

ASIA PACIFIC SOCCER SCHOOLS

2023-24 Squad Program





Why be in the APSS Squad?

1



Physical Development

Positive for a young person's health and wellbeing. High tempo training keeps children fit and a healthy body compliments a healthy mind.

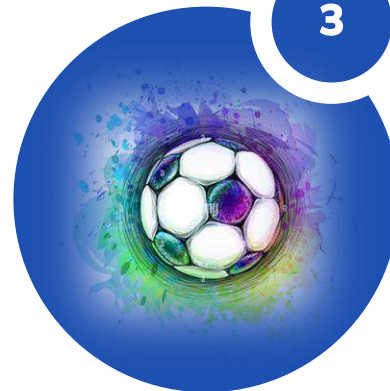
2



Mental Development

Team sports require determination, resilience, teamwork, leadership and motivation. The best players are also great problem solvers and decision makers.

3



Skill Development

Becoming passionate about a sport and a hobby. Developing confidence through the techniques and skills applied in training and games.

4



Social Development

The chance to meet and play with friends. Children learn how to compete and win and lose. We take things seriously so the children can enjoy and have fun!



How we progress at APSS



Curriculum

What we are going to teach

Planning

How we are going to teach it

Assessment

Measuring progress & success

This is how any educational establishment should operate.



What is Football? APSS Principles of Play

Attacking		Defending	
Width	Players stretch the field and move out towards the touchlines	Compact	Upon losing the ball players come in and block the route to goal/defend centrally
Height	Attackers move up the pitch and try to force the defence back	Assess	What is the scenario? How many Vs how many
Mobility	Move away from markers into space, e.g., check quickly to receive	Delay	If outnumbered, jockey the player on the ball
Improvisation	Tricks, turns and combinations to unbalance defenders	Recovery	Players sprint back to get goal side of the ball
Support	Players help the player on the ball, this is the way the player is facing	Pressure	Then the nearest player presses and tries to force the direction of play
Penetration	A ball over, round or through the defence, or dribbling in behind the defensive line	Cover + Balance	Next players in the unit are placed at the correct angle and distance behind to help support
Patience	If cannot do the above, go sideways or back to keep the ball	Patience	Do not commit to a tackle until the defence has a numerical advantage



Developing the Playing Philosophy

The APSS Squads Coaching team has developed the below philosophy in order to drive the APSS Squad playing style forwards. The curriculum topics revolve around the below philosophy points.

Out of Possession
Players should understand the basic principles of defence
<i>E.g., 1v1/2v2 and Defending when Outnumbered</i>

Upon winning/losing the ball
Players should be quick in transition
<i>E.g., exploit space quickly/deny space quickly</i>

In possession
Players should try to play out from the back where appropriate
<i>E.g., pass through the 1/3rds where possible</i>
Players should be comfortable passing/receiving under pressure
<i>E.g., Look to retain possession wherever possible through good decision making and skill</i>
Be creative and confident in a 1v1
<i>E.g., In order to keep possession, to beat defenders and penetrate the defence</i>
Understand the basics of creating space
<i>E.g., going wide/high/deep, checking off an opponent</i>
Be able to create scoring opportunities
<i>E.g., breaking the back line, combinations around goal, crossing into the area</i>



APSS Phases of Development

1

Individual
Phase

U7/8s

As players arrive set session tempo with lots of touches on the ball. Sessions focus on developing core skills, techniques, 1v1 creativity and basic understanding of an SSG

2

Small Group
Phase

U9/10s

Some ball familiarity and technical work. Sessions move into 1v1-3v3 game related practices to start to build game understanding

3

Team Phase

U11/12s

Full focus on game related practices 3v3 up to 7-9 aside and developing an understanding of the principles of play and the APSS philosophy

4

Competition
Phase

U13/14s

A continuation of the previous phase focusing now on 11v11 and coaching the principles of play in functions and phases of play



Micro-Meso-Macro Cycle

This is how a season long cycle should look for most players. On the micro scale (weekly) this will vary with each individual. The Meso cycle (termly) is effectively how the topics are coached over the term and with the 1st term being so long there are 2 cycles. The Macro cycle (yearly) focuses on developing the players through whichever Phase of Development they are currently at and moving them towards the next phase.

