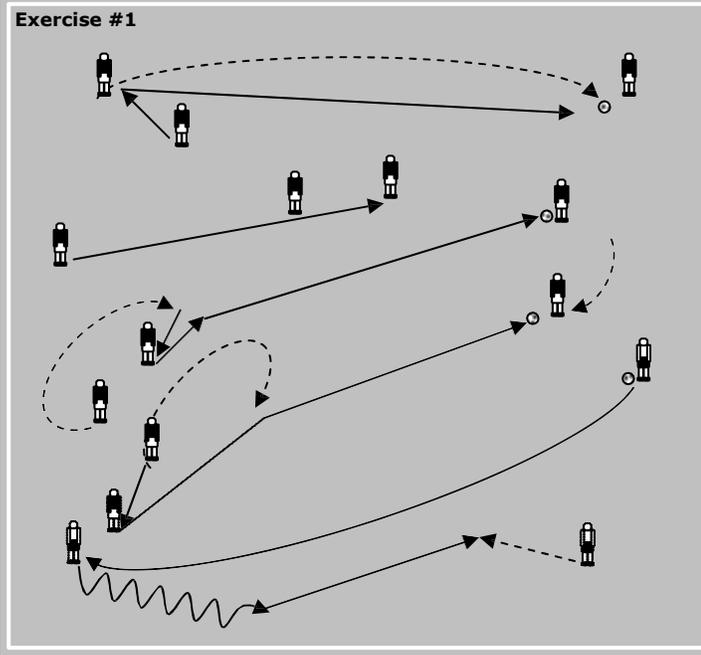


U16 BALL CONTROL SESSION (CREATIVITY)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Creativity	U16	Senior	U16A
Exercise #1	Organization	Coaching Points		
Juggling U16: (see pg. 25; doc. 310 96) <i>Time: 15 min.</i>		The player should feel comfortable on the ball. If you take a look at the chart many of the requests have little to do with the "real" game but help the player in comfort and enjoyment in the game. Players need time to just work the ball. Sometimes balls are just simply an art and need not be scientific. Look for clever touches during this free time. Take time to stop and let the other players see an exceptional move.		
Exercise #2	Organization	Coaching Points		
Passing w/ Tricks: In three's with a ball per group. Heal & toes, double touch, flick's etc. <i>Time: 15 min.</i>		Work on different passing and receiving. Be as creative as you like without sacrificing too much quality. The objectives of a pass are still the same. Allow the players as much flexibility as possible.		
Exercise #3	Organization	Coaching Points		
3v3 Competition: Small sided goals. Play a round robin. Three points for a win; one point of a tie; zero for a loss. Ball must be below knees for a goal. <i>Time: 45 min.</i>		Minimal coaching. Just keep stats and let the players go! Be positive. Look for flair then recognize the intent. Be encouraging. "Great move". "that was nice", "good one", "super", etc.		
Exercise #4	Organization	Coaching Points		
Soccer Tennis, 3v3: One touch between players but three touches per team; play to 15; can score on a serve; must land in the opposite ground on a serve to be in play; ball can not drop after it hits a player (must be played out of the air). <i>Time: 30 min.</i>		Good for touch and fun. Not a lot of physical activity. Let players unwind and relax. Help in the confidence and flair of the players.		



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

U16 DRIBBLING SESSION (DRIBBLE AND CROSS)

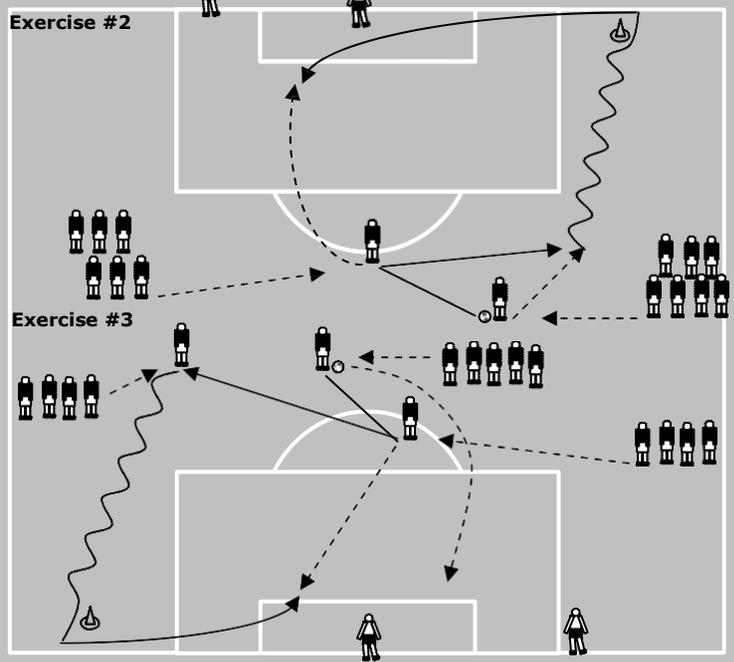
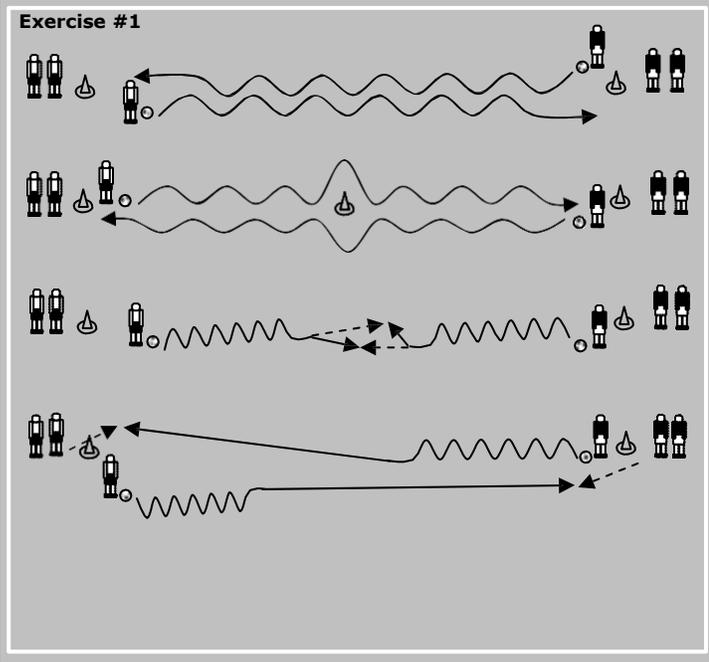
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Dribble and crossing	U16	Senior	U16B

