



***TRAINING SESSIONS***  
***16-19U***

## **U16 Development of Skill and Group Tactics**

This is a critical time in a player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor coaching or other interests. Players tend to be mentally tougher and more self confident but with a need for attention, security and further nurturing. There is a need for team spirit, leadership and discipline within the team.

**COACH:** Charismatic; Experienced; Knowledgeable; Articulate; Disciplinarian; Managerial Know How; Thoughtful Communicator

**TECHNIQUE:** Skills should be mastered leading to artistry. Technique should be trained on the move, done at speed and all with opposition. Strike balls cleanly and maturely over distance with accuracy and pace and all under pressure.

**TACTICS:** Increase Tactical Speed (decision making)  
**Group** 3V3, 4V4, 5V5, 7V7  
**Attacking** Keep Possession but with a Purpose-e.g. Direction  
Combination Play and 3<sup>rd</sup> Man Runs  
Penetration  
Mobility/Creativity  
Crossing with Pressure and Proper Runs into the Box  
Set Plays  
**Defending** Pressure-Cover-Balance  
Compactness  
Delay  
Tracking Back  
Communication (how, efficient)  
Hunting the Ball and Winning Back Possession  
Set Plays

**PHYSICAL:** Flexibility-Before and After Training/Games  
Agility-With and Without the Ball  
Speed Work  
Endurance-Aerobic and Anaerobic  
Strength-Upper and Lower Body  
Nutrition-Proper Diet-Pre-Game, Post-Game, Tournaments, etc...  
Prevention and Care of Injuries

**MENTAL:** Increased Concentration, Goalsetting, and Relaxation Techniques  
Leadership/Player Responsibilities  
Discipline  
Respect for the Game/Opponent, Watch High Level Matches

## U16 Goalkeeper

**TECHNIQUE:** Footwork / Set position / General handling techniques  
Shot stopping / catch or deflect / recovery saves  
All Dives  
Collapse / Step and save / Power step and save  
Narrowing the angle  
Crosses  
Served from all areas/angles unopposed & opposed  
Distribution –  
Throws  
Improved range / power / variation - all techniques  
Kicks  
Goal kicks / Volleys / ½ Volleys  
Dealing with the back pass under pressure –control  
& first touch with both feet, variation of  
pass.

**TACTICS:** Support - Angles / Distance  
Communication – working with the defensive unit - recognizing  
pressure on and of the ball  
Presence  
Making adjustments to stay in line with the ball (footwork)  
Organization in defending set plays - free kicks and corner kicks

**PHYSICAL:** Warm-ups and Cool-downs  
Stretching, flexibility, mobility and strengthening exercises  
Plyometric exercises  
Recovery exercises  
Agility exercises – low intensity / low repetitions  
Weight training – low weights/high reps  
Footwork all directions (all goalkeeping movements)  
Speed – 20-yards maximum  
Check height/weight and vertical leap 4 times per year  
Check body fat

**MENTAL:** Training and match preparation  
Lifestyles/discipline  
Living away from home  
Dealing with competition  
Physical confrontations  
Dealing with pressure – internal/external  
Dealing with both success and failure

## U19            **Developmental of Positional and Team Play**

Fulfillment of a player's potential depends on his or her own efforts, the support of his/her teammates and the unselfish guidance of his or her coach. He/she must be exposed to a playing and training environment, which extends his/her mental, physical and technical capabilities to the limit. He/she must have a sound understanding of the game's principles and concepts. Players should show emotional stability when confronted with pressure situations. **Demanding and Challenging training sessions and matches are a must!!!**

**COACH:**        Charismatic; Well Informed; Up to Date; Experienced; Articulate;  
Disciplinarian-No Doubts about who is in Charge; Managerial Know How

**TECHNIQUE:** Mastered Skill Leading to Artistry. All at Speed under Match Conditions.  
Individual Skill Covered during warm-up

**TACTICS:**        Increase Tactical Speed (Decision making).  
Increase Pressure and Competition

**Team/Functional-** Understanding the Three Lines in the Team and their Collective Responsibilities

**Attacking**        Possession with a Purpose  
Combination Play with Tactical Implications  
Penetration with Variety, Creativity and Disguise  
Counter Attack  
Wide/Flank Play  
Target Play and Creating Chances  
Crossing under Pressure with Proper runs into the Box  
Set Plays