Month	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	
Micro	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
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Meso	Philosophy Cycle 1			Philosophy Cycle 2			Philosophy Cycle 3			Philosophy Cycle 4		
Macro	Individual/Small Group/Team/Competition Phase											



Training



Game/Tournament



Holiday/Out of term



Example Session Structures

	Individual Phase U7/8s	Small Group Phase U9/10s	Team Phase U11/12s	Competition Phase U13/14s
Warm Up	Ball per player core skills, tricks & moves, ABCs	Ball per player/Tech. development, reactions	Technical work in groups of 1-4 players. Dynamic movements	Technical work in groups of 1-4 players. Dynamic movements
Part 1	Technical development/ 1v1 game	1v1 or overload practice	3v3 game related practice	Functional practice/ overload
Part 2	1v1/2v1/2v2	3v2/3v3	Functional practice/ conditioned game	Phase of play/zoned/ conditioned game
Game	3v3/4v4 SSG	5v5/6v6 SSG	6v6-8v8 Games	8v8+ Games

An APSS Squad Player...

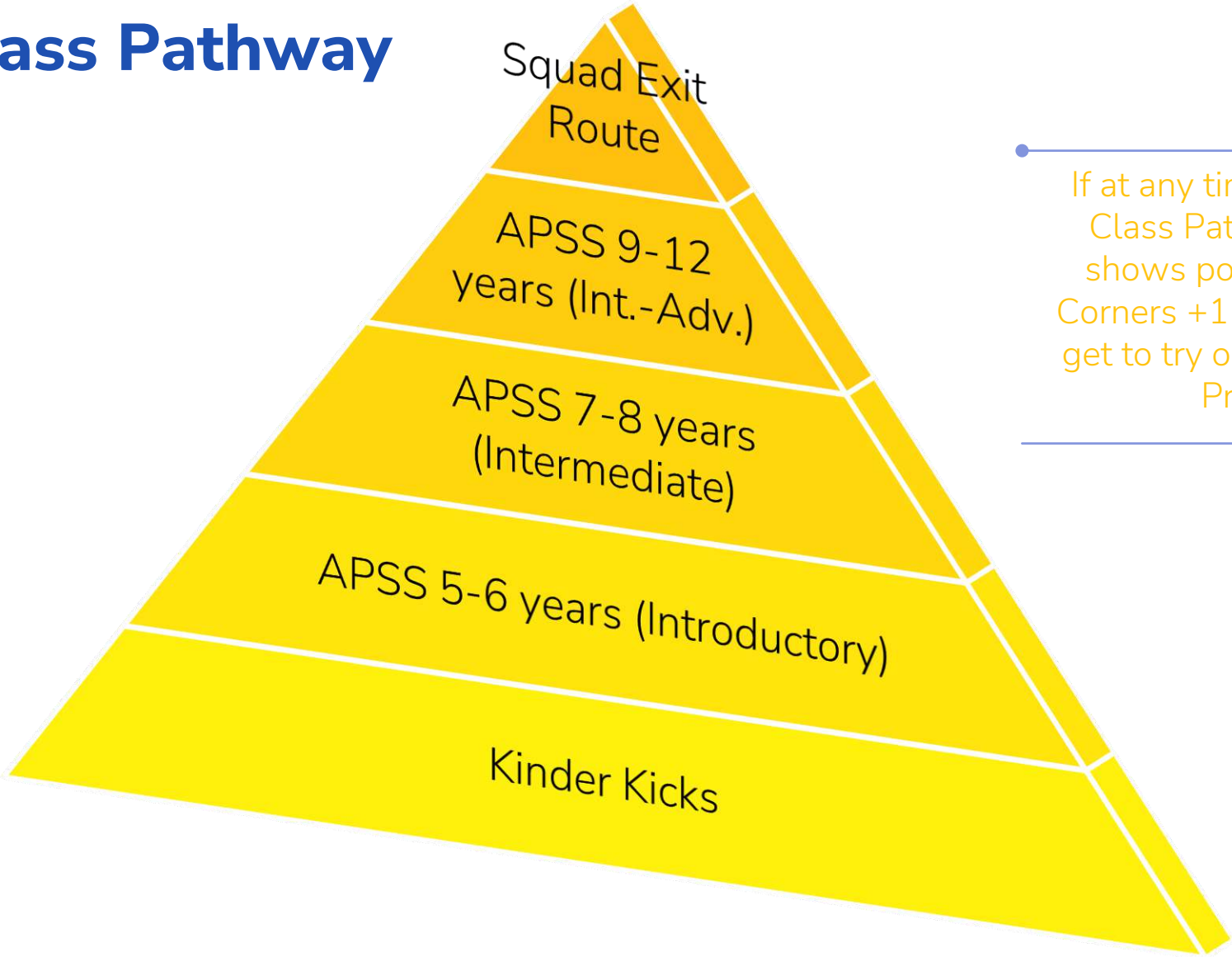


Reference: Original source the English FA 4 Corner Model
<https://learn.englishfootball.com/articles/resources/2022/the-fa-4-corner-model>



Open Class Pathway

This is the structure of the APSS coaching program for players looking to enjoy their football and develop their techniques and understanding as part of their extra-curricular activities.

