and variants (PSG Game Model)
- Master Set Pieces Plays
- Show high competitive performance in elite tournaments: MIC Football USA, IMG Showcase or Weston Cup and State or President's Cup



### 3. PLAYER DEVELOPMENT & EVALUATIONS

- Player Assessment Report by term (November, February and May)
- Team evaluation
- Identify and analyze individual weaknesses and areas of improvement



U15 CATEGORY



USA



#### 4. CURRICULUM (TRAINING CONTENTS) - BY TERMS

During each term, training sessions will consist and be structured in the following soccer concepts and categories

- Phase of the game
- Game principle
- Technical
- Physical
- Perception / Tactical
- Mental

The specific contents of each soccer concept and category will be communicated to the families at the beginning of the season and at the beginning of each cycle.

#### PSG US DEVELOPMENT ACADEMY WEEK STRUCTURE EXAMPLE

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OBJECTIVES</b>	Recovery (2 groups)	- Game analysis - Individual training	Strenght & Conditioning	Game Model	Activation Mental Preparation	Rest Day	Game
<b>CONTENTS</b>	- Injury prevention routine - Physiotherapy / Cardio - Conditioning - Technical - Tactical (perception & games)	- Video analysis - Theoretical session - Individual programs: • By positions • Speed & Agility • Individual aspects • Mental preparation	- Prevention routine - Strength & Conditioning - Technical - Tactical (perception & games)	- Technical - Tactical (perception & games) - Game situations - Games	- Speed - Technical - Tactical (perception & games) - Set pieces plays		Pre-game Game
<b>DURATION</b>	120 min	120 min	120 min	120 min	120 min		120 min



#### 5. ADDITIONAL PARIS SAINT-GERMAIN DEVELOPMENT ACADEMY PLAYER BENEFITS

- Available upon request: Nutritionist, Physical Therapist, Podiatrist
- Video analysis and game analysis
- Injury prevention and recovery programs
- Speed and agility training
- High performance Clinics
- Pro Development Program



**U15 CATEGORY**



**USA**



## 6. COMPETITION MODEL

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Also, during games, players have the opportunity to show their evolution and their competitiveness.

We choose the most suitable competitions for the development of the players and those that will give more opportunities to be exposed to scouts and coaches

For this stage we have chosen the EDP Development Model because that model provides the best developmental pathway in support of each player's journey/project.

This model properly prepares players for more competitive leagues, like the Florida Academy League and USYS National League, the next level of youth soccer.

Participation in the main tournaments in south Florida and out of state:

- USL Academy League & Cup
- EDP League
- State Cup
- ICEF Cup
- MIC Football USA
- The Dimitri Cup
- Weston Cup
- Miramar Cup or Jefferson Cup
- Miami Cup
- IMG Showcase



**U15 CATEGORY**



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## 7. BI-MONTHLY EDUCATIONAL PARENT MEETINGS

By-monthly educational parents' meetings:

- Players' development process
- Parents guidelines
- Nutrition
- Positive Soccer environment
- Educational lectures



## 8. PARIS SAINT-GERMAIN DEVELOPMENT PATH TO REACH THE NEXT LEVEL

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# PARIS SAINT-GERMAIN US DEVELOPMENT ACADEMY

U16 CATEGORY



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### 2. DEVELOPMENT OBJECTIVES OF THE AGE-GROUP

- Develop individual and collective technical concepts
- Develop specific tactical concepts of soccer: Attack (Width/Depth/Support), Defense (Compact, Structure)
- Develop Specific Coordination and motor skills
- Develop specific training for Goalkeepers
- Develop soccer formations playing 11v11 / 1.4.3.3 and variants (PSG Game Model)
- Know the rules of the game
- Develop Set Pieces Plays
- Show competitive performance in elite tournaments: Weston Cup, MIC Football USA, & State or President's Cup



### 3. PLAYER DEVELOPMENT & EVALUATIONS

- Player Assessment Report by term (November, February and May)
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- The Dimitri Cup
- Weston Cup
- Miramar Cup
- PSG Academy World Cup
- Miami Cup



**U16 CATEGORY**



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## 7. BI-MONTHLY EDUCATIONAL PARENT MEETINGS

By-monthly educational parents' meetings:

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- Nutrition
- Positive Soccer environment
- Educational lectures



## 8. PARIS SAINT-GERMAIN DEVELOPMENT PATH TO REACH THE NEXT LEVEL

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