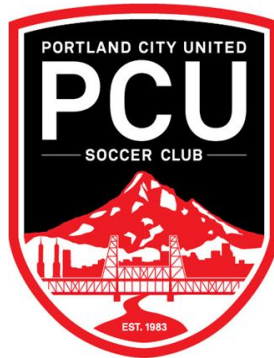


# Portland City United Soccer Club

## PCU Online Curriculum

Updated May 12, 2020

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Portland City United Soccer Club's Online Curriculum is divided into the four areas of player development: Technique, Tactics, Attitude, and Athleticism. It is designed primarily for individual and small group skills training. Review the information below and reference the corresponding videos, articles, and resources for more information.

We recommend exploring each topic in order to find the activities and exercises that are developmentally appropriate for your age and ability. Modify activities and test yourself to find success while also being challenged to improve.

Many of the areas under the Technique and Athleticism sections will require multiple sessions to master and see results, so it is best to repeat and re-visit these exercises and activities over time.

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## Engage the Club & Community

Please share your progress, work-outs, ball skills, photos, videos, and more with your coaches and the club!

You can email your content to Shaun Figueiredo at [shaun@pcusc.org](mailto:shaun@pcusc.org). You can also send your videos and photos on Instagram with Direct Messages to us @portlandcityunited or on Facebook at Portland City United Soccer Club.

Be sure to follow both accounts to see your team-mates and stay up to date with club news. We will post additional skills challenges and updates in the coming days, so don't miss out!



## Goal Setting & Training Timesheets

[Goal Setting](#) - Establish goals and layout a process to achieve them

[Training Timesheet](#) - Track and record your activities and progress

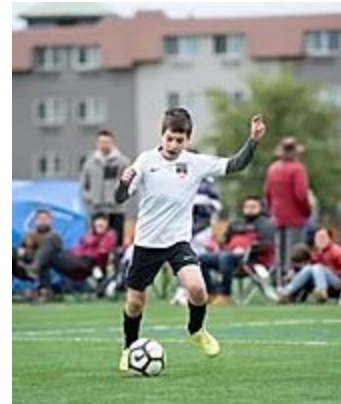
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## Technique

### Technical Exercises & Activities

[Dribbling Intro to Surfaces I](#)  
[Dribbling Intro to Surfaces II](#)  
[Footwork I](#)  
[Footwork II](#)  
[Dribbling for Ball Control I](#)  
[Dribbling for Ball Control II](#)  
[Dribbling to Turn](#)  
[Dribbling to Beat a Defender](#)

[Wall Ball](#)  
[Receiving Flighted Balls](#)  
[Striking & Receiving I](#)  
[Striking & Receiving II](#)  
[Striking & Receiving III](#)  
[Intro to Juggling](#)  
[Juggling](#)  
[Shooting](#)  
[Heading](#)



### GK Technical Exercises & Activities

[GK Training - Fundamentals](#)  
[GK Training - Footwork I](#)  
[GK Training - Footwork & Plyometrics](#)  
[GK Training - Ball Handling](#)  
[GK Training - Introduction to Diving](#)  
[GK Training - Circuit I](#)

### Additional Resources

[US Soccer Fundamental Ball Skills](#)  
[Additional Wall Ball Activities](#)  
[A9 Juggling Challenge & Ball Skills](#)  
[Train with MLS - Ball Mastery](#)  
[Train with MLS - Dribbling](#)  
[Intro to Heading with Abby Wambach](#)

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## Athleticism

### FIFA 11+ Warm-Up: Core Strength & Injury Prevention

[Phase 1](#), [Phase 2](#), [Phase 3](#), [Phase 4](#), [Phase 5](#), [Phase 6](#)  
[Phase 7a](#), [Phase 7b](#), [Phase 7c](#), [Phase 8a](#), [Phase 8b](#), [Phase 8c](#)  
[Phase 9a](#), [Phase 9b](#), [Phase 9c](#), [Phase 10a](#), [Phase 10b](#), [Phase 10c](#)  
[Phase 11a](#), [Phase 11b](#), [Phase 11c](#)  
[Phase 12a](#), [Phase 12b](#), [Phase 12c](#)  
[Phase 13](#), [Phase 14](#), [Phase 15](#)



### Strength & Conditioning | Exercises & Activities

[Speed & Agility](#)  
[Core Strength](#)  
[Strength & Conditioning I](#)  
[Strength & Conditioning II](#)  
[Coordination & Footwork](#)  
[A9 Strength & Conditioning Program](#)  
[Train with MLS - Fitness](#)

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## Tactics

[Definitions for Soccer-Specific Terminology](#)

[Attacking & Defending Tactics & Principles](#)

[Positional Names & Numerical Roles](#)



## Match Analysis

[Match Analysis Template](#)

Download the template and use it to analyze a match

[USWNT vs Japan \(2020\)](#)

[USMNT vs Jamaica \(2017\)](#)

[Portland Thorns vs Orlando Pride \(2019\)](#)

[Portland Timbers vs Seattle Sounders \(2018\)](#)

[Manchester City vs Tottenham \(2019\)](#)

[Real Madrid vs Barcelona \(2017\)](#)

[Portland Thorns vs Seattle Reign \(2019\)](#)

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## Attitude

[Inspirational Players](#)

## Positive Coaching Alliance

[“Dealing with Disappointment During Coronavirus Cancellations, Postponements”](#)

[“Using the Sports Shutdown to Recover the Joy of Sports”](#)

[Interactive Online Course For Youth Athletes](#)

[Facebook Live Sessions](#)

## New York Red Bulls Academy

[Journal Writing](#)

[Confidence](#)

[Control the Controllables](#)



## Documentaries

[Beyond The Pitch | Portland Timbers & Thorns](#)

[Redemption | The 2017 Portland Thorns](#)

[The Magic Was Real | Portland Timbers 2015 MLS Cup](#)

[Champions](#)

[FIFA Women's World Cup 2019 | The Official Film](#)

[USWNT | A Nation's Story](#)

[The Journey | Lindsey Horan](#)

[Tottenham Hotspur | To Dare Is To Do](#)

[Cristiano Ronaldo | Beyond The Limit](#)

[Lionel Messi | The Moments That Made Me](#)

[2018 FIFA World Cup | The Official Film](#)

[Goalkeeper | The Loneliest Job in Football](#)

[Just The Beginning | One Final Season With Tim Howard](#)

[The Leicester City Story](#)

[Klopp's Promise](#)

[Jill Ellis | Coaching Was In the Blood](#)