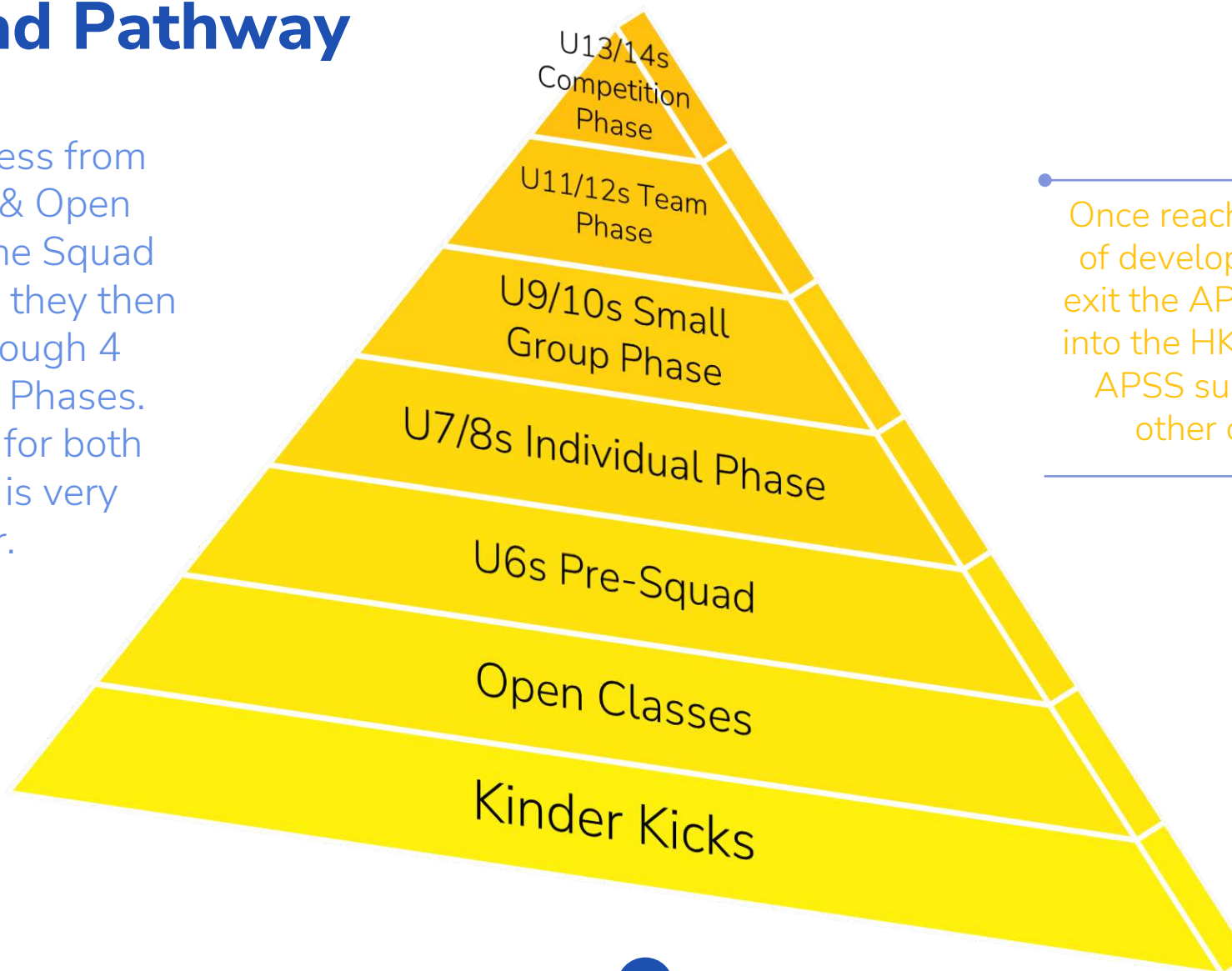


If at any time on the Open Class Pathway a player shows potential in the 4 Corners +1 model, they will get to try out for the Squad Program.



Squad Pathway

Players progress from Kinder Kicks & Open Classes into the Squad program where they then progress through 4 Development Phases. The pathway for both boys & girls is very similar.



Once reaching the final stage of development players will exit the APSS Squad program into the HKFA Leagues where APSS support coaching in other club programs.



Exit Routes

1



HKFA and YPL Teams

We have links with 2 clubs that play in the HKFA youth leagues, and the pathway is already established for players to transition into these clubs from U13 upwards

2



Residential Schools

We have supported several players moving to the UK around ages 15-16 for them to explore their studies and seek opportunities playing football

3



Higher Education

Some of our former players have used their football skills, twinned with strong academics, to apply for scholarships at Universities in the UK and US

4



Pro Clubs

Some of our players have trialled at various pro clubs around the world. A lucky few have signed contracts and gone on to play professionally



2023-24 Age Groups





















Year of Birth	Age Group from August 2023
2018	Under 6
2017	Under 7
2016	Under 8
2015	Under 9
2014	Under 10
2013	Under 11
2012	Under 12
2011	Under 13
2010	Under 14





Weekly Training Options & Commitment

	Session 1	Session 2	Other Options/ Session 3	Other Options
