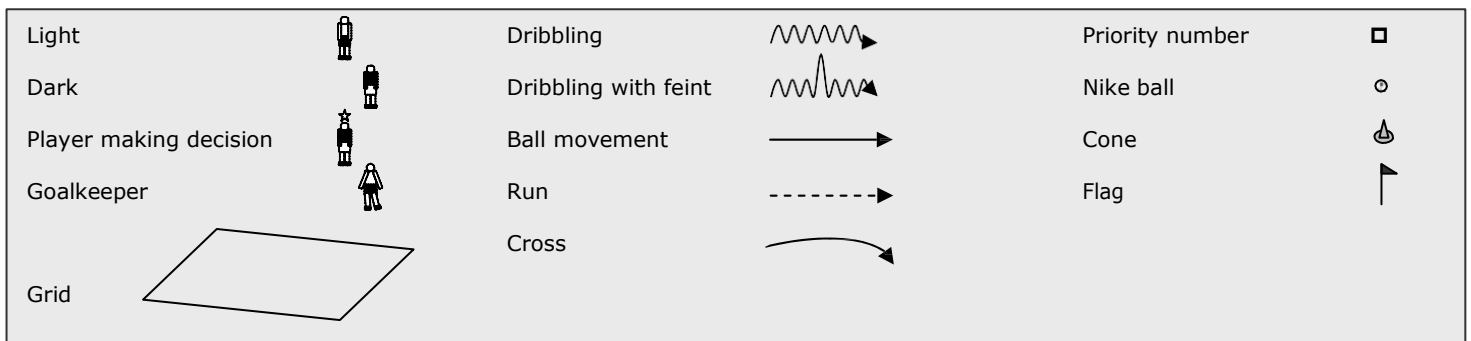
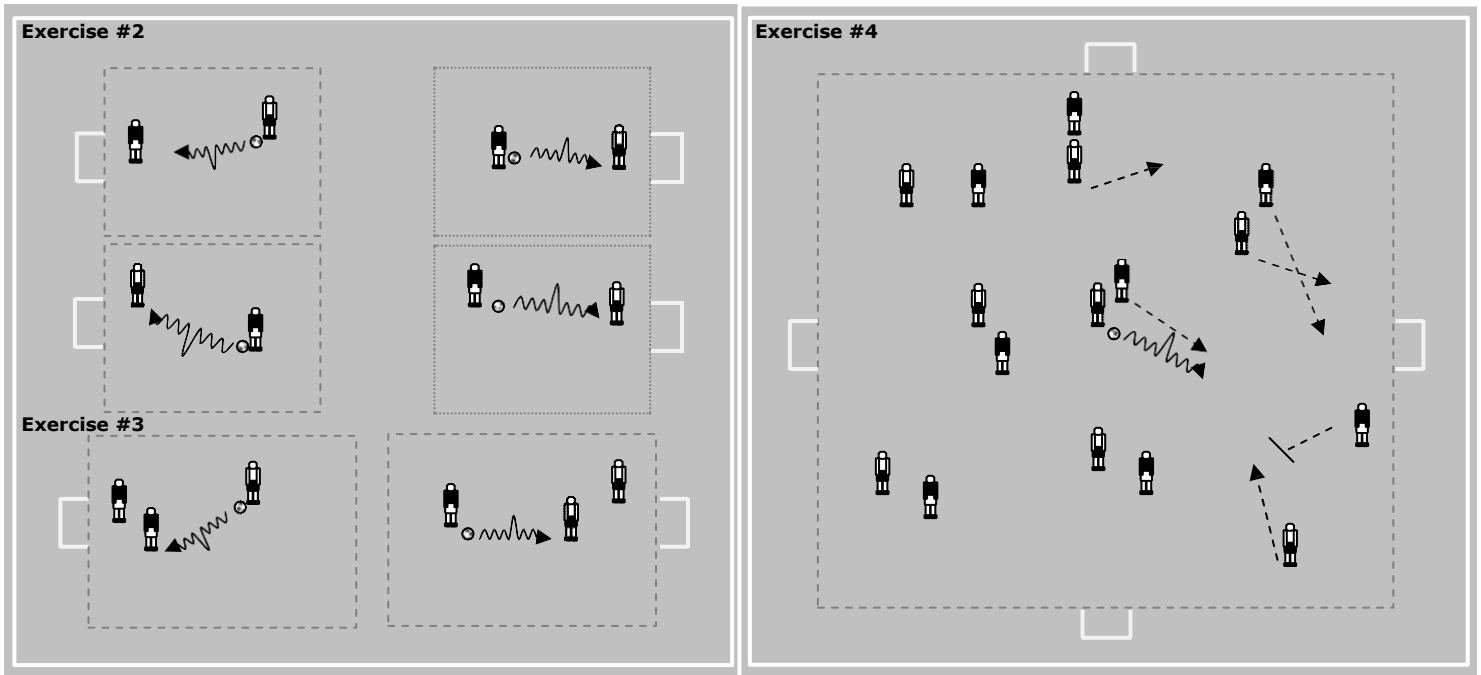


