



SOCCER
METHODOLOGY
www.fcextra.com

1. WIEL COERVER PHILOSOPHY

FC Extra joins forces with the philosophy of Wiel Coerver.

The Coerver method emphasizes the development of individual skills through ball control, quick footwork exercises, and improving the ability to make decisions under pressure.

FC Extra encourages creativity and self-confidence: essential qualities for young players aspiring to become professionals.



2. CATEGORIZATION BASED ON PHASES OF DEVELOPMENT

6-9 years (Beginners): Focus on basic skills such as dribbling, stopping, and passing with both feet. Use fun and engaging game forms.

10-12 years (Intermediate): Introduce more complex dribbling techniques and the first tactical concepts like positional play and simple combinations.

13-16 years (Advanced): Emphasize advanced techniques, positional awareness, and physical conditioning. Prepare players for tactical flexibility and understanding different playing styles.



3. FC EXTRA TRAINING SCHEDULE

Technical Skills:

Practicing Coerver drills such as the 'Cut and Move' and 'Step Over.' These exercises improve agility, acceleration, and control under pressure.

Tactics:

Weekly sessions focusing on understanding game patterns, spatial awareness, and teamwork. Use restricted game forms to force players to think and act quickly.

Physical Training:

Age-appropriate strength and conditioning training, including speed ladders and agility courses.

Mental training:

Workshops on self-confidence, focus, and goal setting, essential for personal development.



4. FC EXTRA'S PERSONAL DEVELOPMENT PLAN (PDP)

Each player receives a Personal Development Plan, tailored to their specific needs and stage of development.

The plan consists of:

Technical goals:

Specific skills that need to be developed.

Tactical goals:

Game understanding that the player needs to improve.

Physical goals:

Fitness aspects to be addressed.

Mental goals:

Personal growth and mental skills to be developed.

Evaluaties:

Regular assessments to measure progress and adjust plans accordingly.



5. FC EXTRA RATING AND RANKING

Data-Driven Assessment:

Quantitative and qualitative measurements of technical, tactical, physical, and mental skills. The coach evaluates these during every training session.

Dynamic Player Profiles:

Assessment points from each session form a profile that shows progress and areas for development.

Targeted Feedback:

Coaches use the assessment system for specific recommendations, fostering personal and targeted improvement. Every six months, the player has a reflection session with their coach.

Transparantie en Verantwoordelijkheid:

Players and parents have insight into progress and development needs, promoting continuous self-improvement.



6. EXPERIENCE

Professional Environment: Training in a stadium to experience the professional atmosphere, providing inspiration and motivation.

Emotional Experience: Players experience the emotional impact of playing on a big stage, helping to build self-confidence and passion for the game.

Mental Growth: Enhances the sense of importance and ambition, essential for emotional development.

7. TRANSITION TO PRO SOCCER

Players are exposed to camps and tournaments of international professional clubs. Contacts with professional coaches and clubs can increase transition opportunities.

By applying the FC Extra Methodology, young players can develop their skills in an environment that promotes creativity, technical ability, and tactical understanding — all key elements for a successful career in professional soccer.

FC Extra cannot guarantee a step into the professional level, but it can significantly increase the chances!

