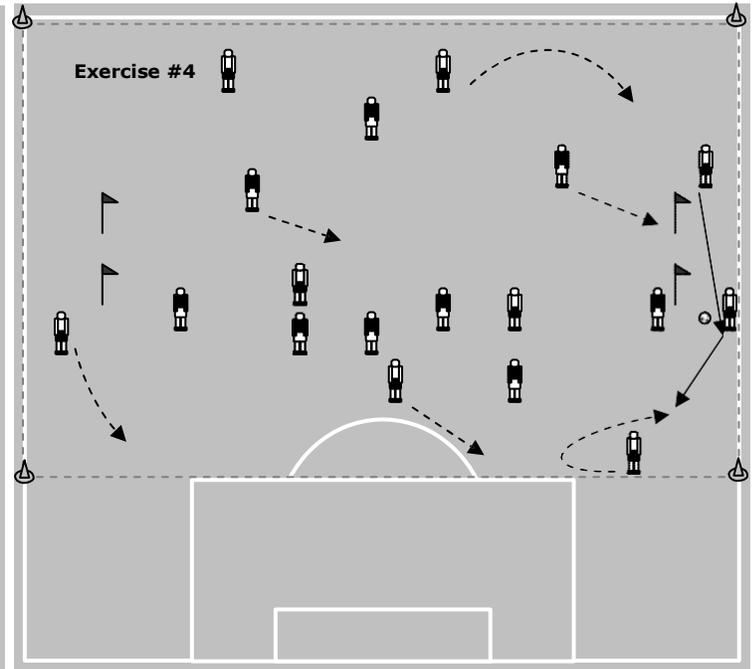
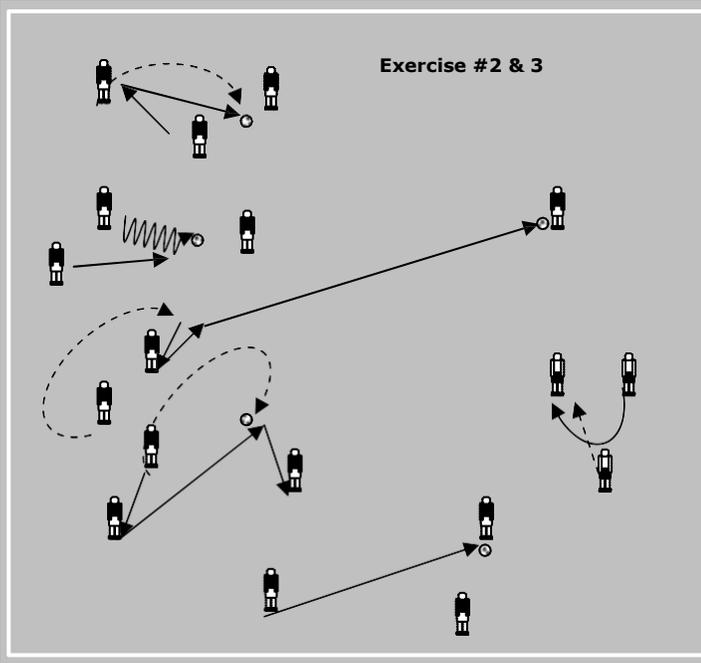


U17 BALL CONTROL SESSION (HOCKEY STYLE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Hockey Style	U17	Seniors	U17A

Exercise #1	Organization	Coaching Points
Exercise #1	Organization	Coaching Points
Juggling U17: (see pg. 23; doc. 310 96) <i>Time: 10 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
1v2: In three's with a ball per group. In between juggling and this exercise #2, play some 1v2 keep away. Do not bother to set up grids. Let the players keep the ball in a tight area. <i>Time: 10 min.</i>		Work on different types of moves. Be as creative as you like. Allow the players as much flexibility as possible.
Exercise #3	Organization	Coaching Points
2v1: In between exercises #1 and #2, try a 2v1 keep away game. Sometimes throw in that you are not allowed to pass but must do take-over's only. The total time between all three exercises consists of 20 minutes. <i>Time: 10 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.
Exercise #4	Organization	Coaching Points
9v9 Hockey Style: Small sided goals. On a half field up to the 18 yard box, bring the goals off the line about 8 yards. Allow the players to play behind goal. <i>Time: 75 min.</i>		Minimal coaching. Just play 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.