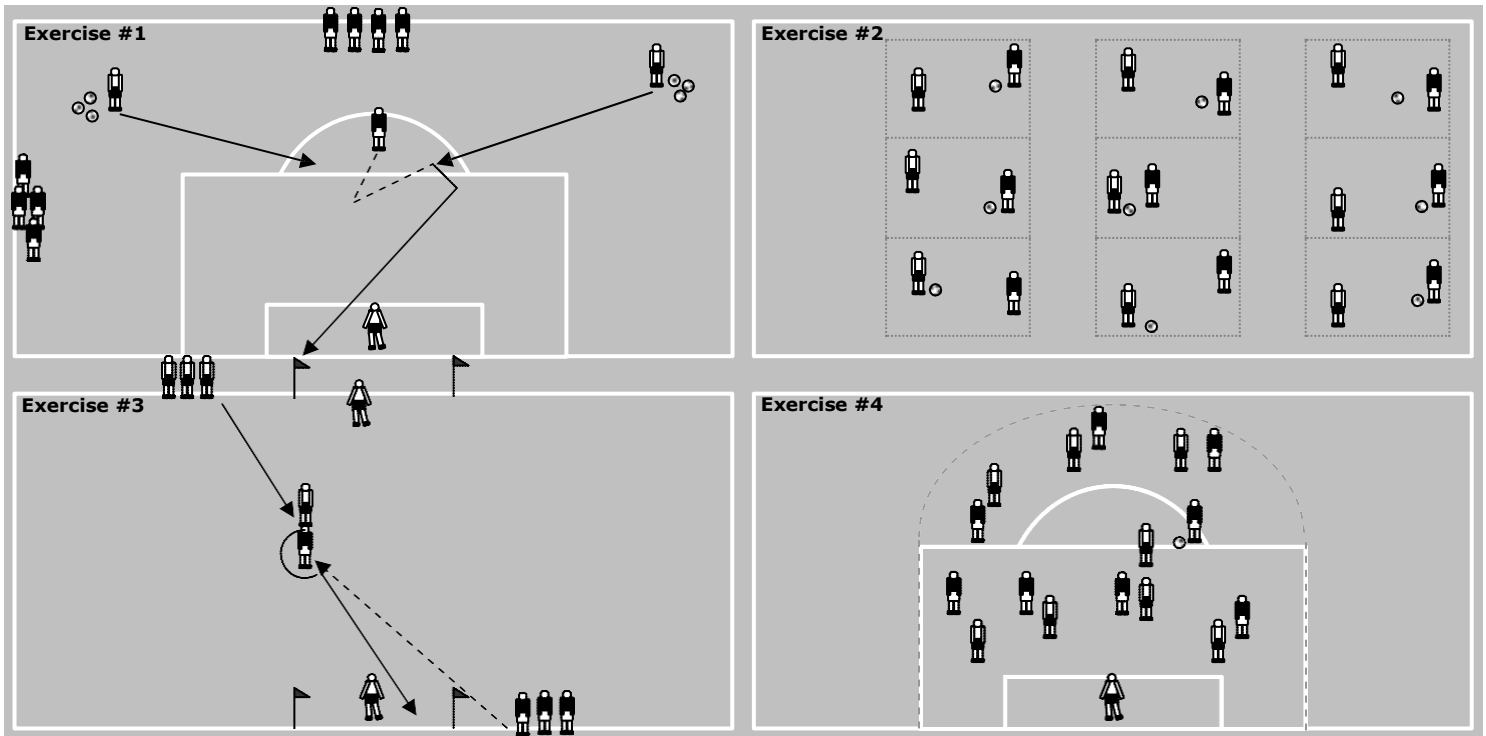
U15 BALL CONTROL SESSION (TIGHT DRIBBLING)

TOPIC	THEME	AGE	DIVISION	CODE
Ball Control	Tight Dribbling	U15	Junior	U15A
Exercise #1	Organization	Coaching Points		
Juggling U15: (see pg. 23; doc. 310 96) <i>Time: 15 min.</i>		Balance, rhythm, proper weight. Encourage players to relax and move fluidly. Notice players who are doing well and praise them.		
Exercise #2	Organization	Coaching Points		
1v1 Common Goal: Players must take the ball out of the end line before they can attack. Rotate players with other groups. <i>Time: 20 min.</i>		Clever moves, quick turning, play under pressure, shield the ball, use the upper body to withstand the pressure. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #3	Organization	Coaching Points		
1v2 Common Goal: Players must take the ball out of the end line before they can attack. Each player keeps own score. Rotate players within other groups. Whoever has the ball is the attacker. <i>Time: 15 min.</i>		Clever moves, quick turning, play under pressure. This exercise is very physically demanding; give them recovery time between games.		
Exercise #4	Organization	Coaching Points		
4 Goal Game: Each team defends two small adjacent goals in a 50x50 yard grid. <i>Time: 40 min.</i>		Make the environment fun and competitive. Become a fan of their play and get the players excited about playing.		



U15 DRIBBLING SESSION (POSTING UP)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Posting Up	U15	Junior	U15B
Exercise #1	Organization Move and a Shot: Players receive 4 balls, performs a move and shoot. A) Step Over; B) Inside-Outside; C) Pump Fake; D) Drag. <i>Time: 15 min.</i>	Coaching Points Player should perform a move that is quick and allows them to continue going forward. Sell the move, change pace and shoot. Players should perform moves that allow them to attack the goal with right and left foot.		
Exercise #2	Organization 1v1 in a Grid: In a grid 6x8 yard play 1v1. Attacker tries to stop ball on the line they are attacking. <i>Time: 20 min.</i>	Coaching Points Attacking player goes at pace; attacking player should have more than one move in mind. Attacking player should try to unbalance the defender then change speed to get by the defender. Attacking player should not stop and turn back to the defender. Use 4:1 ratio of positive to instructional comments.		
Exercise #3	Organization 1v1 Forward Posting Up: Forwards receive the ball with the defender on their back and try to turn and finish. <i>Time: 15 min.</i>	Coaching Points Quick turn against defender and finish. Attacking player should use arms to separate from defender. Attacking player should try to get defender to one side of them. On the turn attacking player should keep ball on foot farthest from defender.		
Exercise #4	Organization 8v8 w/ GK's Common Goal: One goal games. One team rests outside. Teams must take the ball outside the arch before they can score. <i>Time: 40 min.</i>	Coaching Points Encourage players to go 1v1 as much as possible. Also encourage them to dribble to attack space that has been given. Become a fan of their play.		