Exercise #1	Organization	Coaching Points
Dribbling in Lines: A) Two lines of players facing each other 35 yards apart. The first two players dribble the ball to the opposite line where they will remain. B) Same dribbling but with a feint (right or left) when they meet at the cone. C) Same dribbling but with switching the ball. D) The first in the right line dribble to the opposite line then pass the ball to the first player, the second player of the line steps up and receives the ball from the first player; the players repeat the cycle. <i>Time: 10 min.</i>		Basic technical skills, dribble touching the ball inside out side top of the foot; vision while dribbling. Ability on faking while dribbling. Ability on passing and receiving while dribbling. Third man run, dribbling passing, receiving. Stay 4:1 on the positive to instructional comments throughout the session.

Exercise #2	Organization	Coaching Points
Move on Flank & Cross: Players combine, dribble to the end line and cross into the box to finish. Use different combinations if you wish. <i>Time: 20 min.</i>		Combination play for dribbling and crossing and finishing between two players. Get excited when players have success.

Exercise #3	Organization	Coaching Points
Combine, Dribble & Cross: Players combine, dribble to the end line and cross into the box to finish. <i>Time: 20 min.</i>		Combination play and third man run for cross and finishing between three players.

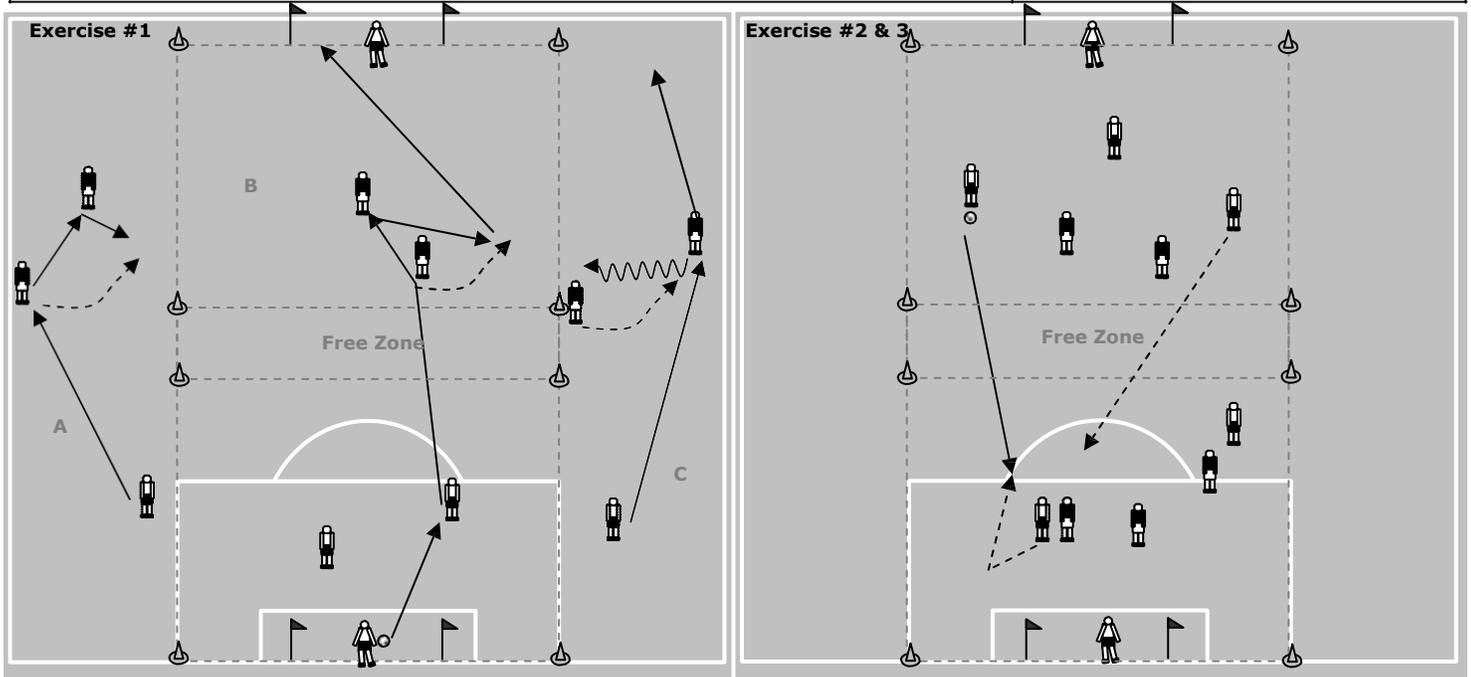
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194) <i>Time: 55 min.</i>		Let them play and become a fan of the game. Focus on the quality of the service and dribbling.