U7/8s	 Squad Session	 Squad Session	 Open Class	   ECA 弘立書院 THE ISF ACADEMY
U9/10s	 Squad Session	 Squad Session	 Open Class	 Matrix
U11/12s	 Squad Session	 Squad Session	 Matrix	 3 rd Squad Session
U13/14s	 Squad Session	 HKFA Team	 HKFA Team	 Matrix



Squad Training Days

We have moved the training days away from weekends in order to maximise training times for players and contact time with their coaches. This leaves players free on a Saturday to play and compete in games and tournaments.

With the below schedule we can also ensure all coaches can get to see both SB & KLN squads. Both coaches within a development phase will then be familiar with the two age groups they'll be working with. To work around the clash on Mondays the two coaches from each phase will alternate between KLN & SB.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
U6B&G			Tung Chung 16:30-18:00		AISHK 17:00-18:30	Sandy Bay 8:30-10:00	Occasional tournaments
U8/10 Girls		Sandy Bay 16:30-18:00		KIS U8 16:30-17:30 KIS U10 17:30-19:00		AISHK U8 8:00-9:00	
U12/14 Girls		Sandy Bay 16:30-18:00		The Peak 17:30-19:00		Peak time for matches/ tournaments at venues all across Hong Kong	
U7/8 Boys	TKO & Sandy Bay 16:30-18:00	Sandy Bay 16:30-18:00	Tung Chung 16:30-18:00	AISHK 18:00-19:30			
U9/10 Boys	TKO & Sandy Bay 16:30-18:00	AISHK 18:00-19:30			Sandy Bay 16:30-18:00		
U11/12 Boys	TKO & Sandy Bay 16:30-18:00		AISHK 18:00-19:30		Sandy Bay 16:30-18:00		
U13/14 Boys		Sandy Bay 16:30-18:00	AISHK 18:00-19:30				
GKs	TKO & Sandy Bay 16:30-18:00		AISHK 18:00-19:30				