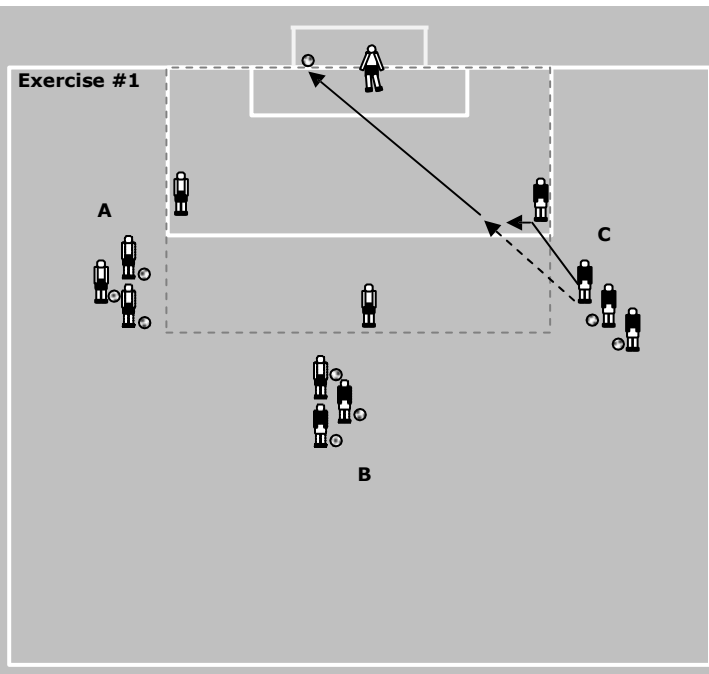
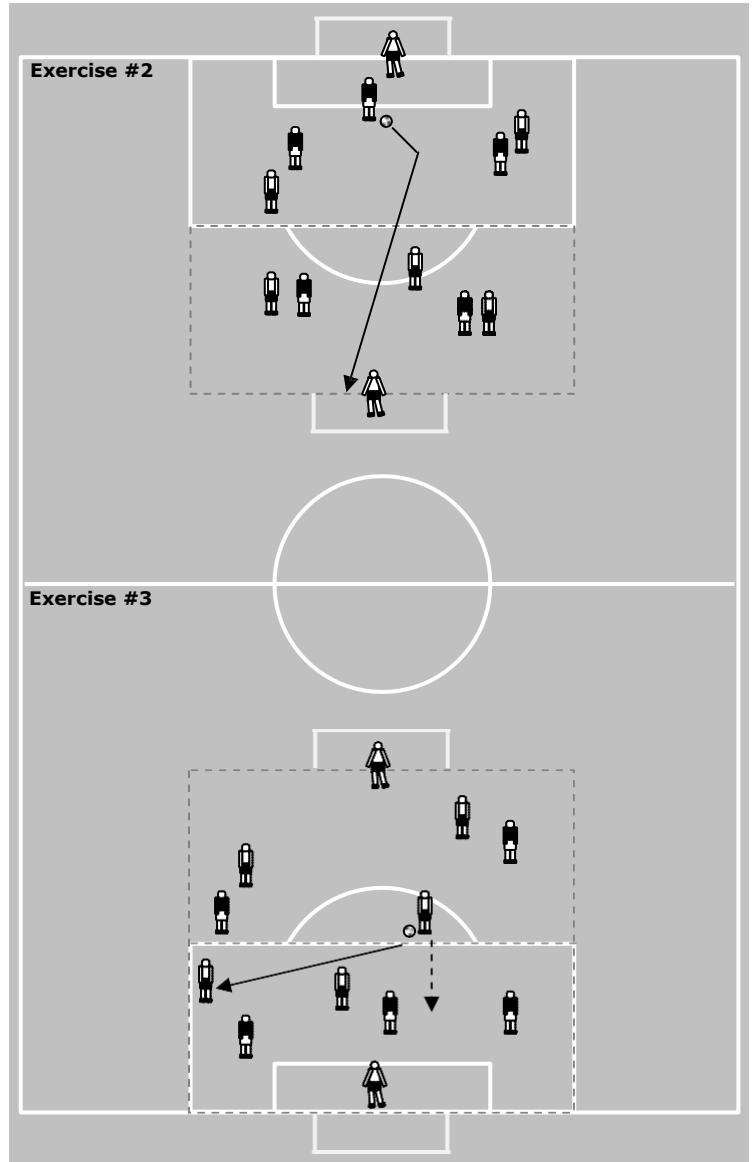


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U15 FINISHING SESSION (LONG DISTANCE SHOOTING)

TOPIC	THEME	AGE	DIVISION	CODE
Finishing	Long Distance Shooting	U15	Junior	U15C

Exercise #1	Organization	Coaching Points
Knuckle; "3 toed"; Over Spin:	Players play the ball to the post up players and shoot using any of the three techniques according to their position. i.e.: from the right side use the "3 toed" technique, while on the left you can use the "over spin" technique. <i>Time: 25 min.</i>	First touch in front and in angle, shoot across the goalkeeper, technique-laces, three toed, place with effects. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
3v2/2v3:	Box on box, stay in the designated areas. <i>Time: 15 min.</i>	Be positive and think finish first, shoot across the goalkeeper and rebound.
Exercise #3	Organization	Coaching Points
3v2/2v3 w/ Crossover:	Box on box, one player can cross over and join the attack after a pass into the forwards. <i>Time: 15 min.</i>	Be positive and think finish first, shoot across the goalkeeper and rebound, shoot first time from distance after the ball is set.
Exercise #4	Organization	Coaching Points
8v8 w/ GKs:	(see pg. 47; doc. 310 194) Note: make the field tighter. <i>Time: 35 min.</i>	Create space, turn while receiving, be positive, shoot through defenders, rebound.