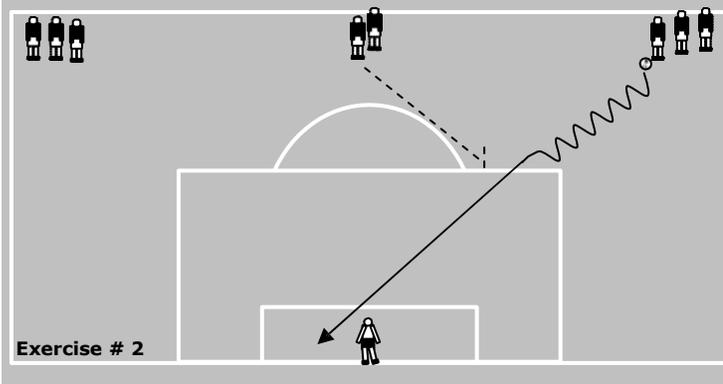
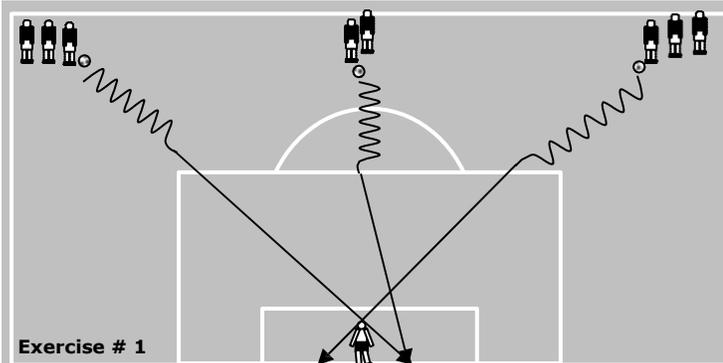
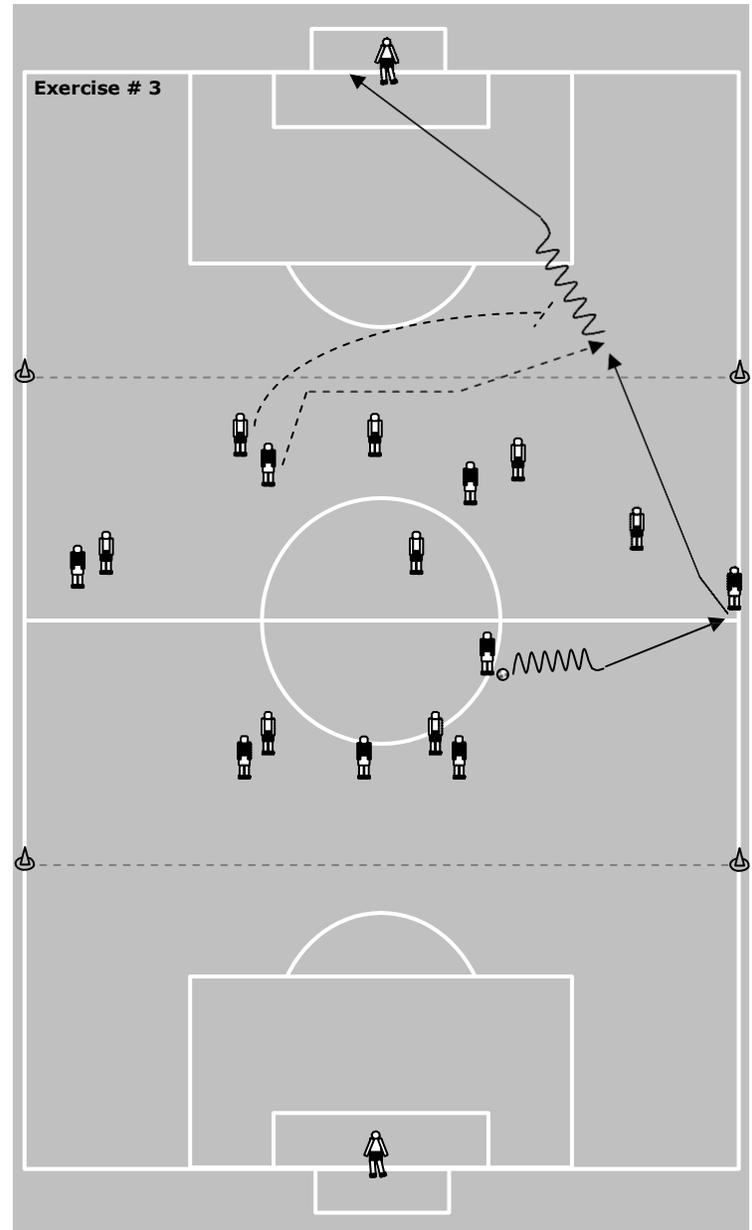


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 DRIBBLING SESSION (DRIBBLE AND FINISH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Dribble and Finish	U17	Senior	U17B

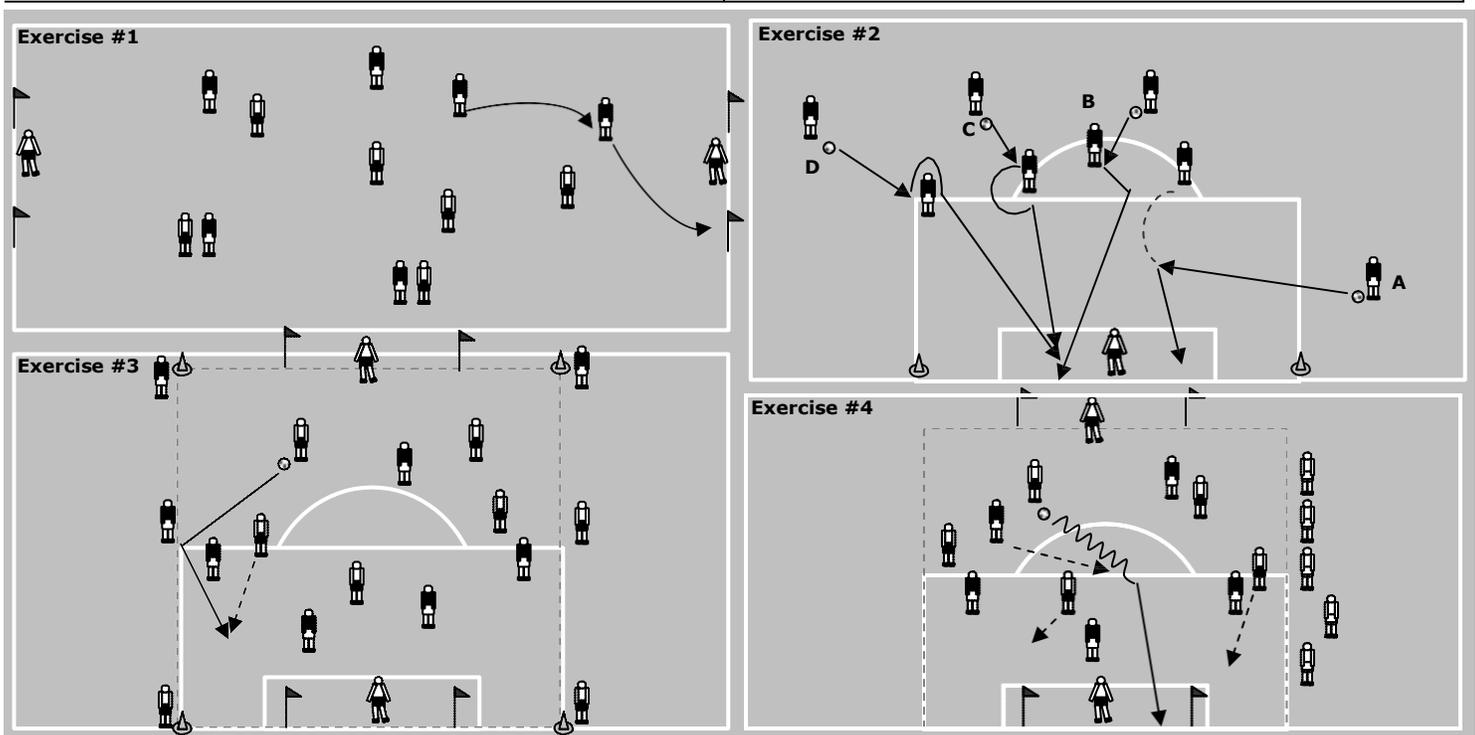
Exercise #1	Organization	Coaching Points
Run & Finish	Three lines take turns going to goal. <i>Time: 15 min.</i>	Attack with speed but under control. Apply 4:1 coaching.
Exercise #2	Organization	Coaching Points
Run & Finish w/ Defender	Three lines take turns going to goal. The next line applies pressure from behind. <i>Time: 15 min.</i>	Basic technique for crossing and finishing in a group tactic exercise.
Exercise #3	Organization	Coaching Points
8v8 w/ Breakaways	8v8 in the middle third. Mandatory 3 passes before going to goal. Ball must be passed first before the forward can enter the attacking third. Progression: 1) One defender can chase. 2) Two forwards can go one defender can chase. <i>Time: 30 min.</i>	Timing of runs, delivery of the pass, first touch, turning and running to goal, finishing across the GK.
Exercise #4	Organization	Coaching Points
8v8 w/ GKs	(see pg. 47; doc. 310 194) <i>Time: 45 min.</i>	Encouraging wide play. Become a fan of the game and have fun.



