

***16U-19U Pella Soccer Club
Curriculum & Practice Plan***



16U-19U Age Group Characteristics

Players from age 16 to 19 years old should be spending significant time on tactical training and small-sided games as they are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing. Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing). The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine. Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.

Technical Focus Points for this Age Group

All Techniques should be mastered. Continue to focus your time and efforts on passing, crossing and finishing.

Tactical Focus Points for this Age Group

*Attacking Principles Finishing Defending Principles Transitions
Playing Out of the Back Possession Combination Play*

Physical Focus Point for this Age Group

Strength Speed Endurance Perception and Awareness

Psychosocial Focus Points for this Age Group

*Motivation Self-Confidence Cooperation Communication
Respect and Discipline Competitiveness Commitment*

Breakdown of Skill Area and Other Things to Consider

Training Habits:

Focuses on the overall development of the player individually as well as the team

Has respect for teammates, opponents, referees, and coaching staff

Must work outside of practice times to improve individual skills

Must work to maintain his/her fitness level outside of scheduled practice times

Gives best effort in order to maximize potential

Takes feedback from coaching staff and attempts to improve

Will report to practice/games on time and communicate with coaches if conflicts arise

Has proper attire/equipment

Ball Skills:

Composed on the ball and comfortable with either foot

Uses several feint/moves in attack and defense

Advanced juggling

Master speed with the ball

Must practice ball skills outside of scheduled practice time to improve

Dribbling/Attacking:

Encourage players to go 1v1 and run at defenders

Be creative when attacking

Uses a variety of turns and moves to get away from pressure

Exhibits exceptional change of pace and direction

Maintains possession of the ball

Masters counter attack

Masters set plays and the roles of each attacking player

Knows when and where to dribble and makes correct tactical decision

Passing/Receiving:

Uses a variety of passes short, long, driven, chipped, crosses, bent

Pass with proper weight, accuracy, and timing

Proper technique with short and long passing/crossing

Use of different controlling surfaces when receiving a ball

Takes a positive 1st touch into space and attacks with speed

Able to pass efficiently under pressure and on the run

Positive movement after a pass in an effort to support the play

Heading:

High and wide in defense

Low and hard in attack

Attack the ball and head for a purpose

Uses proper form when heading to prevent injuries

Shooting:

Proper striking technique

Uses laces for power and instep for placement while being very accurate

Able to beat an opponent and strike ball on frame from different angles

Strikes through middle of the ball

Takes shots when they are available and hits the target area

Recognizes shooting opportunities and finishes all opportunities

Shows good balance and is creative in tight situations

Defending:

Proper defensive stance when approaching the attacking player

Proper form when tackling an opponent

Pressures the ball after loss of possession

Doesn't dive in and is composed when containing attacking player

Able to challenge and win every 50/50 ball

Attempts to recover defensively and provides basic cover in defense

Uses verbal communication when defending and sorting things out on the field

Pushes up as a unit

Understands team shape and players roles on the field with different formations

Understands concepts of man to man marking and zonal defense (sweeper&stopper, three in the back, or flat back four)

Knows role in defending set pieces and knows responsibilities on corner kicks

Game Awareness/Decision Making:

Ability to read and understand the game

Increase speed in decision making on the pitch

Positions themselves in a position to receive a pass or defend as a cohesive unit

Ability to combine in attack and use space to advantage

Ability to provide width and depth both in attack and defense

Ability to find ways to get behind the defense

Organizationally sound in defense

Understands delay tracking/containing, recovery runs, pressure, cover and balance

Goal Keeping

Use Proper Stance: on toes, leaning forward, knees bent, hands in front of body, shoulders square to the ball/shooter (all before the shot)

Footwork-all types, side shuffle, jumping, quick feet

Able to catch the ball with hands and with the body

High Shots-contour catch with hands or deflect shot with hands

Mid-Level Shot-basket catch and securing the ball

Low Driven Shot-smothering and lunging forward



Pella Soccer Club 16U-19U Season Plan



Trainings Per Week - 2 (90 Minutes)

Formation for 11 v 11: Keeper - 4 - 5 - 1 or Keeper - 4 - 4 - 2

Training Session Structure

-Warm-up (10)

-Technique (20)

-Small Sided Activity (20)

-Expanded Small Sided Activity (20)

-Scrimmage (20)

Objectives for this Age Group

-Physical: Compete with increased speed, agility, reaction and acceleration

-Technical: Focus on quality of passing and receiving technique as well as ball control in game situations

-Tactical: Develop attacking/defending principles, playing the ball confidently out of the back and transition play (counter attack)

-Psychosocial: Increase collective self-confidence and communication during play

By the End of the Season a player should be capable of:

- 1. Applying good technique with speed during game situations*
- 2. Applying attacking/defending principles in games while understanding all players role on the field and their positioning at all times.*
- 3. Applying speed and quickness in their decision making during games, such as counter attacking and understanding how to defend in different situations.*

Reference List

This Curriculum was adapted from the following resources.

- 1- US Soccer Age Group Organization and Curriculum Resources*
- 2-Mike Kobylnski -Central College Women's Head Coach*
- 3-Garry Laidlaw-Central College Men's Head Coach*
- 4-Russ Goodman-Central College Goalkeeping Coach*
- 5-Scott Treft-Pella Soccer Club Technical Director*