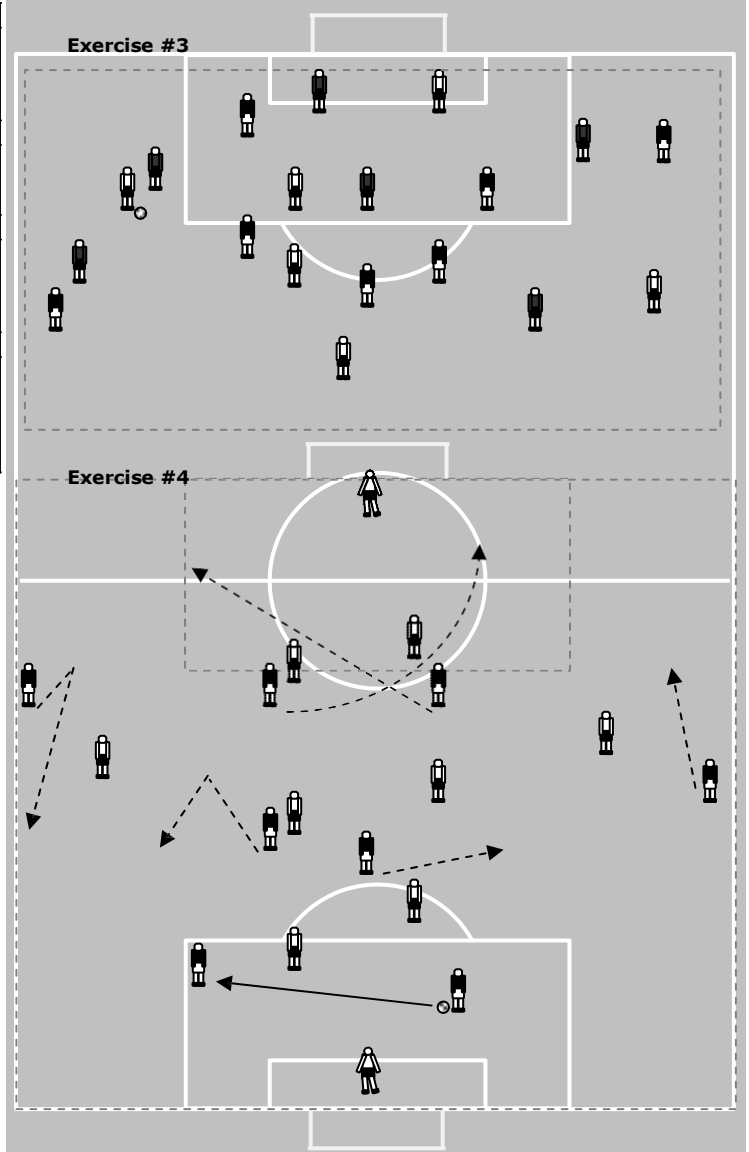
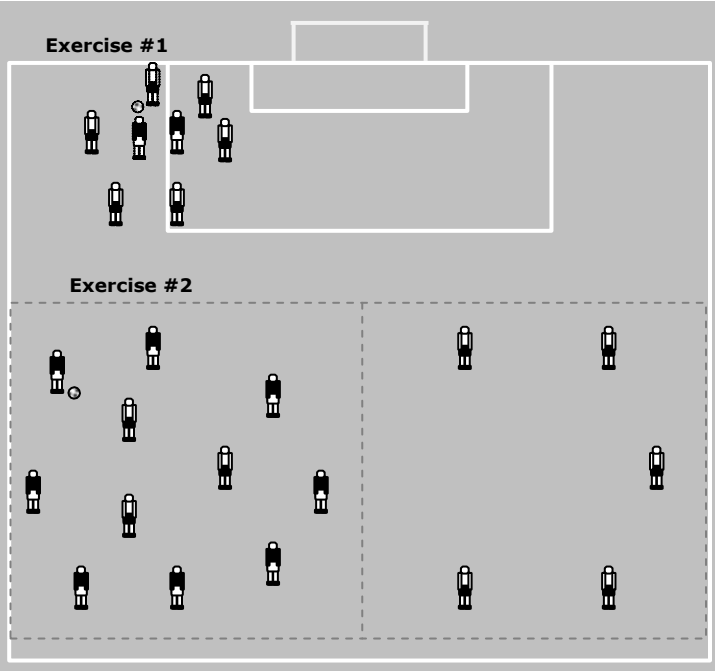


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U15 PASSING SESSION (POSSESSION)

TOPIC	THEME	AGE	DIVISION	CODE
Passing	Possession	U15	Junior	U15D

Exercise #1	Organization	Coaching Points
6v2 w/ Transition:	Play in unrestricted space but keep it tight. Restrict touches to make it harder. <i>Time: 10 min.</i>	Quick decisions, disguise your pass, good passing technique. Stay positive.
Exercise #2	Organization	Coaching Points
8v3/3v8 2 Zones:	50x25 yard grid divided in half. 10 consecutive passes equals 1 point. <i>Time: 10 min.</i>	Movement off the ball, good angles of support, and quick communication.
Exercise #3	Organization	Coaching Points
6v6v6:	Two teams play against one. The team that loses possession becomes defending team. 10 passes equal a point. <i>Time: 10 min.</i>	Same as above. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's:	Mark the penalty boxes. Align the teams in 2-4-2 formations. Note: if needed use the top of the goalie boxes to enforce the offside rule. <i>Time: 10 min.</i>	Get players excited about playing and keeping the ball. Become a fan of their passing and composure.