**Defending**        Zonal marking & Man marking with Sweeper Behind  
Pressing as a Unit in Different 1/3's  
Set Plays

**PHYSICAL:**      Flexibility Work Before and After Practices and Games  
Agility-With and Without the Ball  
Speed  
Endurance-Aerobic and Anaerobic  
Strength-Upper and Lower Body  
Nutrition-Proper Diet-Pre-Game, Post-Game. Tournaments, etc...  
Care and Prevention of Injuries  
Care of their Own Bodies. e.g. toenails, shower, sleep, footwear

**MENTAL:**        Increased Concentration  
Leadership/Increased Player Responsibilities  
Discipline  
Respect for the Game/Opponents  
Self-Confidence/Self Motivation-GoalSetting  
Mental Imagery  
Fighting Spirit-Will to Win  
Encourage to Watch High Level Soccer

## **U19      Goalkeeper**

**TECHNICAL:**      Footwork/set position/general handling  
All Dives  
                        Collapse save / Step and save / Power step and save  
Narrowing the angle  
Shot stopping / catch or deflect / recovery saves  
Advanced reaction saves  
Crosses  
                        Unopposed & Opposed  
                        Working with the defensive unit  
Distribution  
                        Throws – all techniques  
                        Kicks – all techniques

**TACTICS:**      Distance of support / Playing off your line  
                        Recognizing pressure on and off the ball.  
Decision-making - last line of defense & first line of attack  
Presence.  
Organization of the defensive unit for transition  
Organization on set plays – corners and free kicks

**PHYSICAL:**      Warm up/cool down  
Goalkeeping specific stretching, flexibility and mobility  
Footwork exercises  
Recovery exercises  
Agility exercises  
Plyometric exercise  
Weight training – low weights high reps  
Speed 20 yards maximum  
Check height, weight – weekly  
Body fat and vertical leap – check monthly

**MENTAL:**      Application / Attitude  
Following a coach's game plan  
Composure / Temperament / Dealing with the pressure  
Concentration  
Confidence  
Consistency  
Courage  
Criticism – internal / external  
Desire / Determination/ Winning mentality  
Personal goal setting — imagery

## NWSC U16/19 – Training Sessions

1. Evaluation and Fitness
2. Evaluation and Fitness
3. Touches and Fitness
4. 1v1
5. Possession
6. 1v1 Defending
7. 2v1 Defending, Role of 2<sup>nd</sup> Defender
8. Defensive Support: Roles of 3 Defenders
9. 3-4-3 Formation – Defending
10. Possession with Transition
11. Defensive Shape and Balance
12. One v. One to Cones – Competitive Game
13. Finishing – Three-Tier Shooting
14. Corner Kicks
15. One v. One - Top Gun
16. Crossing the Ball
17. Crossing the Ball
18. Passing and Receiving
19. Conditioning
20. Conditioning
21. Passing – Triangle and Long Passing
22. Possession
23. Playing the Ball Back Then Forward
24. Group Attack / Space and Width
25. Using 5v2 to Develop Passing Skill
26. Possession
27. Using 5v2 to Develop Passing Skill
28. Finishing
29. Finishing (Before a Tournament)
30. Possession to Penetration
31. High Intensity Games
32. Possession
33. Finishing – Three-Tier Shooting
34. One v. One - Top Gun
35. Overlapping
36. Crossing the Ball
37. Crossing the Ball and Framing the Goal
38. Passing – Triangle and Long Passing
39. Playing the Ball Back Then Forward
40. Group Attack / Space and Width
41. Finishing
42. Group Attack / Space and Width
43. Group Attack – Possession
44. Dribbling / Possession
45. Receiving the Ball
46. Passing – Crossing
47. Group Attack – Possession
48. Group Attack – Possession
49. Group Attack / Space and Width
50. Finishing

## NWSC U16/19 – Session 1

### Topic: Evaluation and Fitness:

(1 hour 30 minutes)

### Coaching Points:

- Give it your best, use your strengths, and work hard.
- Looking to see how fit, creative, skilled (technique), mentality and physically tough, ability to play with speed of play (thought process/decision making and fast with and without the ball) you are, ability to handle pressure.

### Warm-Up: (15 minutes)

- *Jogging and dribbling* - On own.