Matches & Game Commitment

	Main League	2nd League	Other			Overseas
U7/8s	 HKJFL		 U8 Kitchee Tournaments	  Friendlies	 SOCCER SEVENS	 
U9/10s	 HKJFL	 U10 HKFA GA	 U9/10 Kitchee Tournaments	  Friendlies	 SOCCER SEVENS 	 
U11/12s	 HKJFL	 U12 HKFA GA	 U12 Kitchee Tournaments	  Friendlies	 SOCCER SEVENS 	 
U13/14s	 HKJFL	 HKFA Team				 
Girls	 HKJFL	 U15s HKFA Team		  Friendlies	 SOCCER SEVENS 	 



Match Locations





Game Day Expectations- Club Philosophy



Trying hard and trying to win are important.

We value instilling a winning mentality and striving to be the best.

Winning at all costs is not worth the cost.

Everyone has to handle victory and defeat. Win with dignity and lose with pride.



The result is one way we can measure success and progress in our players...

But it is not the only way. We also look at how effective we were at applying our philosophy points and the principles of play.

Sometimes the result masks the truth. Perhaps we dominated possession but failed to score.

Did we play the APSS Way? Did we work hard? Did we work together?



Game Day Expectations

At APSS there are Codes of Conduct to guide behaviour for coaches, children and parents, <https://www.apsoccer.hk/faq-Asia-Pacific-Soccer/>.

The HKJFL also has a code of conduct, [here](#) and has developed a parent CARE guide, [here](#).

We value supporting the development of good people over good players.



Any general squad queries email squads@apsoccer.hk . While you can speak to your coach it won't get dealt with promptly unless you email in. Everything needs to come via the office. Any training queries (e.g., registering/weather etc.) can be directed to admin@apsoccer.hk or if at Sandy Bay contact CSE.

The game day coach can be contacted via WhatsApp/telephone if there is an issue with illness/lateness on gameday. If you want to know more about the Squad Program, you can write in to dave@apsoccer.hk or tom@apsoccer.hk.



CPD

APSS are always keen to help our staff on their coaching journey. From running basic workshops to coaches that are just starting out, to giving financial support and time off to senior coaches who wish to complete UEFA licenses overseas.

We are aware that coaching companies can overstate their internal training to make coaches look more qualified than they actually are. We invest in genuine coach training from qualified third parties or support our staff to attend FA accredited courses.

Our coaches are expected to plan and prepare for their sessions and these plans are submitted each term to our senior coaching team to review. We also give our coaches access to our APSS library that we have developed over the seasons – filled with hundreds of drills. We support our professional coaches with professional coaching resources. You are welcome to see it all!

Coaches share and develop ideas at regular workshops and with our coaching library.



They receive regular feedback on their plans and on-field delivery from our senior coaching team.



Coaches are supported to attend accredited coaching courses in HK and overseas.





Social Media and Independent Learning



APSS has a Facebook page where we regularly post Squad related material,

<https://www.facebook.com/asiapacificsoccerschools>

The club is also on Instagram,

<https://www.instagram.com/asiapacificsoccer/?hl=en>

We post a lot of material of YouTube that supports player development. Check out our Playlists for Squads, Individual Skills & Techniques, and The Diamond.

<https://www.youtube.com/@asiapacificsoccerschools3114/playlists>



**“The day you think
there is no
improvements to be
made is a sad one
for any player”**

– Lionel Messi



T: 23859677

F: 23859700

E: admin@apsoccer.hk

W: www.apsoccer.hk

W: www.kinderkicks.hk

*Thank
you!*