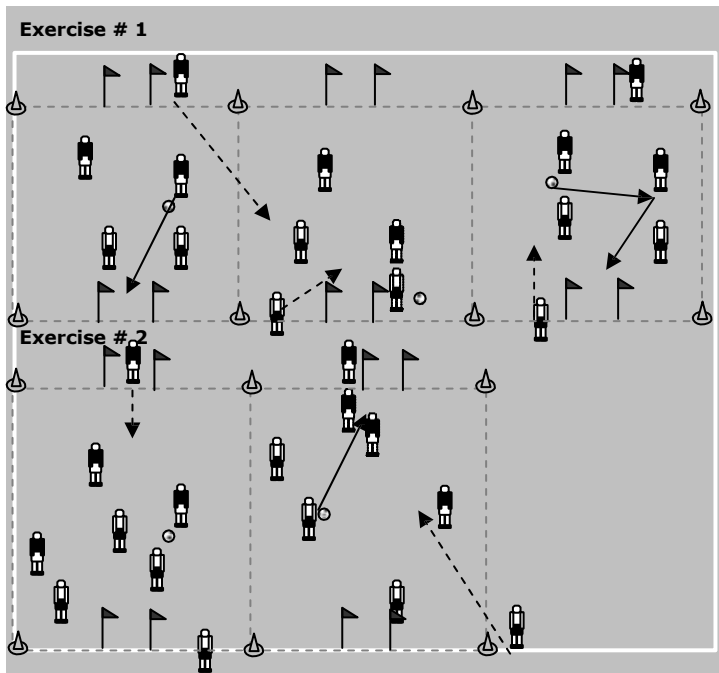
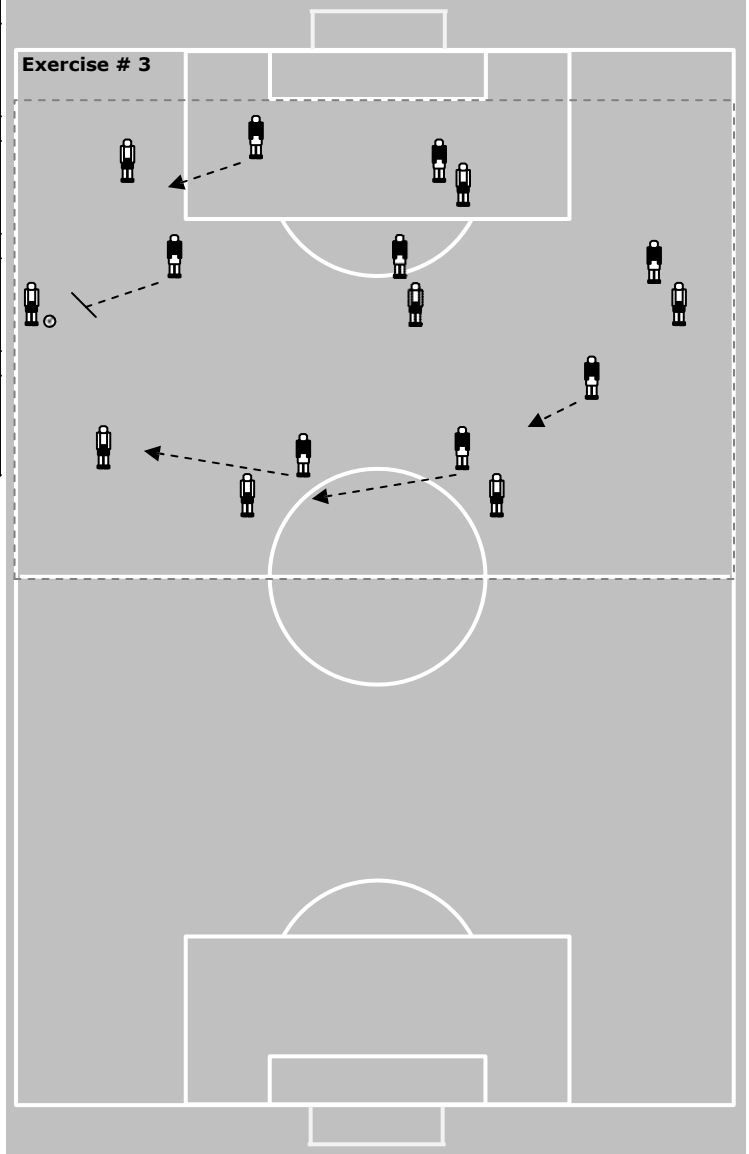


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U15 CHALLENGING SESSION (RHYTHM OF PLAY)

TOPIC	THEME	AGE	DIVISION	CODE
Challenging	Rhythm of Play	U15	Junior	U15F

Exercise #1	Organization	Coaching Points
2v2 w/ Floaters:	20x20 yard grids. 2 players for each team change grids at will creating a 3v2 or 4v2 situation at any time. <i>Time: 15 min.</i>	Angles and distances of pressure and support, invite and anticipate the pass, then close attacker down.
Exercise #2	Organization	Coaching Points
3v3 w/ Floaters:	25x20 yard grids. 2 players for each team change grids at will, creating 4v3 or 5v3 situations. <i>Time: 20 min.</i>	Pressure, cover and balance, angles and distance of support, communication between defenders is a must.
Exercise #3	Organization	Coaching Points
8v8 (knee):	Coach tells a player at a particular situation to take a knee creating uneven numbers. <i>Time: 25 min.</i>	Teams must work together to get the ball back. Stay positive and praise good defending.
Exercise #4	Organization	Coaching Points
8v8 w/ GKs:	(see pg. 47; doc. 310 194) <i>Time: 30 min.</i>	Have fun and make the environment competitive. Become a fan of their play.