### Match Related: (45 minutes)

- *Touches* – Pass and/or dribble to warm-up with a ball, within 4v4 concept pass within teams, pass to other team. (20 minutes)
- *4v4* – 30x20 grid, play 4v4, rotate players so they do not play the same players all the time, by class. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Three Groups* - 44 yards apart, the 1's sprint to the other side and as soon as the last 1 crosses the line, the 2's sprint in the other direction and as soon as the last 2 crosses the line the 3's sprint. 10-44-yard sprints. This type of running gives a 1:2 work to rest ratio.
- *Juggling* - The players end with 5 minutes of juggling on their own and then stretch.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**

## NWSC U16/19 – Session 2

### Topic: Evaluation and Fitness:

(1 hour 30 minutes)

### Coaching Points:

- Give it your best, use your strengths, and work hard.
- Looking to see how fit, creative, skilled (technique), mentality and physically tough, ability to play with speed of play (thought process/decision making and fast with and without the ball) you are, ability to handle pressure.
- Must pick up speed of play and decision making and intensity!

### Warm-Up: (15 minutes)

- *Jog* - 44 yards (the width of the 18), jog forwards, jog backwards, skip, skip backwards, cariocchi, straight leg lifts, bended leg lifts inside-outside, squat thrusts, etc., and then stretch for 2-3 minutes.
- *Second Run* - Add in change of direction and also emphasize bigger steps by extending their strides. This second run lasts 2-3 minutes and then they stretch for 2-minute period.
- *Two Minute Run* - Jog 5 steps and then change direction (90 degree turn) and then sprint 10 steps and change direction, then jog 5 steps and then change direction and sprint 10 steps, for 2 minutes and then they stretch for 2 minutes, use ball.

### Match Related: (45 minutes)

- *4 Team Passing* – Pass and move quickly, see how nay passes you can complete in a certain time period, use space and width. (20 minutes)
- *7v7* – ½ of field, rotate players so they do not play the same players all the time, by class. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage*.

### Conditioning: (15 minutes)

- *Creative Dashes* – Set 2 sets of cones 10–15 yards apart, separate team into 2 lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice, use ball 2nd time.

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## NWSC U16/19 – Session 3

### Topic: Touches and Fitness:

(1 hour 30 minutes)

#### Coaching Points:

- We are looking to see how fit, creative, skilled (technique), mentality and physically tough, ability to play with speed of play (thought process/decision making and fast with and without the ball) you are, ability to handle pressure.
- Must pick up speed of play and decision making and intensity!
- Separate players into attackers, defenders, and midfielders, select team and play.

#### Warm-Up: (15 minutes)

- *Jogging* - On own.
- *Tag* – Everyone is it, place different conditions on players.

#### Match Related: (45 minutes)

- 7v7 – ½ of field, rotate players so they do not play the same players all the time, by class. (45 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning: (15 minutes)

- *Nightmare* – Sprint from the end line to 6-yard line and back, 18-yard line and back, 30-yard line and back, and midfield and back. Use a ball the 2<sup>nd</sup> time and make a move at each turn.

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## NWSC U16/19 – Session 4

### Topic: 1v1:

(1 hour 30 minutes)

### Coaching Points:

- Give it your best, use your strengths, and work hard.
- We are looking to see how fit, creative, skilled (technique), mentality and physically tough, ability to play with speed of play (thought process/decision making and fast with and without the ball) you are, ability to handle pressure.

### Warm-Up: (15 minutes)

- *20 Yard Speed Drills* – Sprint forward, Butt Kicks, Sidestep, High Knees, Carioca, and Backpedal twice. (5 minutes)
- *Dribbling* - Dribble with a ball, making moves, cuts, and feints. (10 minutes)

### Match Related: (45 minutes)

- *1v1* – 20x20 grid with goals, play 1v1, rotate players so they do not play the same players all the time. (CG - 1v1 to goal) (25 minutes)
- *4v4* – 40x40 grid, play 4v4, rotate players so they do not play the same players all the time. (20 minutes)

### Match Condition: (15 minutes)

- *Scrimmage*.

### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

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## NWSC U16/19 – Session 5

### Topic: Possession:

(1 hour 30 minutes)

### Coaching Points:

- Maintain control of the ball.
- Use proper techniques to receive, pass, dribble, and finish.
- Keeping the ball and transitioning down the field with the ball are keys to our success.
- Play simple, keep your head up, go away from pressure, and look for space and width.