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

U17 FINISHING SESSION (T.F. TRAINING)

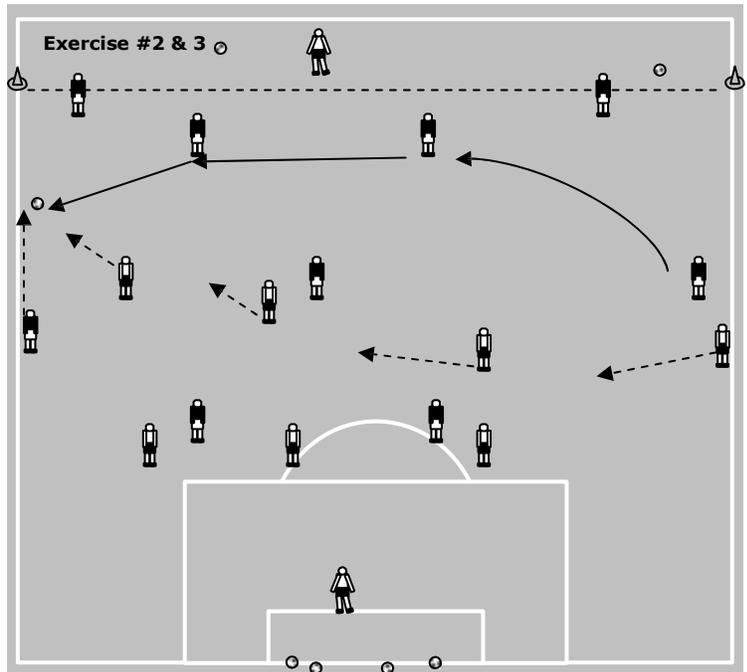
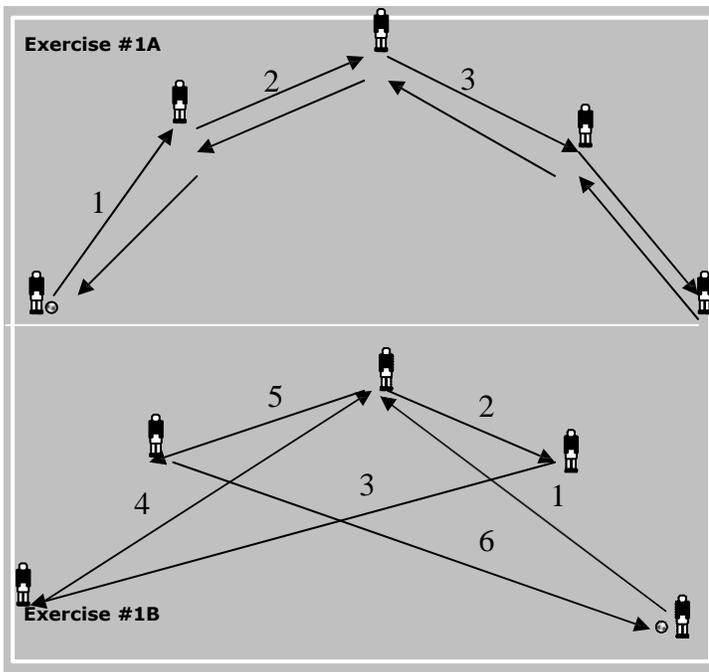
TOPIC	THEME	AGE	DIVISION	CODE
Finishing	T.F. Training	U17	Senior	U17C
Exercise #1	Organization	Coaching Points		
Volley/Catch/Throw: Two teams with GKs. Players must pass and score with a volley. If the ball is dropped the opponent gets the ball on the spot. Player cannot run more than 3 steps with the ball. <i>Time: 10 min</i>		Technique; vision; speed of play; communication; creativity and fun. This is a warm up so encourage movement off the ball.		
Exercise #2	Organization	Coaching Points		
T. F. Training: 4 Shots: Wall Pass, Cross Body, Three Toed, Fight. Players execute four types of shots with five repetitions on each. A) Near Post; B) Toe Poke; C) Turn; D) Flick & Turn. <i>Time: 30 min.</i>		Timing and technique, finishing accuracy. Taking 5 shots in a row will increase a power and muscle memory. Players should be tired after taking 5 shots.		
Exercise #3	Organization	Coaching Points		
5v5 w/ Bumpers: Players outside the grid have one touch only. Field size "box on box." <i>Time: 30 min.</i>		Creating scoring chances; creating numbers up situations; finishing off services or set up touches; rebounding		
Exercise #4		Coaching Points		
5v5 Winner Holds the Floor: Winner stays on. One goal games. <i>Time: 35 min.</i>		Creating goal Chances; increase the speed of play.		