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

U16 FINISHING SESSION (T.T.F. TRAINING FOR STRIKERS)

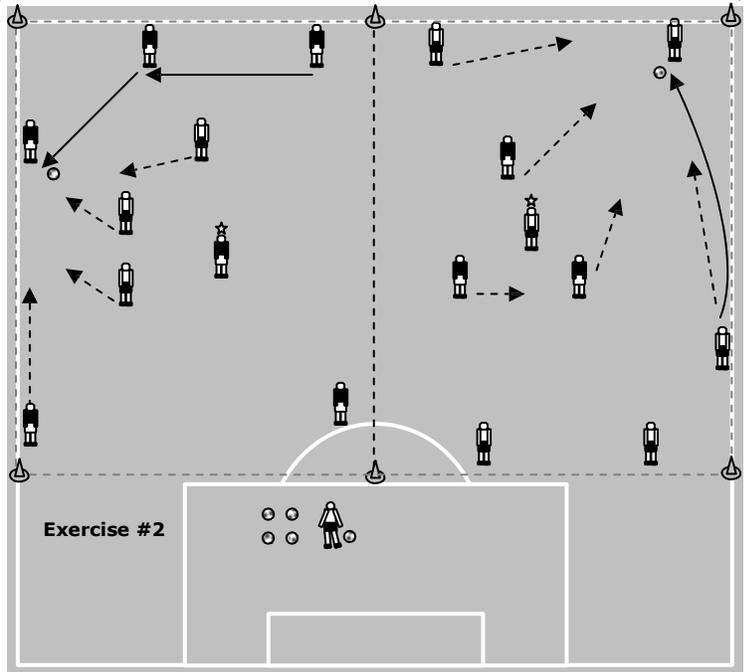
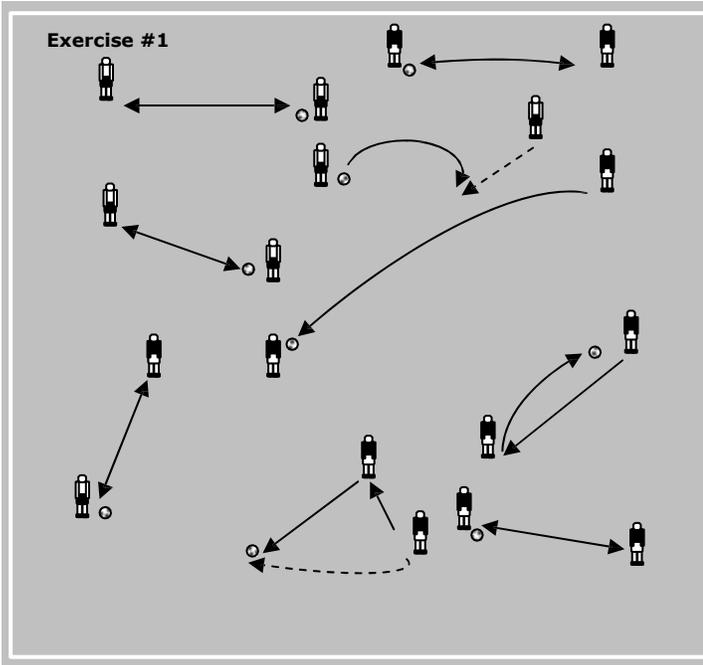
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	T. T. F. Training for Strikers	U16	Senior	U16C
Exercise #1	Organization Patterns: In two grids 26x44 yards separated by a free zone of 5x44 yards, two strikers per grid working on finishing patterns. In each drill the players are involved serving the ball to each other A) Reverse Wall: The ball is passed to the 1 st striker that passes to the 2 nd one for a reverse wall pass and finish. B) Flick & Roll: The ball goes to the 1 st striker who flicks, rolls away into space and shots. C) Take-Over: The 1 st striker receives the ball from the server, turns towards the 2 nd striker who is now running towards the 1 st striker. After a takeover, finish. D) Dummy: The 1 st striker checks towards the ball, dummies and rolls away into space to receive the ball from the 2nd striker and finishes. The players not involved in this drill will play keep away. <i>Time: 20 min.</i>	Coaching Points Finishing patterns: Clear understanding of the roles, the 1 st striker begins the movement and the 2 nd must support the movement to create shooting opportunity. Checking runs should be short and sharp. Technique. Change of pace. On the takeover, players must exchange with the same feet (ex. Right foot to right foot).		
Exercise #2	Organization 2v3/3v2: 3 defenders against 2 strikers are restricted to play within the same grid. Progression: 3 strikers against 2 defenders. <i>Time: 20 min.</i>	Coaching Points Improve the speed of execution through correct movements and skills.		
Exercise #3	Organization 2v3/3v2 w/ Crossover: Same game as exercise #2 but now one defender can enter the free zone and the playing grid creating a numbers up situation. <i>Time: 20 min.</i>	Coaching Points Encourage the offensive transition for creating number up of players for shooting.		
Exercise #4	Organization 8v8 w/ GK's (see pg 47; doc. 310 194). <i>Time 45 min.</i>	Coaching Points Encouraging playing in attack, creating numbers up situations. Be positive. Look for the intent verses the product. Forwards need to be creative...give them options.		