### Warm-Up: (15 minutes)

- *20 Yard Speed Drills* – Sprint forward, Butt Kicks, Sidestep, High Knees, Carioca, and Backpedal twice. (5 minutes)
- *Dribbling* - Dribble with a ball, making moves, cuts, and feints. (10 minutes)

### Match Related: (45 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 2 players play for 30 seconds to one minute dribbling, passing, and defending. (25 minutes)
- *4v2* – 25x25 grids, play 4v2, rotate players so they do not play the same players all the time. (20 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *30 yard sprints* – 4-5 players at a time, 3-4 sprints, and then elimination to see who is the fastest, or 15-20 sprints.

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## NWSC U16/19 – Session 6

### Topic: 1v1 Defending:

(1 hour 30 minutes)

#### Coaching Points:

- *Stance* - Turn sideways always keeping your back to goal (goal side), make angled run.
- *Steps* – Make regular steps until 5 yards away, then slow down make little steps, and make little step jabs to unnerve dribbler.
- *Dance* - When the ball is on the dribbler's foot, give distance and wait for the ball to pop out, and then attack.
- *Speed of Play* - When beaten defensively one must recover quickly and catch the attacker with the ball.
- *Reaction Speed* – The ability to react.
- *Recovery Option 1* - After getting beat the player is able to quickly recover and get goal side
- *Recovery Option 2* - If, after getting beat, the player is not able to get goal side, the next option is to see if someone else can quickly cover (the second defender) and if so, to quickly get back to provide support for this player.
- *Recovery Option 3* - If there isn't a player behind you to provide support, the next thought is to make a hard run back toward the 12 yard spot.
- *Recovery Option 4* - Get organized at the 12 yard line.

#### Warm-Up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot, Thigh, Chest, Knee, and Head* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.

#### Match Related: (45 minutes)

- *Technique Drill* - Long angled run to cone, slow down, keep low to the ground, make jabbing steps backwards., call "Ball!" (10 minutes)
- *1v1* - 10x20 grids, light pressure on attacker, work on stance/steps/dance, 1<sup>st</sup> time, player with ball does not try to beat defender and defender does not try to win the ball, 2<sup>nd</sup> time play at full speed. (15 minutes)
- *1v1* – With keeper to goal. (20 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.
  
- *120 Yard Sprints* – 10 sprints, 30 seconds to return to starting line, 30 second rest, 1 minute rest after 5 sprints.

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## NWSC U16/19 – Session 7

### Topic: 2v1 Defending, Role of 2<sup>nd</sup> Defender:

(1 hour 30 minutes)

#### Coaching Points:

- 1<sup>st</sup> defender stops penetration by slowing down attacker until the 2<sup>nd</sup> defender is in support at which time the 1<sup>st</sup> defender can take more chances.
- *Stance* - Turn sideways always keeping your back to goal (goal side), make angled run.
- *Steps* – Make regular steps until 5 yards away, then slow down make little steps, and make little step jabs to unnerve dribbler.
- *Dance* - When the ball is on the dribbler's foot, give distance and wait for the ball to pop out, and then attack.
- *Speed of Play* - When beaten defensively one must recover quickly and catch the attacker with the ball.
- *Reaction Speed* – The ability to react.

#### Warm –Up, Conditioning for Shadowing and Reaction Speed: (15 minutes)

- *1v1* - Without ball, practice shadowing in confined space. (2 minutes)
- *1v1* - With ball, don't try to take ball in confined space. (6 minutes)
- *1v1* - With ball, try to take ball in confined space. (7 minutes)

#### Match Related: (45 minutes)

- 2v2 – 15x25 grid, 1<sup>st</sup> defender yells, “ball”, 2<sup>nd</sup> defender yells, “support”, and switch as attacking team progresses towards goal. (15 minutes)
- 2v2 – 15x25 grid, add 2<sup>nd</sup> defender who comes from behind to provide support for the 1<sup>st</sup> defender, start with attacker going slow then build to full speed, key is for the 2<sup>nd</sup> defender to make an angled run not a straight run and get between attacking team and goal, with their back to the goal. (15 minutes)
- 3v2 – With keeper going to goal. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.
  