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

U17 PASSING SESSION (SWITCHING THE ATTACK)

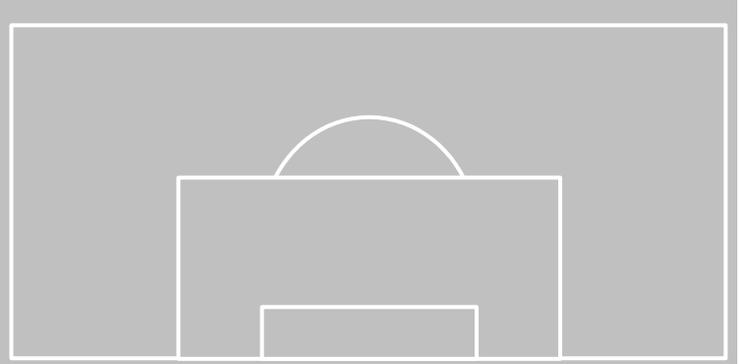
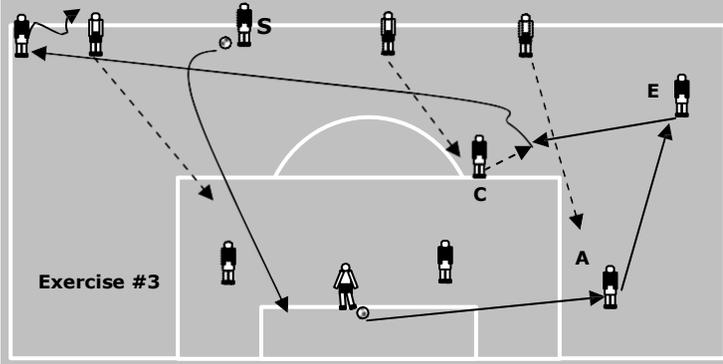
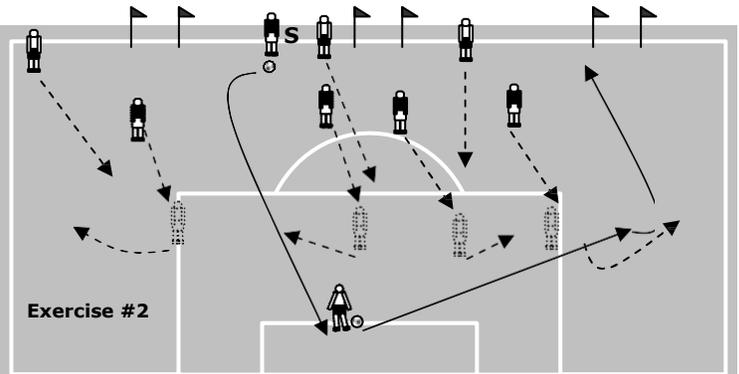
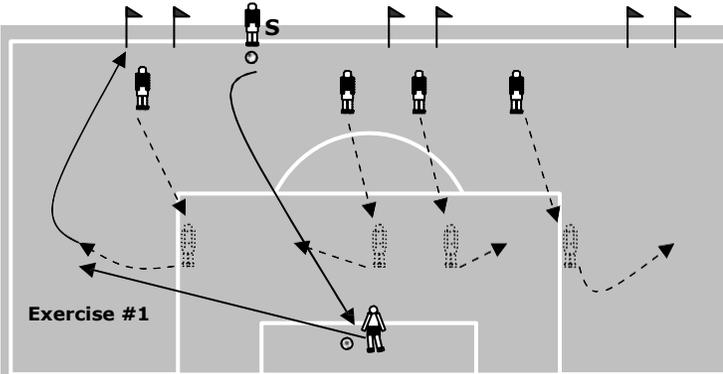
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Switching the Attack	U17	Senior	U17D
Exercise #1 (A & B)	Organization	Coaching Points		
<p>T.F. Backs/Mids: A) Five players with a ball, 15 yards apart is the distance between them, A pass to B, B pass to C, C pass to D, D pass to E, then the sequence reverse. Only two touches are allowed one to stop the ball and one to pass it. B) Same five players in the same position but now the sequence of passing is as diagram. <i>Time: 15 min.</i></p>		<p>A little emphasis on switching the attack. Look for deception, come to the ball, check away at the right times, call for the ball. Details make a great player! Set the tone by short sharp games; quick play and do not forget to praise good play. Let's play quick. Passing, passing, passing!!</p>		
Exercise #2	Organization	Coaching Points		
<p>9v7 Working w/ Mid's & Fwd's: Attacking team play 3-5-2 formation, defending team play 1-4-2 formation, no transition. When the backs win the ball, just play it back to the coach in the zone. Full width. <i>Time: 15 min.</i></p>		<p>The purpose to switch the attack is to see if there is a better opportunity on the other side. Make sure the far winger is in heading distance when the cross comes in. Look for good things. Be positive and sincere. Cheer lead!</p>		
Exercise #3	Organization	Coaching Points		
<p>8v10: Set up is the same as Exercise #2 + a 6 yard zone at midfield for a counter attack game. Goalie can be a support player on offense. Defensive players can score in a variety of ways: Dribble into the zone, play the ball to the GK in the zone, or play the ball into a target man who must complete one more pass for a point. <i>Time: 20 min.</i></p>		<p>This game will allow for a full cycle game Def.; Def. to Off.; Off.; Off. to Def. Shape must be developed quickly. Explode into the positions. When the Offense loses possession and then wins it back again, perhaps go through the zone as to establish the "switching attack" theme. Coach during the flow. Push and pull players around. Be patient and encourage the players. As you see good things, let them know.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's: Half field or perhaps a bit bigger depending what you want to get out of it. <i>Time: 55 min.</i></p>		<p>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.</p>		



