

# Vision Soccer Academy

## Training Program for U17's - U19's

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### TRAINING REGIMEN AND GUIDELINES

#### **U17's - U19's: Focus is on "Development of Positional Play" and functional training.**

*"The emphasis is a transition into total team play, individual roles within the team, and functional training specific to a player's position."*

#### **HIGH PRIORITY**

FUNCTIONAL TRAINING, CROSSING, SET PIECES AND TEAM PLAY

#### **TECHNICAL / TACTICAL**

Players must be exposed to a playing and training environment, which extend their mental, physical, tactical and technical capabilities to the limit. They must have a sound understanding of the games principles and concepts.

#### **Functional Play:**

- Attacking roles and responsibilities
- Defensive roles and responsibilities

#### **Crossing:** (Develop a complete understanding of):

- Crossing angle
- Overlaps
- near and far post runs - timing / location --- type of ball to be served

#### **Set Plays:** (Develop a complete understanding of):

- Attacking and defending responsibilities at corner kicks and all other restarts
- The importance of possession from throw-ins in defensive and midfield third of field
- Possession and creativity in the final third

#### **Development of Team Play**

**Functional play:** Training players for specific positions and roles. This training should include technical/functional and tactical/functional

#### **Team Play:**

1. Match - related practice: Attacking vs. Defending
2. Match conditioned: One in three practices devoted to the defensive aspects of the game.

Players should have a complete understanding of the principles of team play.

#### **ATTACKING / DEFENDING / TRANSITION / TEAM PLAY**

#### **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. **One in three practices devoted to defending principles of play**
3. **Match - related practice: Attacking vs. Defending ----- TRANSITION**
4. **All activities should be challenging, motivating and involve Transition!**
5. **Players should have a passion for the game and should be watching high level soccer.**