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

U16 PASSING SESSION (TRAINING THE PLAY MAKER)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Training the Play Maker	U16	Senior	U16D
Exercise #1	Organization	Coaching Points		
Passing in Two's: One touch on the ground; two touch, ground, ground air; heading back and forth; driven long balls; curling balls; etc. GK's on their own. <i>Time: 15 min.</i>		Keep the ball moving; ask the players to be sharp with the touches. Be positive; generate enthusiasm. Emphasize some creativity. Remember to build the players self esteem throughout the training session, comments should be 4:1 positive to instructional.		
Exercise #2	Organization	Coaching Points		
5v3+1: 2 groups in a grid about 30x40 yards. The 5 players are on the outside while the +1 is in the middle who is the play maker. The three in the middle, when they get the ball, can just give it back or if you want a transition, they can keep the ball while the 5 try to win it back. Allow the +1 to be "lazy" on the defensive side of things. Be sure to switch the play maker. GK's on their own. <i>Time: 15 min.</i>		Work with the Play maker in the middle along with the players around to compliment one another. You can limit the number of touches that the outside players may use. Keep the fundamentals in mind. Don't over due the play makers instructions. Remember to compliment the whole team and explain to the other players the purpose. Buy in is very important!		
Exercise #3	Organization	Coaching Points		
8v8 w/2 Play Makers: (see pg. 47; doc. 310 194) <i>Time: 30 min.</i>		Work with the play maker. Help in decisions to go find the ball. Look for takeovers off the back players. Help in running away from the ball, creating space, etc. If the man is marked, introduce tricks such as creating another forward, marking the sweeper, etc.		
Exercise #4	Organization	Coaching Points		
8v8 w/ GK's: (see pg. 47 doc. 310 194) <i>Time: 45 min.</i>		8v8 (see U12 Finishing, exercise #4, doc. 310 163) Cover as much of the game as you can. Since this is a Passing Category, continue to clean up all the aspects of passing. Keep positive. Point out the good things. Be sure the players walk away feeling tired but enthused.		

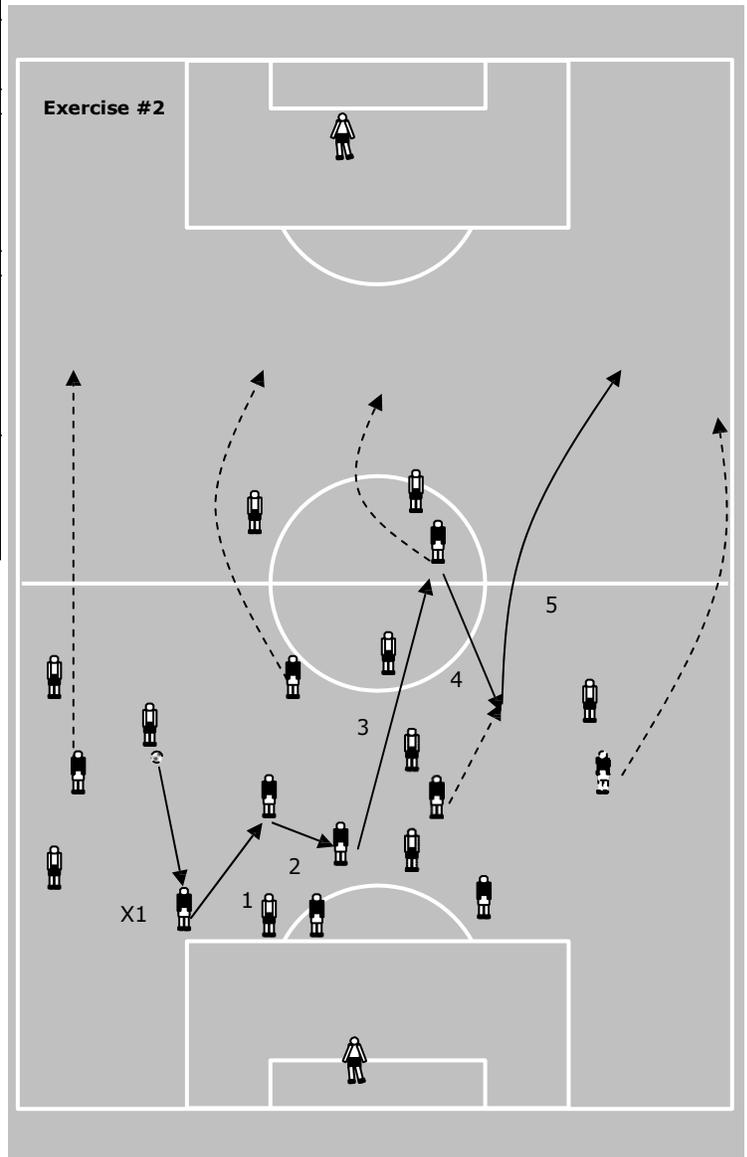


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 RECEIVING SESSION (DIRECT PLAY)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Direct Play	U16	Senior	U16E