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

U17 RECEIVING SESSION (PLAYING OUT OF THE DEFENSIVE 3RD)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Playing Out of the Defensive 3rd	U17	Senior	U17E
Exercise #1	Organization	Coaching Points		
<p>Receive & Play Out of Back: 1 server (S); 4 defenders; 1 GK; 1 big goal and 3 small goals. The starting position of the defenders is close the 3 small goals near the midfield line. The server will serve a long ball to the GK at the same time the defenders will run back towards goal and receive the ball from the GK, and pass through one of the small goals. <i>Time: 15 min.</i></p>		<p>Emphasis on body position when receiving the ball to play quickly. Offensive transition starting from the GK and the defenders showing wide to receive the ball. Speed of play, the correct position of the body will allow the receiver to play quick.</p>		
Exercise #2	Organization	Coaching Points		
<p>Receive & Play Out Under Pressure: Same as Exercise #1 but with 3 attackers (passive) that will press the ball. The 4 defenders will support each other to avoid the pressing and find one of the small goals again. <i>Time: 15 min.</i></p>		<p>Match condition progression. The pressing from the opponent forces the defenders to make quick decisions, communicate, and work together.</p>		
Exercise #3	Organization	Coaching Points		
<p>Receive & Switch the Point of Attack: 2 wide players are added E & F that along with one of the center backs, C, have a great importance in this drill: GK passes the ball to A who pass to the winger E that pass to one of the center back C that with a quick and precise long pass will serve the ball to the left winger, F, that will score dribbling across the mid line. <i>Time: 25 min.</i></p>		<p>Match condition progression. Adding two wingers has created a game like scenario. The combination play illustrated demands technical and tactical ability of the players to pass, receive, and switch point of attack. Apply 4:1 coaching.</p>		
Exercise #4	Organization	Coaching Points		
<p><i>8v8 w/ GK's: Time: 50 min.</i></p>		<p>GK's cannot punt the ball!! Encourage them to play out of the back. Praise good play and have fun.</p>		

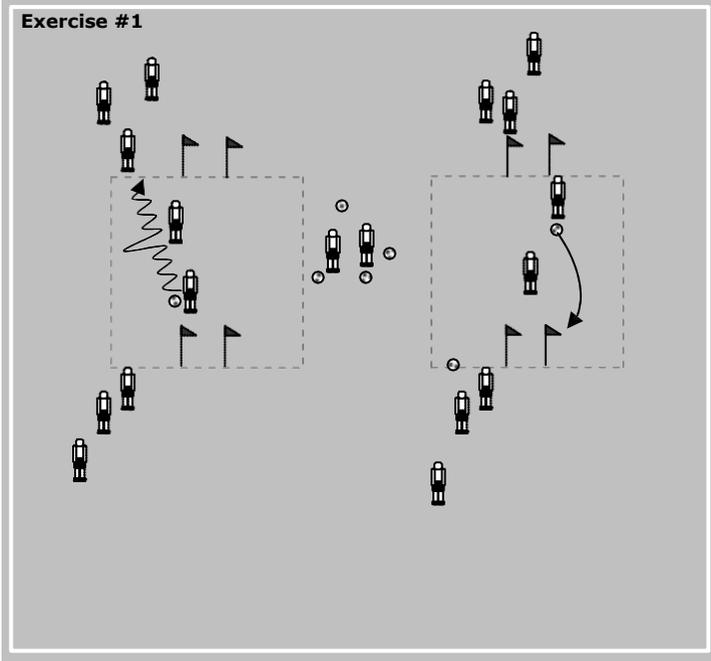
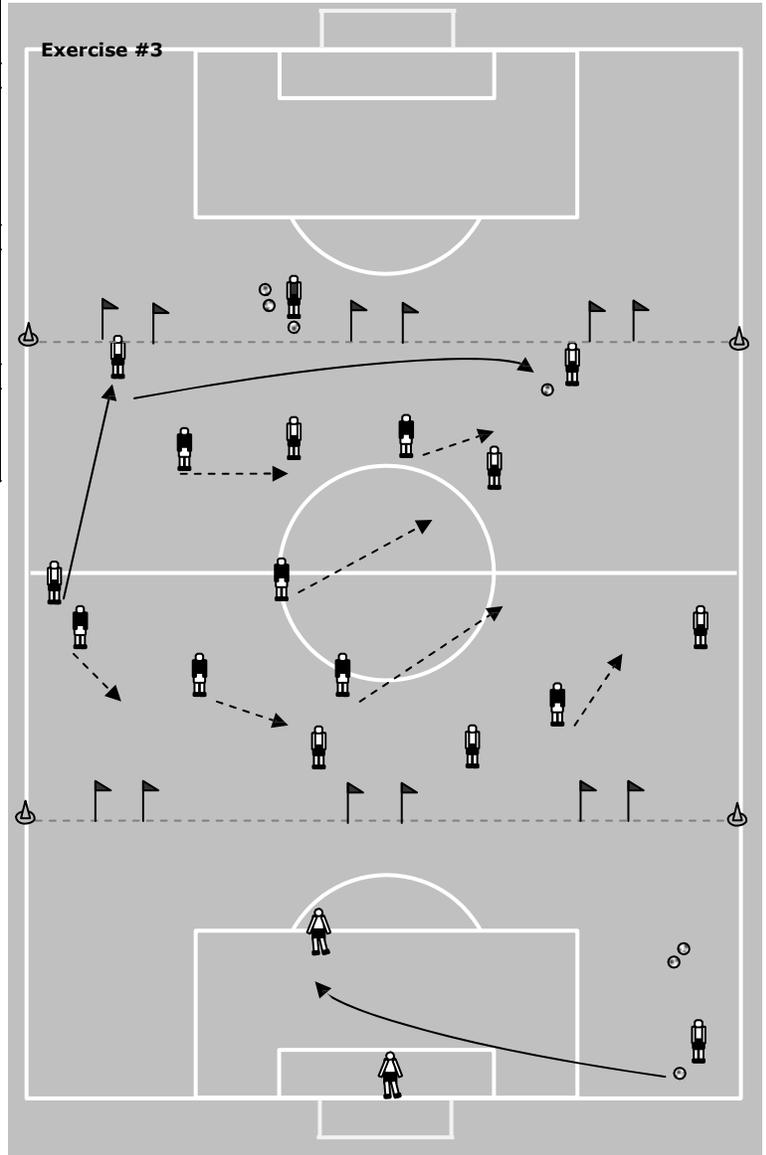


