



**IRON PEAK**  
SPORTS & EVENTS



## Curriculum and Philosophy

*At Hillsborough Soccer Club, our mission is to cultivate a vibrant community through the power of soccer, fostering a culture of inclusivity, excellence, and integrity. We are dedicated to providing high-quality soccer programs that inspire and empower individuals of all ages and abilities to reach their fullest potential on and off the field. With a commitment to sportsmanship, teamwork, and personal growth, we strive to create an environment where every player, coach, volunteer, and supporter feels valued, supported, and respected. Together, we aim to enrich lives, strengthen bonds, and build a legacy of soccer excellence that extends far beyond the game.*



# Philosophy

## ***Technical Philosophy***

*To create a highly positive and challenging training environment where all players are placed in game related situations and develop technical proficiency. Sessions focus on maximum technical repetitions, allowing players to make decisions and create competent, confident players.*

## ***Training Philosophy.***

*To educate players by creating a player-centric environment, where we prioritize what is best for each individual player regarding their overall, long-term Development. HSC will focus on developing the thinking player, who has excellent game understanding to enhance decision making, and improve the execution of their decisions. While using the game as a platform to develop young people who have discipline, respect, good manners and a strong work ethic.*

# Attacking Principles

01

*Create Multiple  
Passing Options*

*Freedom and  
Creativity*

02

03

*First Option  
Forward*

*Desire and  
Ambition to  
Support*

04

# Defending Principles

01

*Numbers up  
around the Ball*

*Closest Player  
pressures the  
ball*

02

03

*Deny Space and  
no Turn*

*Desire and  
Ambition to win  
the ball*

04

# *Club Style of Play*

1 - Defensively Compact and Organized

2 - Aggressive Pressure

3 - Create Overloads to Support and Attack

4 - Penetrate Quickly

5 - Build from Defensive Half

6 - High Press

## **BUILD FROM DEFENSIVE HALF**

GUARANTEE & ESTABLISH PLAY FROM GOALKEEPER.

MOVEMENT & POSITIONING TO BREAK LINES TO PLAY FORWARD INTO ATTACKING HALF AT EARLIEST OPPORTUNITY WITH REDUCED RISK.

READ OPPOSING PRESSURE TO KNOW WHEN LONG OPTION IS ON



## **PENETRATE QUICKLY**

POSSESSION WITH A PURPOSE. LOOK TO PLAY FORWARD (PASS/DRIBBLE) WHEN POSSIBLE TO PLAY GAME IN OPPOSING HALF AT EARLIEST OPPORTUNITY AND CREATE ATTACKING OPPORTUNITIES TO SCORE.

WHEN ABILITY TO PLAY FORWARD IS NOT ON, MUST KEEP POSSESSION OF THE BALL.

## **CREATE OVERLOADS**

PLAYERS MUST NOT BE LEFT ISOLATED WITH AND WITHOUT THE BALL. SUPPORT

MUST ALWAYS BE PROVIDED TO PLAYER ON THE BALL TO PROVIDE OPTIONS.

THIS CAN BE TO CREATE 2 V 1, 3 V 2 SITUATIONS TO ESTABLISH POSSESSION, NUMBERS IN THE BOX WHEN IN CROSSING/GOALSCORING POSITIONS.

## **AGGRESSIVE PRESSURE**

IN ALL MOMENTS OF THE GAME, PLAYERS MUST LOOK TO BE AGGRESSIVE IN PUTTING OPPOSING PLAYERS UNDER PRESSURE TO EFFECT DECISIONS & QUALITY. IF IMMEDIATE PRESSURE IS NOT POSSIBLE, AWARENESS AND UNDERSTANDING OF WHEN AND WHERE TO SET NEXT PRESS IS KEY.

## **BE COMPACT AND ORGANIZED**

PLAYERS MUST UNDERSTAND THEIR ROLES AND RESPONSIBILITIES BOTH IN AND OUT OF POSSESSION TO HELP TEAM REMAIN ORGANIZED AT ALL PHASES OF THE GAME. OUT OF POSSESSION, PLAYERS MUST ALL DEFEND TO HELP RECOVER THE BALL.

## **HIGH PRESS**

WE WANT TO PLAY AS HIGH UP THE FIELD AS POSSIBLE TO REGAIN POSSESSION CLOSER TO THE OPPOSING GOAL THAN OURS AND PROVIDE GREATER THREAT TO SCORE GOALS. MAKE PLAY PREDICTABLE, BE COMPACT AND ANTICIPATE WHERE PLAY WILL GO. MUST BE A RECOGNITION WHEN PRESS NOT POSSIBLE TO DROP TO DELAY ATTACK AND RESET PRESS AT CORRECT TIME.



# *HSC Player Values*