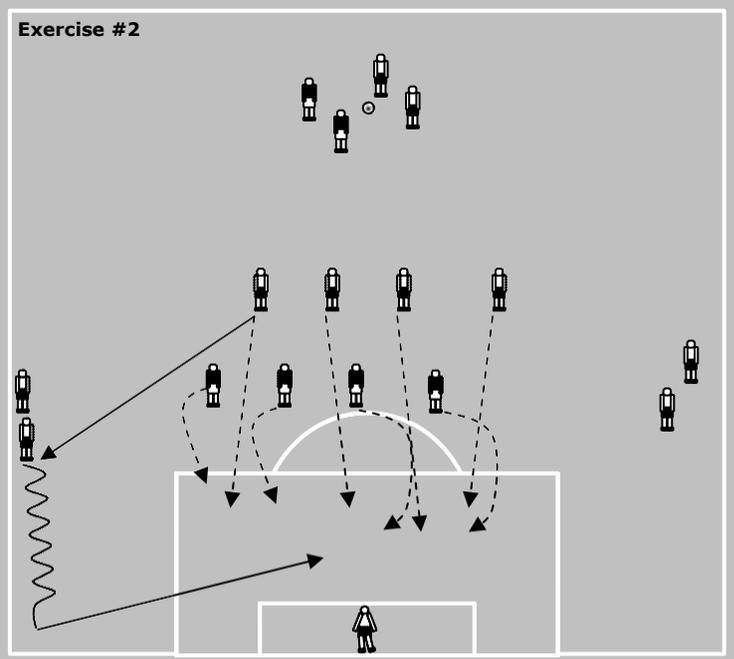
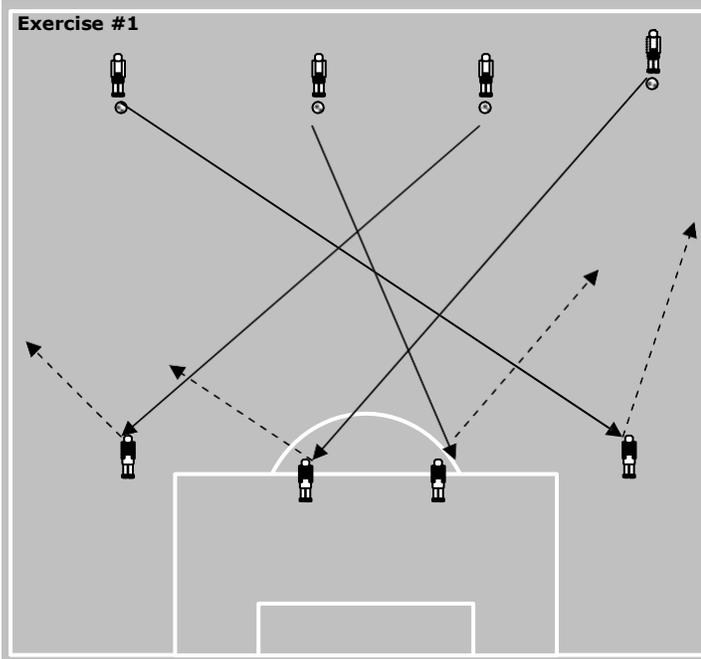
Exercise #1	Organization	Coaching Points
11v11 Find Target (T):	Normal game with encouragement to find T player(s) in transition. <i>Time: 20 min.</i>	Getting players used to looking for T players and T players timing of showing and running.
Exercise #2	Organization	Coaching Points
11v11 Target Under 3:	Now players must find target in fewer than 3 passes from when possession is won. (In diagram, when X1 wins possession, can passes 1 and 2 be 1-touch?) <i>Time: 20 min.</i>	Target player is looking to play back one-touch if possible. If under pressure and taking two touches, T can receive sideways on (protecting ball) with outside of foot.
Exercise #3	Organization	Coaching Points
11v11 Target & Join:	Players must look to get forward. Find T with midfielders moving to support T. Can we enter attacking 1/3 in 3-5 passes? <i>Time: 30 min.</i>	Midfield is looking to support T so T can play the way they face. Key is getting numbers forward and attacking! Diagonal ball (#5) to wide player springs the attack. Wide player should receive with back foot, inside.
Exercise #4	Organization	Coaching Points
11v11:	<i>Time: 35 min.</i>	Pass fast. Find T. Get numbers forward. Coach over top of play. Apply 4:1 coaching.



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

U16 CHALLENGING SESSION (T.F. TRAINING BACKS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	T. F. Training Backs	U16	Senior	U16F
Exercise #1	Organization	Coaching Points		
<p>Clearing/Challenging Balls from Midfield: 4 backs are at the top of the box and 4 servers are close to the midfield line. Once at time the servers will cross the ball to one back that will clear wide. The ball will be served in different ways: On the ground; Bounding ball; Spinning ball. Progression: Two of the four servers moved to the touch line close to the box one for each line. They will throw in the ball and the backs will clear it using the appropriate skills. The players not involved immediately in the drill will play keep away till the Coach will switch players. <i>Time: 20 min.</i></p>		<p>Improve the defensive sense of position in the box. Use adequate skills for clearing the ball. Stay relaxed and do not get nervous.</p>		
Exercise #2	Organization	Coaching Points		
<p>4v4 Balls in Behind: 4 backs are at the top of the half moon, 4 other players are 15 yards away from them. One of those players serve the ball to one of the two players wide then all the attackers will run into the box, the backs as soon the ball is served will drop back quickly and will challenge the ball that will be crossed into the box from the wide player. The 4 players not involved will do some technical exercise with the ball till the coach will switch the players. <i>Time: 25 min.</i></p>		<p>Immediate defensive positioning into the box, immediate marking adequate use of the body when challenging the ball.</p>		
Exercise #3	Organization	Coaching Points		
<p>8v8 Small Sided Everyone on Own Half: (see pg 97; ex. 11, doc 310 97) <i>Time: 25 min.</i></p>		<p>Encouraging challenging the ball, pressing, both offensive and defensive transition, speed of play.</p>		
Exercise #4	Organization	Coaching Points		
<p>9v9 Small Sided:(see pg 32; doc. 310 151) <i>Time: 35 min.</i></p>		<p>Become a fan of the game and get excited when players challenge and clear the ball effectively. 4:1 coaching!</p>		