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 CHALLENGING SESSION (MIDFIELD DEFENDING)

TOPIC	THEME	AGE	DIVISION	CODE
Challenging	Midfield Defending	U17	Senior	U17F

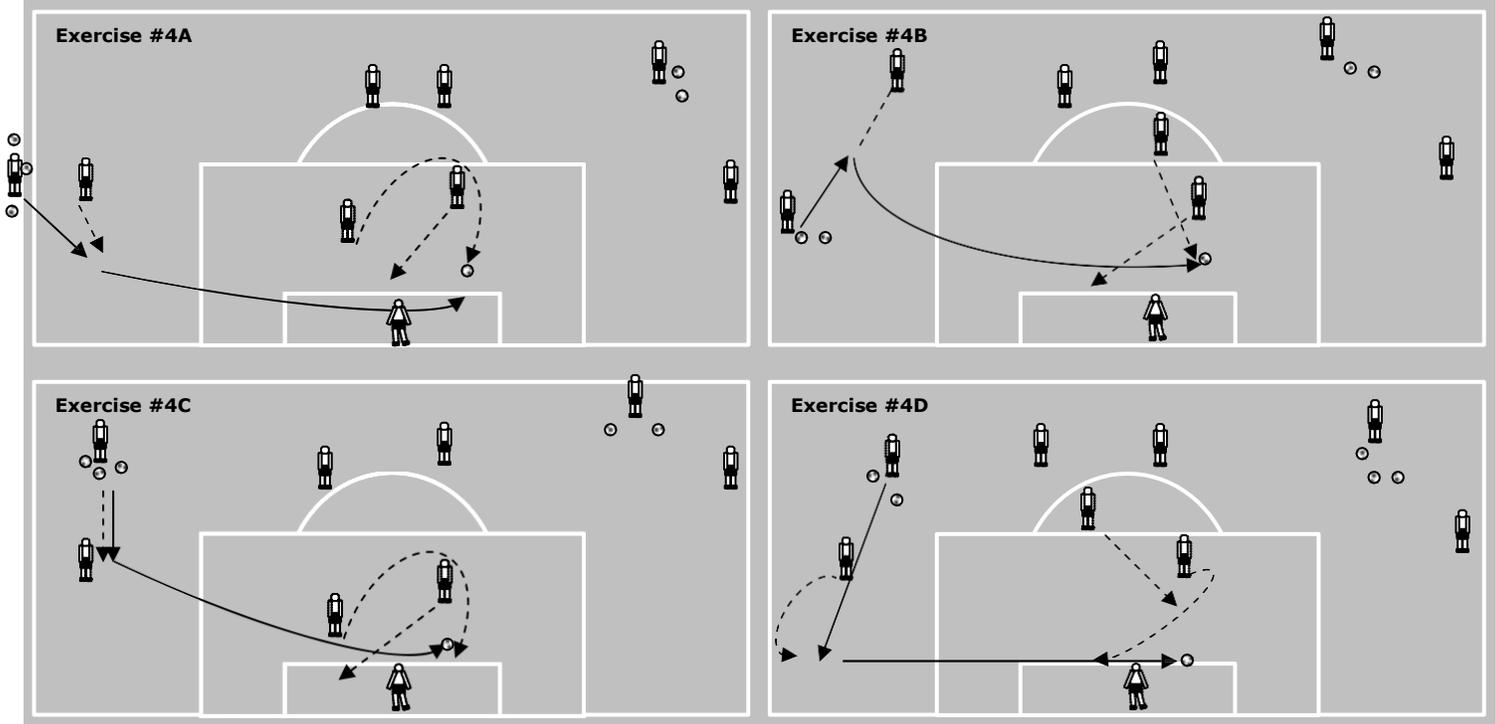
Exercise #1	Organization	Coaching Points
1v1 Fast & Tight:	Two grids 5x5 yards; play 1v1 until shot, goal or out of bounds. Change players each ball. Play fast and tight. <i>Time: 15 min.</i>	This game is very quick, hard and filled with tackles. Players on the outside be ready! Coach, help bring energy!
Exercise #2	Organization	Coaching Points
7v8 No Transition:	Goalkeepers are not needed. Field is 40x65 yards (width of field). When defense wins ball, begin again. Goalkeepers are at one end working with a coach. <i>Time: 15 min.</i>	As ball moves, players must adjust. Stay together and compact looking for cues to press the ball. Look for pressure, cover and balance (weak side?).
Exercise #3	Organization	Coaching Points
7v8 w/ 3 Goals:	Same game and field as above now with transition. Live game to 3 goals. <i>Time: 30 min.</i>	The better the defending shape, the easier to attack. Use defending principles from above. How quick can we move from attack to defense?
Exercise #4	Organization	Coaching Points
11v11 Normal Game:	<i>Time: 45 min.</i>	Compact defense, together. Cues to press include long pass, bad touch, going backwards, etc. Coach over top and apply 4:1.



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

U17 HEADING SESSION (CROSSING OFF OF 1 TOUCH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Crossing Off of 1 Touch	U17	Senior	U17G
Exercise #1	Organization	Coaching Points		
Calisthenics & Heading: 3 Stations, in 2's, one ball: A) Sit-ups B) Stomach C) Side. <i>Time: 10 min.</i>		Do not stay too long in this exercise; recommended a set or two each as this is demanding (and boring): A) Sit-up with a small throw. B) Player goes into push up position then a two footed take off for a header back to thrower. C) Player runs in a three yard arc for an inside one footed takeoff. Look for proper technique on all exercises. Motivate them!		
Exercise #2	Organization	Coaching Points		
Patterns 8v6: (see pg. 51; doc. 310 168) <i>Time: 25 min.</i>		Patterns 8v6 (see pg. 51; doc. 310 168) Add and change your own patterns		
Exercise #3	Organization	Coaching Points		
Lane Game: (see pg. 38; doc. 310 187) <i>Time: 40 min.</i>		Lane Game (see pg. 38; doc. 310 187) Let's play here, have some fun. The lane is allowed to have a 2v1 for increased crossing opportunities.		
Exercise #4	Organization	Coaching Points		
Crossing Off 1 Touch: A) Ball crossed off a throw in first time. Try throwing at different angels so crosser is challenged. Try one touch back to thrower for a cross. B) Ball dropped to a back, one touch cross. C) Pass, trap and curl it in. D) Pass, dummy through legs and one touch cross. <i>Time: 30 min.</i>		A) Collect quickly and cross quickly. You might be hitting some volleys here. Runners are near and far. B) Cross is "whipped" in for finishing. The passer has a tendency to get underneath this ball so be sure that it does not float there. Depending on your approach, experiment with a variety of surfaces. This is a typical ball for an Outside Back to execute. C) Runners should be in early to start, and then curl out. Small and sharp! D) Runners, time your runs. On all crosses, execute different types of crosses ie. Driven, bending, lofting, etc. Repetition is the key. This exercise can certainly be down before game, or slid in anywhere in training. Crossing and Finish is both much needed and enjoyable. Be sure to experiment with different surfaces.		