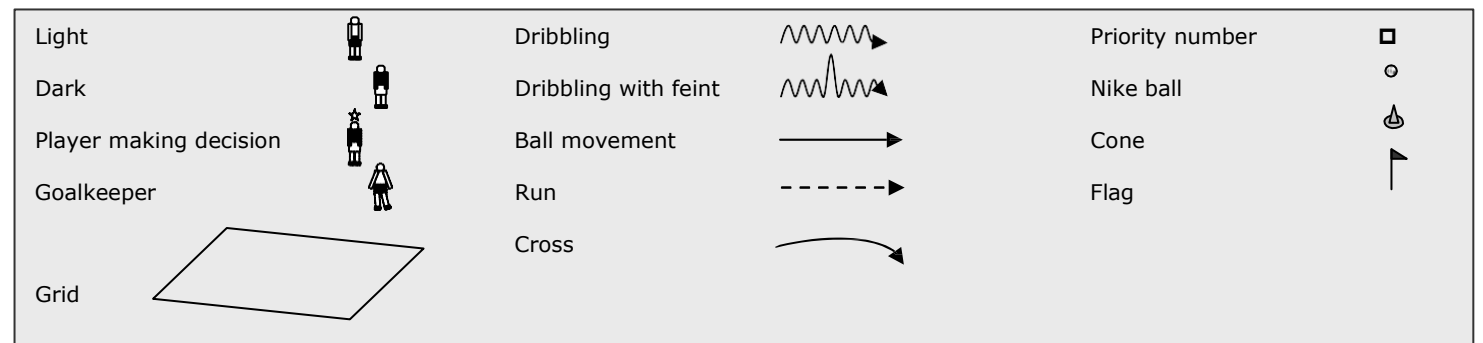
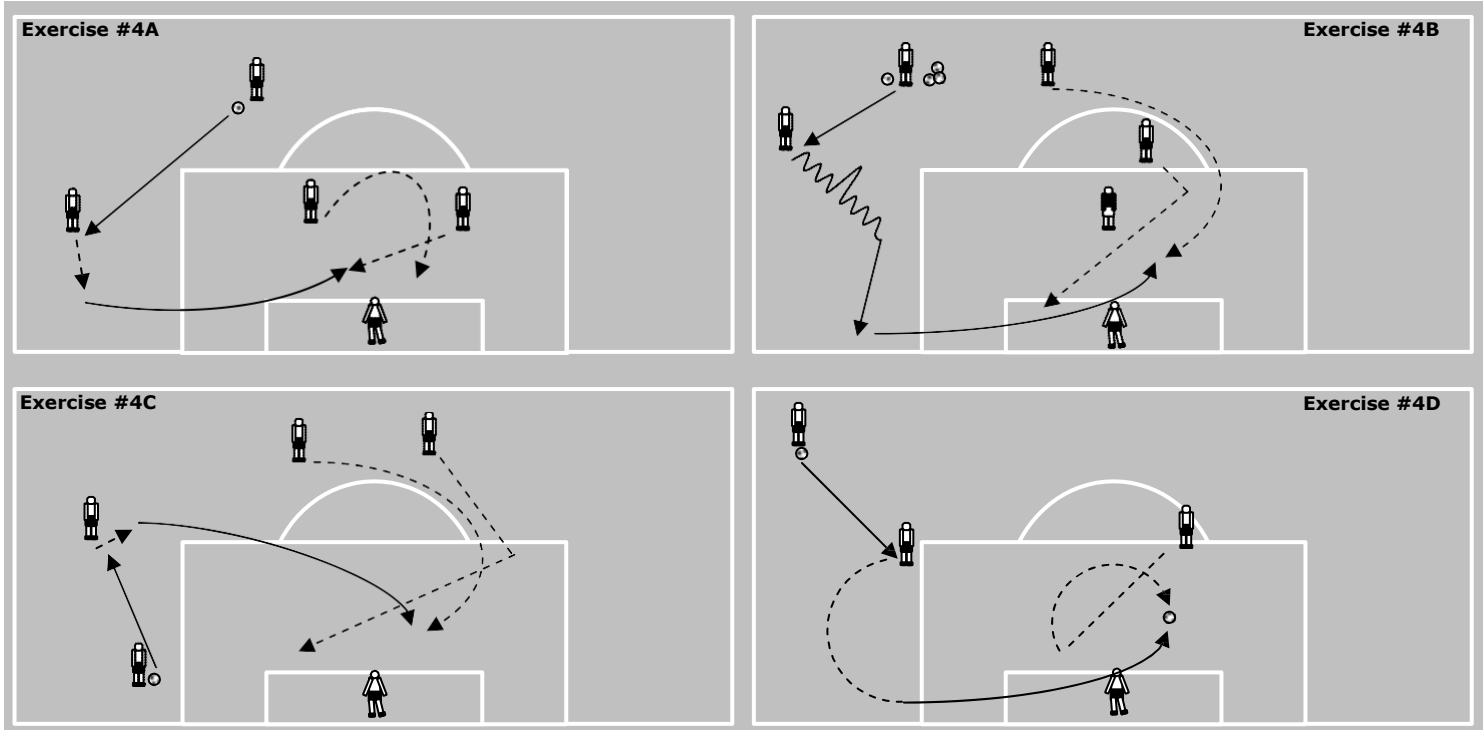
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION

U15 HEADING SESSION (TECHNICAL FUNCTIONAL TRAINING)