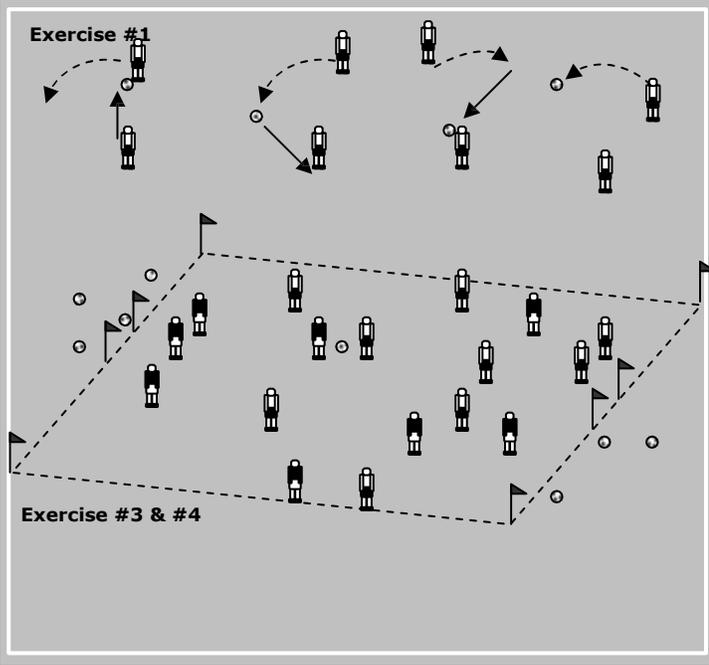
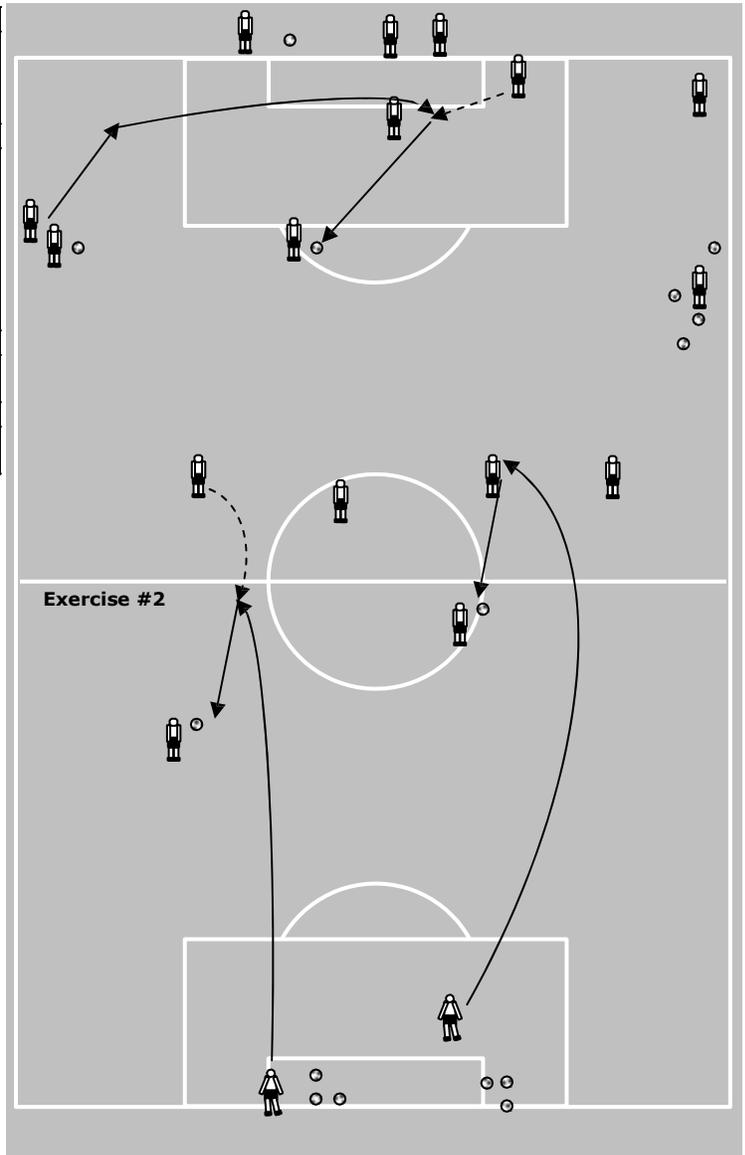


Light		Dribbling		Priority number	
Dark		Dribble with feint		Nike Ball	
Player making decision		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 HEADING SESSION (T. F. TRAINING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	T.F. Training	U16	Senior	16G