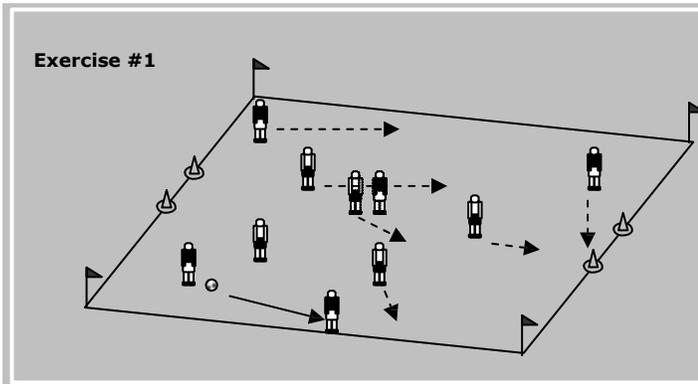
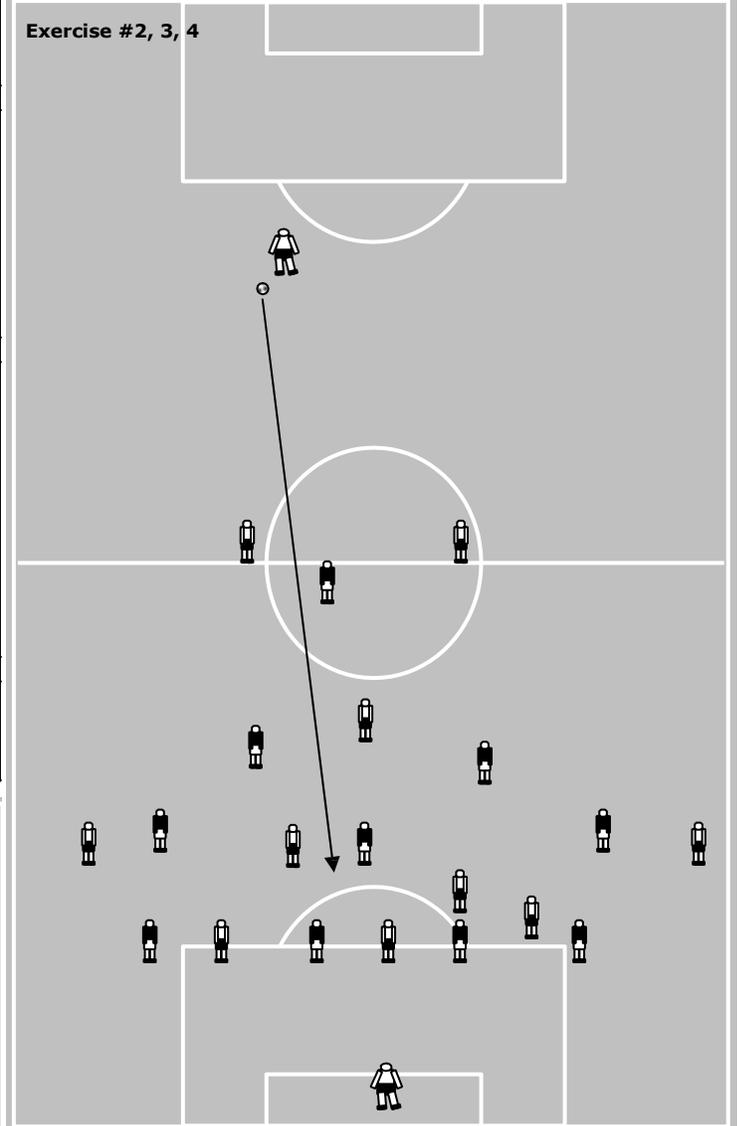


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 ATTACKING SESSION (UP A GOAL, DOWN A GOAL)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Up a Goal, Down a Goal	U17	Senior	U17H

Exercise #1	Organization	Coaching Points
Warm Up "The Rush Way":	Time given for free movements, first 10 in possession or small sided game, reserves more relaxed, time for finishing, heading, etc. <i>Time: 20 min.</i>	Should mirror a pre-game warm-up by both players and coaches.
Exercise #2	Organization	Coaching Points
Up a Goal, Down a Goal w/ Coaches:	First segment is open 11v11 game, at 10 min. Team A is down a goal to Team B. The next 10 min. constitutes the end of a game. After 10 min. teams reverse roles. These 10 min. also constitutes the end of a game. Coach over play and stop if necessary. Discussion/teaching follows. <i>Time: 30 min.</i>	How do players change game? When? Down a goal...System change (3-4-3/2-5-3), high line of confrontation, high pressure, substitute attackers for defenders, quick frees, no fouls, direct/counter style, ask ref about time, off sides trap, GK is sweeper, keep ball in bounds (tackles), shag balls, energy.
Exercise #3	Organization	Coaching Points
Up a Goal, Down a Goal w/ Ref:	11v11, two ten minute halves each constituting end of a game. First half Team A is down a goal, second half, Team A is up a goal. Coach is now on sidelines with limited coaching. Add referee. <i>Time: 20 min.</i>	Up a goal...System change (4-5-1/3-6-1), midfield is line of confrontation, substitutions (slow changes, repeat), win air challenges, prevent quick frees, feign injury, stay down, keep possession, ball out of bounds or behind opponent if unable to keep possession, players behind ball in defense, keep ball in attacking corner, sub and take time, GK use feet and no early distribution, disrupt flow/rhythm.
Exercise #4	Organization	Coaching Points
11v11 Normal Game:	W/ Referee, <i>Time: 35 min.</i>	Game begins 0-0. Score will dictate line of confrontation. Tied-35 yards, Down-top of box, Up-midfield.