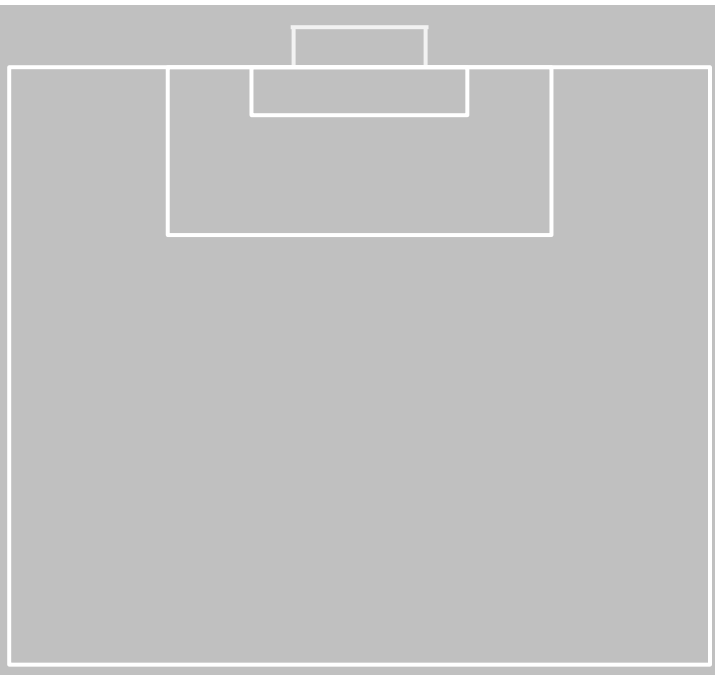
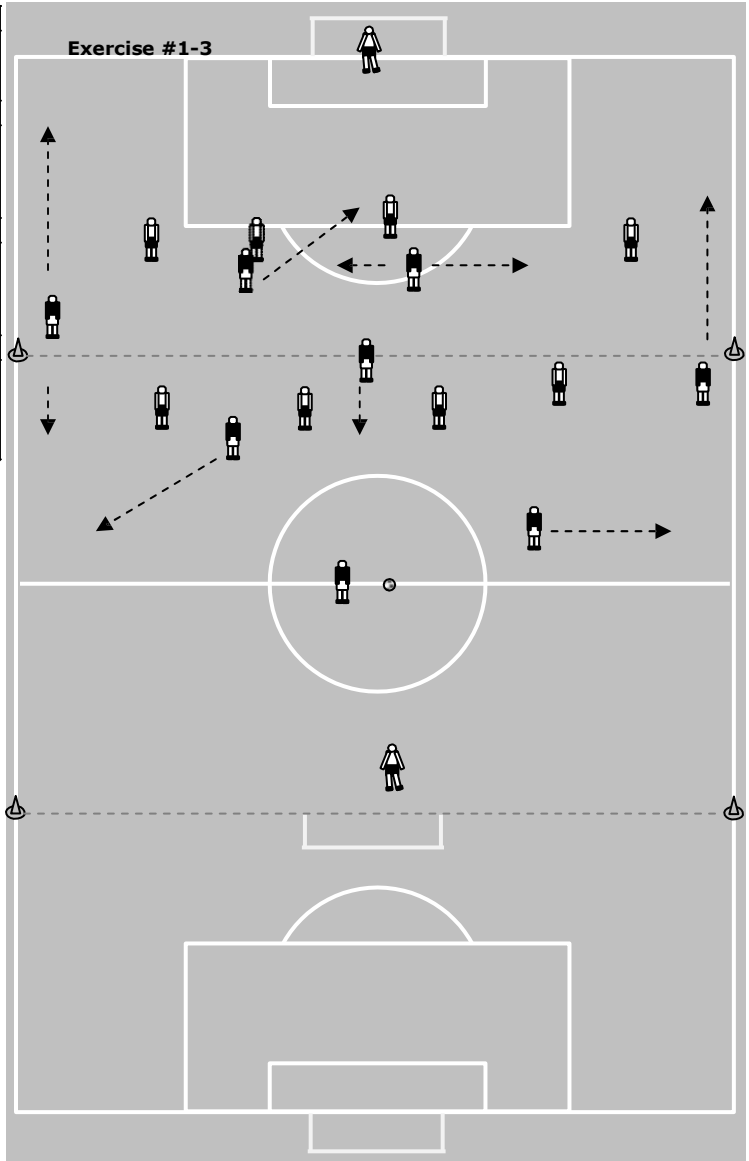
CATEGORY	TOP IC	AGE	DIVISION	CODE
Heading	Technical Functional Training	U15	Junior	U15G
Exercise #1	Organization	Coaching Points		
Team Head Soccer Tennis: 8v8 in the box; Coach starts in the middle on the side and acts as net (head level). Team heads the ball back and forth until ball is dropped, hits the net or out of bounds. Coach moves where mistake was made. Team that heads the ball on the ground past the edge of the 18 wins. <i>Time: 20 min.</i>		Competition and Fun. Plenty of heading. Keep plenty of balls on the side to keep game flowing. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
N, F & T & 2D's; w/ Takeover: (see 13G exercise #3, doc. 310 177). <i>Time: 20 min.</i>		(see 13G exercise #3, doc. 310 177)		
Exercise #3	Organization	Coaching Points		
Patterns 8v8 w/ GK's: (see 13G exercise #4, doc. 310 177). <i>Time: 20 min.</i>		(see 13G exercise #4, doc. 310 177)		
Exercise #4	Organization	Coaching Points		
Crossing and Finishing Off of 2-touch: A) Receive and cross. B) Receive pass, dribble move, then cross. C) Pass back, fake cross, then cut back for the other foot. D) Dribble every other step then cross. <i>Time: 30 min.</i>		A) This type of cross should be whipped in. Surface most likely is the side. Near post is in early and needs to curl out. B) Receive ball, dribble and cross. Look for slow, slow fast, deception, explosiveness. C) Pull defender down the line. Fake cross, cut back to opposite foot for cross. D) Player must touch the ball every other step for quick release.		



U15 ATTACKING SESSION (PLAYING IN MID TO ATTACKING 1/3)

TOPIC	THEME	AGE	DIVISION	CODE
Attacking	Playing in Mid to Attacking 1/3	U15	Junior	U15H

Exercise #1	Organization	Coaching Points
Mid 1/3 to Att 1/3 Walkthrough: Time: 10 min.		Shape, movement, support, decision making, ball delivery.
Exercise #2	Organization	Coaching Points
Mid 1/3 to Att 1/3 No Transition: Time: 10 min.		Give players freedom to move and be creative. Support the ball and be dangerous.
Exercise #3	Organization	Coaching Points
Mid 1/3 to Att 1/3 to Goal: Time: 10 min.		Same as above. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194) Time: 60 min.		Encourage creativity and free movement amongst attacking team. Have fun and let them play.