Exercise #1	Organization	Coaching Points
"Lay Up":	In two's: 5 yards apart. Player tosses ball for the partner to do an arc run for a header. <i>Time: 5 min.</i>	The person heading must take off on the inside foot. Eyes open, hands used for jumping, space and snap.
Exercise #2	Organization	Coaching Points
Functional:	2 GK's alt. punts and goal kicks to DM's for heading training. Provide a target man. Keep the CB busy by using other goal for clearances. Keep FWD's busy by alternating with CB's for heading on goal. Alt. CB's and DM's. OM work on crossing. Alt. w/ FWD's. <i>Time: 20 min.</i>	Proper timing, call out name, hands up for protection. Heading from the GK's should be to a target and not just headed away. Clear high and wide for CB's in front of goal.
Exercise #3	Organization	Coaching Points
9v9 Small Sided:	1-touch; 65x55 yards (see pg. 32; doc. 310 151) <i>Time: 20 min.</i>	4:1 coaching, movement off the ball. Fun and creativity.
Exercise #4	Organization	Coaching Points
9v9 Small Sided:	Normal (see pg. 32; doc. 310 151) <i>Time: 60 min.</i>	Become a fan of the game and get players excited.

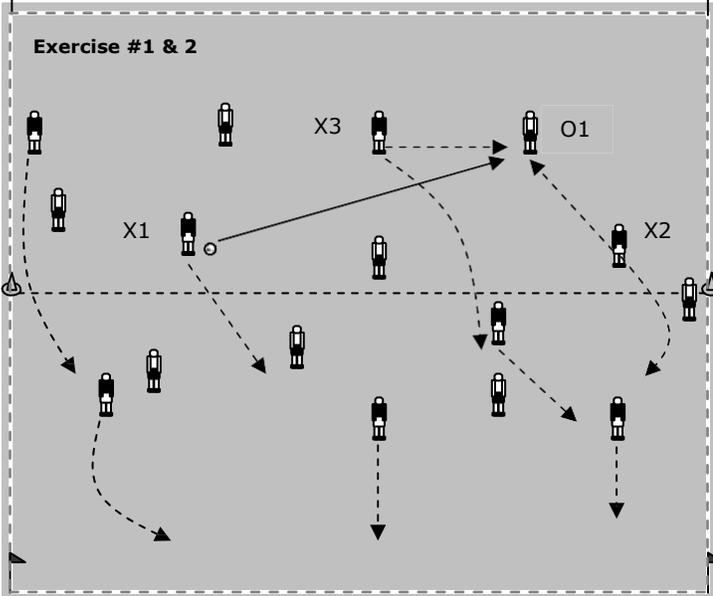
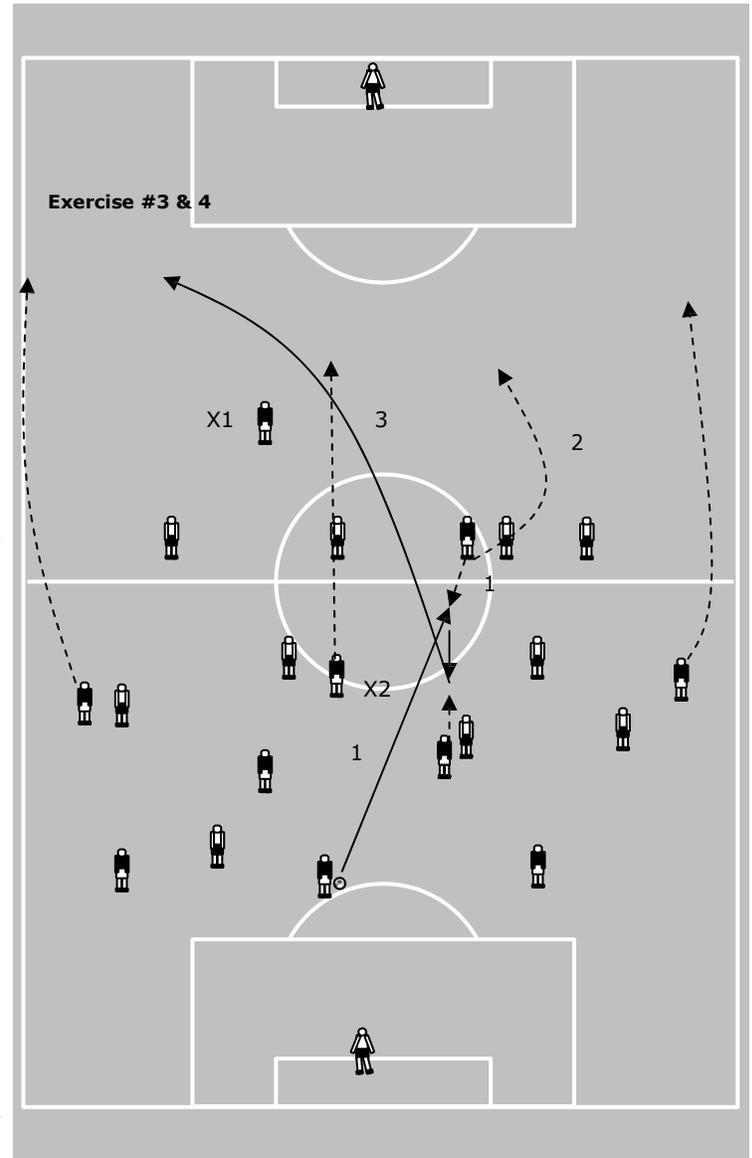


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 ATTACKING SESSION (SITUATIONAL)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Situational	16	Senior	U16H