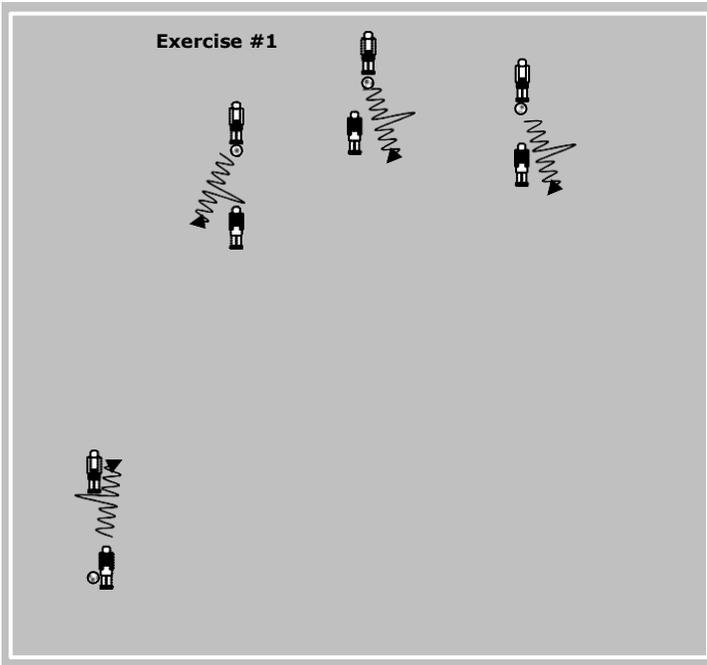
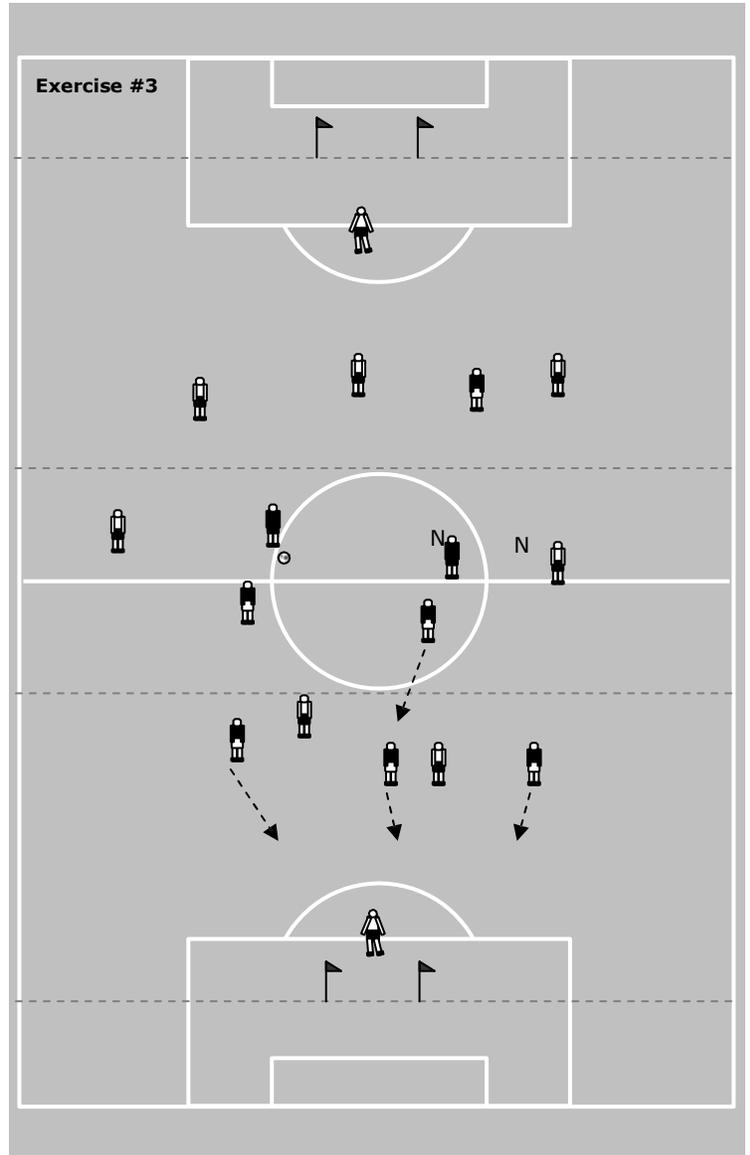


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 DEFENDING SESSION (LINE OF DEFENSE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Line of Defense	17	Senior	U17I

Exercise #1	Organization	Coaching Points
1v1 Shadow Defending:	One attacker dribbling at defender. No tackles, just shadow. Work half way across field, then change. <i>Time: 10 min.</i>	Getting warm. Simple defending movements: shuffle feet, drop step, distance from ball, etc.
Exercise #2	Organization	Coaching Points
9v9 Possession Game:	GK's are just another field player. Playing area is from penalty spot to penalty spot. May play 8 passes equal a point, play to three. <i>Time: 20 min.</i>	In attack, keep possession. Defensively, "can I get there?" Each player must be in position to press ball. Distance from player depends upon distance from ball.
Exercise #3	Organization	Coaching Points
8v8 w/GK's +2 N's:	Each team has an off sides line on opposite side of center circle. <i>Time: 30 min.</i>	No pressure? Give cushion, drop (refer to diagram). Pressure? Keep a higher line of defense. Pressure is the indicator!
Exercise #4	Organization	Coaching Points
11v11 Normal Game:	<i>Time: 45 min.</i>	Apply above points. Goal, ball, man. Defenders must find themselves within that triangle and "see man-see ball." Coach over top only. Apply 4:1.



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