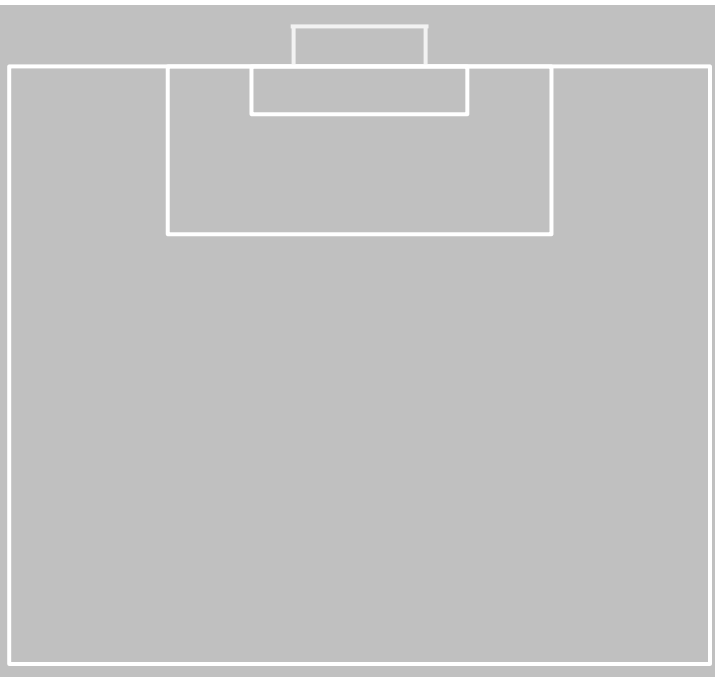
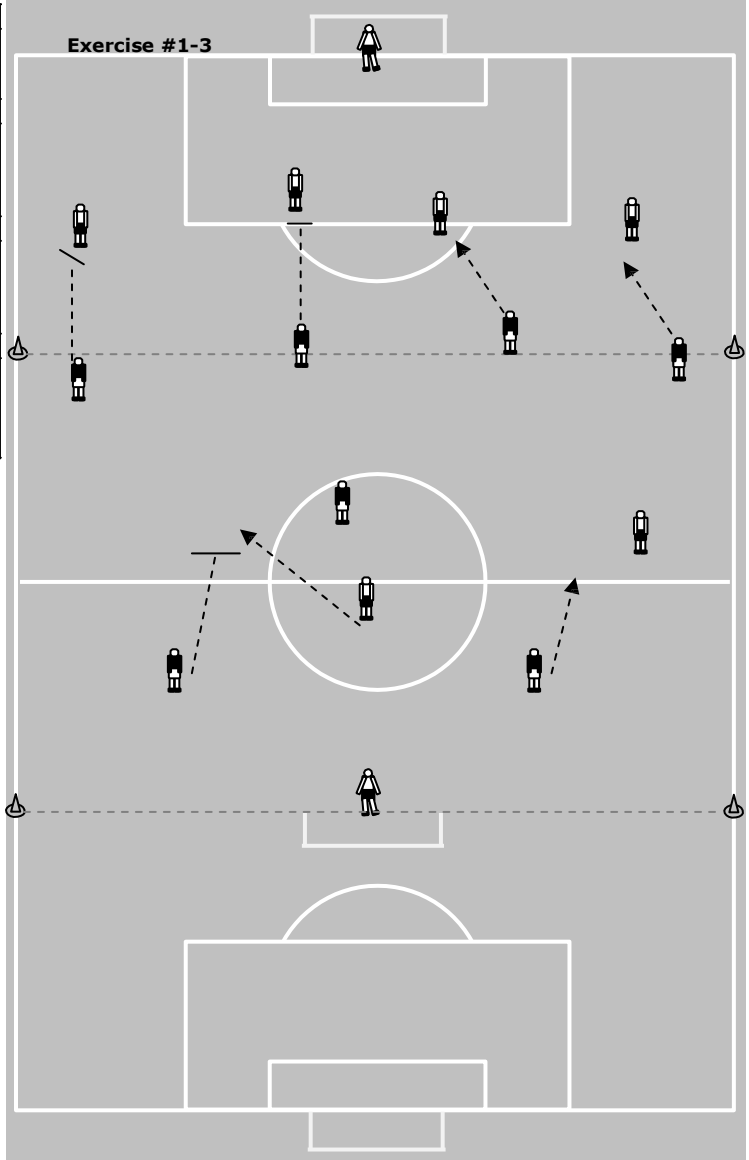


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U15 DEFENDING SESSION (MID TO ATTACKING 1/3 DEFENDING)

TOPIC	THEME	AGE	DIVISION	CODE
Defending	Mid to Attacking 1/3 Defending	U15	Junior	U15H

Exercise #1	Organization	Coaching Points
Mid 1/3 to Att 1/3 Walkthrough: Time: 10 min.		Push ball towards the middle (where it is crowded) and be ready to step and win the ball.
Exercise #2	Organization	Coaching Points
Mid 1/3 to Att 1/3 No Transition: Time: 15 min.		Pressure must come as a team, not only the player closest to the ball. Get players excited about winning the ball back.
Exercise #3	Organization	Coaching Points
Mid 1/3 to Att 1/3 to Goal: Time: 20 min.		Same as above. Look to capitalize on mistakes. Have fun.
Exercise #4	Organization	Coaching Points
8v8 w/ GKs: (see pg. 47; doc. 310 194) Time: 45 min.		Become a fan and get them excited about playing.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION