

# Vision Soccer Academy

## Training Program for U15's – U16's

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### TRAINING REGIMEN AND GUIDELINES

#### ***U15'S – U16's: Focus on Development of Group / Team skill and tactics***

*"A transition from the individual and small group can accomplish to what a team can accomplish together is the focus of this age group."*

#### **HIGH PRIORITY**

1. Develop understanding of:
  - Depth – Role of strong side defenders
  - Balance – Role of weak side defenders
  - Concentration --- On and off the ball
  - Communication --- Simple but direct / who – what – where – when
2. Develop understanding of:
  - Target player
  - Runner's off the ball and Linking player(s)

#### **LOWER PRIORITY**

Functional play, set pieces, and team play

#### **TECHNICAL**

Skills should be mastered leading to artistry and improvisation. Skills should be trained under match conditions. It is important that technique is still highly emphasized at this age.

- Individual skills should be covered during warm-up
- Increase technical speed
- Strike balls cleanly over distance

#### **TACTICAL**

Increase tactical speed (how fast the player makes decisions)

**Group => 4v4, 7v7**

##### Attacking

Keep possession with a purpose – Width, depth and support

- Combination play – wall pass, take over, overlap, double pass and third runner
- Penetration and Mobility/Creativity
- Crossing with proper run in the box
- Set plays

##### Defending

- Delay and Compactness
- Tracking back
- Communication
- Teach to enjoy winning possession (winning air balls)
- Set plays

#### **PHYSICAL**

Fitness – Done with and without a ball

Stretching – Dynamic / Static Stretching (before and after training and matches)

Importance of discipline for warm-up and cool-down

Endurance – Aerobic and Anaerobic

Nutrition – Importance of proper diet, pre-game, post-game and tournaments

Care and Prevention of Injuries

Importance of rest and recovery

#### **PSYCHOLOGICAL**

Leadership / Player Responsibilities

Increased Concentration

Discipline

Goal Setting

Vary Program – Satisfy player's urge for competition

### GOALS AND EXPECTATIONS

1. ***Soccer should remain FUN!!!***
2. ***Players should have a passion for the game and should be watching high level soccer.***
3. ***A great deal of coaching within 6v6 and 7v7 games.***