- *Nightmare* – Sprint from the end line to 6-yard line and back, 18-yard line and back, 30-yard line and back, and midfield and back. Use a ball the 2<sup>nd</sup> time and make a move at each turn.

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## NWSC U16/19 – Session 8

### Topic: Defensive Support: Roles of 3 Defenders:

(1 hour 30 minutes)

#### Coaching Points:

- Even though this session is working primarily on defensive support we want to start by working on passing because if we can't get good passes, it will be difficult to work on the defensive support.
- Defensive team is working on rotating and not tackling.
- When the ball is in the middle, the 1st defender steps to the ball and the other two defenders fall back, 2<sup>nd</sup> defender supports, 3<sup>rd</sup> defender balances.

#### Warm -Up: (15 minutes):

- *Groups of 2's* - with one ball per group. The player are 5 yards apart and pass back and forth right foot only 5 times and then left foot only 5 times, then 10 yards, 15 yards, 20 yards and 25 yards. This is working on both passing and receiving with pace and accuracy.

#### Match Related: (45 minutes)

- *Groups of 6's* - 20x15 grid, 3v3. The 3 offensive players on one end line and the ball starts with the middle player, play 2 touch. The other 3 players match up defensively rotating towards the ball. The defense works on rotating and not trying to win the ball. 2 minutes, then switch roles. After 4 sets of this the offensive players make 5 passes and they are allowed to move forward. The defensive players aren't allowed to tackle the ball but they can intercept a pass. Each team gets 10 tries and they get a point if they cross the opposite end line. (15 minutes)
- *3v3 Counter Attack* - Next is the same game but now if the defense wins the ball, they look to counter attack by crossing the end line they are facing. (15 minutes)
- *5v3* – 25x20 grid. After each team does 3 minutes of rotations at full speed (2 touch requirements on offense) the rule is put in that after 5 passes the offensive team can move and go forward and try to score. Again, the defensive team is working on rotating and not tackling. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.
- *Doggies* - 5 sets of doggies (sprint to a cone 5 yards and back then 10 yards and back then 15 yards and back and then 20 yards and back and then 25 yards and back and then the other team goes, use ball.

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## NWSC U16/19 – Session 9

### Topic: 3-4-3 Formation – Defending:

(1 hour and 30 minutes)

#### Coaching Points:

- Focus 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> defenders.

#### Warm Up: (15 minutes)

- *2v2+1 Defending* – 40x30 grid, with 2 small goals at each end, teams play 2v2+1 in each half, defenders work together, pressure but contain, communication, keep shape, slide sideways, two-touch only. (20 minutes)

#### Match Related: (45 minutes)

- *5v5 or 5v3* – 60x40 grid, 5v5 game with keepers, when a team is defending 2 players must drop off the field creating a 5v3, when the defending team wins the ball they must decide to counter attack with 3v5, or maintain possession and wait for the other team to drop 2 defenders and their 2 players to come back onto the field, defenders slide while the ball is moving, who is in danger, do not get split, drop and regroup. (20 minutes)
- *6v3* - Next is the exact same activity with 3 defenders at a time instead of 2. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Jog and Sprint: (15 minutes)

- 20-yard jog, 20-yard sprint, repeats for 1 minute, rest 1 minute, repeat again, etc.

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## NWSC U16/19 - Session 10

### Topic: Possession with Transition:

(1 hour 30 minutes)

#### Coaching Points:

- Maintain control of the ball.
- Use proper techniques to receive, pass, dribble, and finish.
- Keeping the ball and transitioning down the field with the ball are keys to our success.
- Play simple, keep your head up, go away from pressure, and look for space and width.
- Increase speed of play and intensity.

#### Warm-Up: (15 minutes)

- *20 Yard Speed Drills* – Sprint forward, Butt Kicks, Sidestep, High Knees, Carioca, and Backpedal twice. (5 minutes)
- *Rectangle Drill* – ½ of team inside and ½ outside rectangle, players inside dribble quickly making moves and passing the ball to players on the outside as follows: ball on ground, foot in the air, knee to foot, chest to foot, header to foot, and header to outside player, switch players. (10 minutes)

#### Match Related: (45 minutes)

- 8v8 – 40x40 grid, to goal if possible. (25 minutes)
- 8v8 – 50x50 grid, to goal if possible, or to 4 corner goals. (20 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Sprints* - 3 - 10 yard sprints, 3 - 20 yards sprints, 3 - 30 yard sprints, 3 - 40- yards sprints, and 3 - 50 yard sprints.

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## NWSC U16/19 – Session 11

### Topic: Defensive Shape and Balance:

(1 hour and 30 minutes)

### Coaching Points:

- This activity is working on maintaining proper shape and balance.

### Warm Up: (15 minutes)

- *Defensive Stance and Footwork* - Groups of two's with one ball per group. One player has the ball and is on the sideline. The other player assumes a proper defensive stance. The player with the ball dribbles to the opposite side line working on change of pace and moves and the player in the defensive stance works on footwork. When they get to the opposite side line, they change roles and work their way back. This is done a total of 4 times in each direction.

### Match Related: (45 minutes)

- *5v3* - 30x30 grid and one team is in the grid and the other team is lined up in two lines in a corner. The server plays a ball into the grid and the defenders go and defend. The attackers try to keep the ball away from the defenders for as long as possible. As soon as the ball goes out of play (or the defenders win the ball) a new ball is played in. Each group of 2 goes twice (a total of 8 balls) and the defenders are trying to get all 8 balls out as quickly as possible. When all 8 balls are done, switch roles. The team who is on defense for the shortest period of time wins. This game is played 3 times. The big emphasis is on the three defenders trying to keep the ball in a specific area to take it from a 5v3 to a 3v3. (20 minutes)
- *4v3* - To goal, focus on when to step up and tackle and when to delay, support, and balance. (25 minutes)

### Match Related: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Doggies* - 5 doggies and then stretch. 5 sets of doggies (sprint to a cone 5 yards and back then 10 yards and back then 15 yards and back and then 20 yards and back and then 25 yards and back and then the other team goes. The players then stretch and then leave.

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## NWSC U16/19 – Session 12

### Topic: One v. One to Cones – Competitive Game:

(1 hour 30 minutes)

#### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Attacking with the Ball* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender, work on making moves to beat an opponent.
- *Conditioning* – Speed and endurance.
- *Focus* – On defensive players.

#### Warm-Up: (15 minutes)

- *Rectangle Drill* – ½ of team inside and ½ outside rectangle, players inside dribble quickly making moves and passing the ball to players on the outside as follows: ball on ground, foot in the air, knee to foot, chest to foot, header to foot, and header to outside player, switch players.

#### Match Related: (45 minutes)

- *1v1 to Cones* - Pairs of players are assigned to a cone, play 1v1 for 2-3 minutes; try to hit the cone with the ball by beating the other player, attack and defend the same cone, 2 players play and 2 rest. One point is earned by a player for each hit and then the ball changes possession; missed shots must be chased by both players and no cone hanging. Players must agree on the final score after each game, ties count as 1/2 a point. (25 minutes)
- *1v1 to Small Goals* – 1v1 to 2 small goals and/or goal with keeper. (20 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning - Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

**Intensity** – Did we train for excellence, with speed, quickness, and intensity?

**Training** – Did we train harder today than we did yesterday?

## NWSC U16/19 - Session 13

### Topic: Finishing – Three-Tier Shooting:

(1 hour 30 minutes)

#### Coaching Points:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing Technique* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).
- *Speed* - Focus on technical speed to dribble to control the ball and finishing to goal.

#### Warm-Up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivilinos, rolls, and passes, make it competitive with races.

#### Match Related: (45 minutes)

- *Three – Tier Shooting* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Jog and Sprint* - 20-yard jog, 20-yard sprint, repeat for 1 minute, rest 1 minute, repeat.

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*Training* – Did we train harder today then we did yesterday?

## NWSC U16/19 - Session 14

### Topic: Corner Kicks:

(1 Hour 30 minutes)

### Coaching Points:

- *Corner Kicks* - Keeper keep your position and hold it until the ball is in play, attacking team makes run at goal, defending team plays “mark” position.
- *Decision Making Speed* – The ability to make a decision as to what to do with and without the ball.
- *Attacking Mental Preparation* – Battle in the box, make clean contact, or ricochet if possible.
- *Defensively* – Frame goal, do not let the ball touch the ground, clear long to the side.
- Focus on first touch, making runs to the goal, defenders “marking up.”