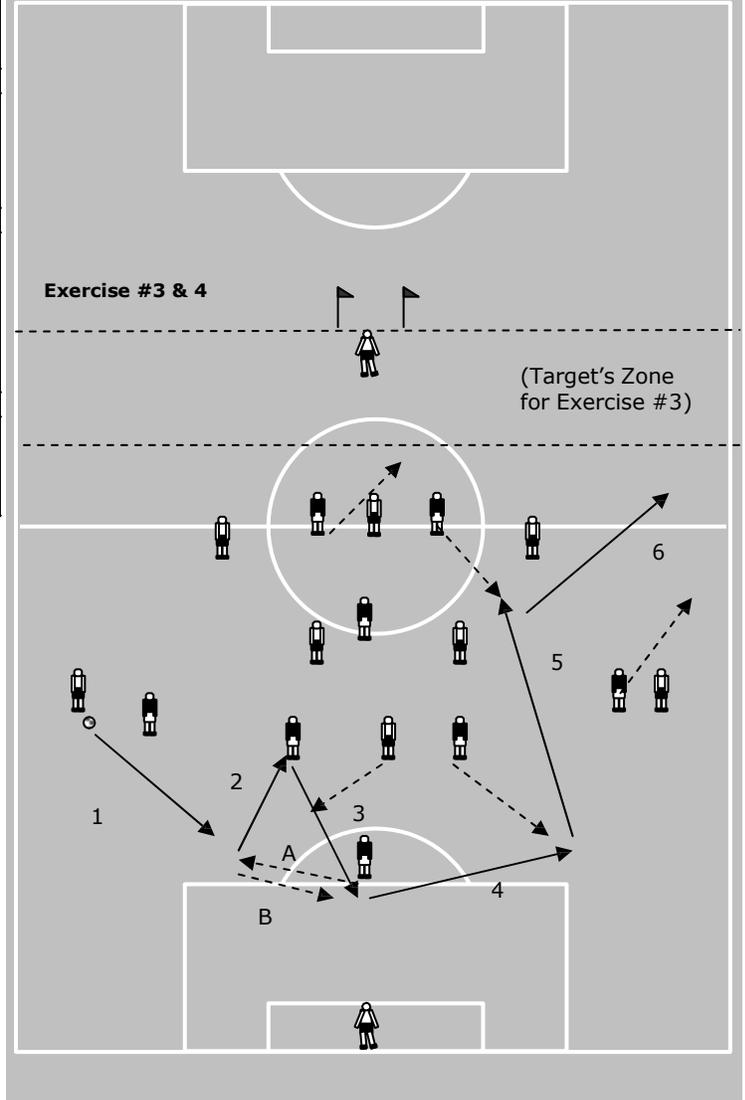
Exercise #1 Organization	Coaching Points
Transition D-Q: 8v8 to End Lines with Midfield Stripe: Playing area is 50x44 yards. Score by dribbling across end line. May progress to playing to three goals or to normal small goals. Working on transition from defense to offense. <i>Time: 20 min.</i>	Work hard in attack, but when ball is lost, apply immediate pressure (A) or get behind ball (B). In diagram one, X1's pass is intercepted by O1. X2 and X3 either drop or immediately press.
Exercise #2 Organization	Coaching Points
Counter Attack: 8v8 to End Lines with Line of Confrontation (LOC): Same area and scoring as Exercise #1. Use midfield as LOC. Once possession is won, get ball behind defense. Working on counter attacks. <i>Time: 20 min.</i>	Drop to your half to invite the opponent to you and create space to attack. When ball is won, utilize that space through combining with target (T) or early diagonal ball. Need penetrating runs from midfield!
Exercise #3 Organization	Coaching Points
11v11 Beating a Trap: Full field. White team must play a high line of defense and try to apply off sides trap. <i>Time: 20 min.</i>	1) Find T early, join, then spring a midfield runner with diagonal pass. 2) Dribble or combine with quick 1-2 to penetrate. X1 is a decoy and remains off sides out of the play until play is passed. X2's penetrating run is critical.
Exercise #4 Organization	Coaching Points
11v11 Normal Game: <i>Time: 45 min.</i>	Play the game. Coach over the top and apply 4:1 coaching.



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

U16 DEFENDING SESSION (TRANSITION DEFENSE TO OFFENSE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Transition Defense to Offense	U16	Senior	U16I
Exercise #1	Organization	Coaching Points		
9v7 w/ GK's No Transition: When defense wins ball, game stops and starts over with new ball, no transition. <i>Time: 15 min.</i>		Getting used to defending, good shape, good pressing, etc.		
Exercise #2	Organization	Coaching Points		
9v7 w/ GK's 2 1-Touch Passes: Same game only now when defense wins it their objective is to (transition) immediately connect two 1-touch passes. <i>Time: 15 min.</i>		While defending, players must be thinking of how to attack. Once ball is won, players must move to provide a passing option.		
Exercise #3	Organization	Coaching Points		
9v7 w/ GK's to Target and Join: Same game, now with attacking GK as Target (T), in attacking zone, for team of 7. Defending team must win possession, connect two 1-touch passes and find T then join/support. <i>Time: 30 min.</i>		Defending team must look now to keep possession and look to go forward. If they can find T with a one touch pass, great. Team must then support T.		
Exercise #4	Organization	Coaching Points		
8v8 w/ GK's: Open game. <i>Time: 45 min.</i>		Quality attack begins while in defense (shape/ organization). How fast can we transition from defense to attack? 4:1 coaching!		



Note: In Exercise #4 diagram, passes 2 & 3 are the one-touch passes

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



PROGRESSION