### Warm Up: (15 minutes)

- *Multiple Goals* – 2-4v4 games to 4-6 goals, 2 teams play, can score from any side of a goal by passing through the goal to a teammate. (Decision Making Speed)

### Match Related: (45 minutes)

- *Defensively* – Work on positioning, framing the goal, heading the ball high and away, do not let the ball touch the ground, clear long to the side. (20 minutes)
- *Attacking* - Battle in the box, make clean contact, or ricochet if possible, pass back to score, movement. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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***Training* – Did we train harder today than we did yesterday?**

## NWSC U16/19 - Session 15

### Topic: One v. One - Top Gun:

(1 Hour 30 minutes)

#### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Conditioning* – Speed and endurance.
- *Control with Moves* - Focus on dribbling to control the ball, working on making moves to beat an opponent.

#### Warm-Up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

#### Match Related: (45 minutes)

- *1v1* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Sprints* - 3 - 10 yard sprints, 3 - 20 yards sprints, 3 - 30 yard sprints, 3 - 40- yards sprints, and 3 - 50 yard sprints.

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## NWSC U16/19 - Session 16

### Topic: Crossing the Ball:

(1 Hour 30 minutes)

#### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay onside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards.

#### Warm Up: (15 minutes)

- 4v2 – 1-2 touches, quick feet, space and movement.

#### Match Related: (45 minutes)

- 1v0 - No defender with crosser, attackers from top of goal box, with goalkeeper, both sides of pitch. (15 minutes)
- 3v1 – 1 defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- 4v2 – Work on crossing the ball against 2 defenders. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on crossing the ball and finishing.

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

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## NWSC U16/19 -Session 17

### Topic: Crossing the Ball:

(1 Hour 30 minutes)

### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay onside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards.
- 3 attackers must frame the goal.
- Focus on crossing the ball and finishing.

### Warm Up: (15 minutes)

- 5v3 – 1-2 touches, quick feet, space and movement.
- 4v2 – 1-2 touches, quick feet, space and movement.

### Match Related: (45 minutes)

- 4v0 - No defender with crosser, with goalkeeper, both sides of pitch, 3 attackers frame the goal. (15 minutes)
- 4v1 – 1 defender with crosser, with goalkeeper, both sides of pitch, 3 attackers frame the goal. (15 minutes)
- 4v2 – Work on crossing the ball against 2 defenders. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to the start line 6 times, 2<sup>nd</sup> time use a ball and make moves while dribbling and at turns.

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## NWSC U16/19 - Session 18

### Topic: Passing and Receiving:

(1 Hour 30 minutes)

### Coaching Points:

- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- *Receiving* – Lock ankle, raise toes, lower heel, place ball 2-3 feet away from body at an angle, step, place foot next to ball, and swing leg through the ball.
- *Pace* – Pass the ball with pace; get the ball to your teammate or into space.
- Encourage players to focus on long accurate passing, receiving the ball, and accelerating runs after the pass.

### Warm Up: (15 minutes)

- *Juggling* – Dribble and juggle the ball working on feet, knees, chest and head.

### Match Related: (45 minutes)

- *Passing* – 2, 5, 10, 20, and 40 yard passing, working on 2 then 1 touch.

### Match Condition: (15 minutes)

- *Scrimmage*.

### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

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## NWSC U16/19 - Session 19

### Topic: Conditioning:

(1 hour 30 minutes)

#### Coaching Points

- *Fitness* – Sprint long distances to stay fit.
- *Plyometrics* – Improve jumping ability for headers.
- *Fun* - Players play with little instructions.

#### Warm Up: (30 minutes)

- *Jogging and Stretching* – On own or as a team.
- *Sprints.*
  - 100 yard sprints (2)
  - 200 yard sprints (2)
  - 50 yard sprints (4)
  - 10, 20, 30, 40 yard cone runs (2)
  - 10 yard sprints (6)
  - 20 yard sprints (6)
- *Plyometrics* – Jumping over ball side-to-side, then front-to-back (25 times each)

#### Match Related: (30 minutes)

- 8v8 – Or, let players decide on game. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Dribbling* - Set up cones at 10, 20, 30, and 40-yards, run to 1<sup>st</sup> cone and back to starting line, run to 2<sup>nd</sup> cone and back, etc., run entire set without rest, then rest 3 minutes, repeat again.

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## NWSC U16/19 - Session 20

### Topic: Conditioning:

(1 hour 30 minutes)

### Coaching Points

- *Fitness* – Sprint short distances to stay fit.
- *Plyometrics* – Improve jumping ability for headers.
- *Fun*- Players play with little instructions.

### Warm Up: (30 minutes)

- *Jogging and Stretching* – On own or as a team.

### Sprints:

- *Three Groups* - 44 yards apart, the 1's sprint to the other side and as soon as the last 1 crosses the line, the 2's sprint in the other direction and as soon as the last 2 crosses the line the 3's sprint. 10-44-yard sprints. This type of running gives a 1:2 work to rest ratio.
- *5-10-15 Yard Drill (NC)* – Sprint 5 yards turn sprint back, sprint 10 yards turn backpedal back, carioca 15 yards turn sprint back, repeat 3-5 times each, use 3-5 lines.
- *Pro- Short Shuttle* – Start in the middle, sprint 5 yards to cone, right sprint 5 yards, turn and sprint 10 yards, turn and sprint 5 yards back to the middle cone.
- *M Drill* – Sprint to cones shaped like an “M” 10-20 yards apart, changing directions.
  
- *Plyometrics* – Jumping over ball side-to-side, then front-to-back (25 times each)

### Match Related: (30 minutes)

- 8v8 – Or, let players decide on game. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Dribbling* - Set up cones at 10, 20, 30, and 40-yards, run to 1<sup>st</sup> cone and back to starting line, run to 2<sup>nd</sup> cone and back, etc., run entire set without rest, then rest 3 minutes, repeat again.

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## NWSC U16/19 - Session 21

### Topic: Passing – Triangle and Long Passing:

(1 Hour 30 minutes)

#### Coaching Points:

- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- Encourage players to focus on long accurate passing, receiving the ball, and accelerating runs after the pass.

#### Warm Up: (15 minutes)

- *Player Passing* – 2 cones in a V, 1 player moves around middle cone and receives pass from 2<sup>nd</sup> player, 2 then 1 touch, switch roles.

#### Match Related: (45 minutes)

- *Long Passing (NC)* – 2 players at 20, 30 or 40 yards apart, pass the ball using the laces, try to get distance in the air and accuracy on the pass, receive pass correctly and return with 2 touch. (20 minutes)
- *Triangle Passing (NC)* – 1<sup>st</sup> player starts on the end line, 2<sup>nd</sup> player is waiting to run outside of the cones set up like a flat back three, 12 yards apart, ½ between the end line and midstripe, 3<sup>rd</sup> player is at the midline strip, player 1 passes the ball to player 2 before she gets to the three cones, player 2 passes to player 3 at midfield, who stops the ball and runs towards player 1 outside the cones, player 2 must get to the ball and pass to player 3 before she gets to the 3 cones, player 3 passes to player 1 who repeats the drill., use both feet, try 2 then 1 touch. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.
- *Dribbling* - Set up cones at 10, 20, 30, and 40-yards, run to 1<sup>st</sup> cone and back to starting line, run to 2<sup>nd</sup> cone and back, etc., run entire set without rest, then rest 3 minutes, repeat again.

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## NWSC U16/19 - Session 22

### Topic: Possession:

(1 hour and 30 minutes)

### Coaching Points:

- Receive the ball properly and maintain possession.
- *Technique* – Body position, lock ankle, toes up, heel down, place ball 2-5 feet away from body.
- *Decision Making* - Know where and go into space away from pressure with the ball.

### Warm Up: (15 minutes):

- *Receiving and Passing* - Groups of 2's with one ball per group and two cones 5-yards apart. The server starts with the ball and the worker comes forward to the front cone and meets the ball and one touches the ball back and then runs back and comes around the other side and does the same. The server always plays the ball to the outside foot (the foot furthest from the cone). This is done for a one-minute period and then they switch roles.
- *Two-Touch Receiving And Passing* - The ball gets played to the outside foot, and is received with the inside of the foot and passed back with the inside of the other foot. Then volley back with the 2-touches, instep, thigh trap, chest trap, and header.

### Match Related: (45 minutes):

- 5v2 - 20x20 grid, the server plays a ball into the grid and the first two X's try to go in and win the ball. The O's try to keep possession of the ball for as long as possible. As soon as the possession is lost, another ball is played in and the next two X's go to defend. A total of 8 balls are played in so each pair gets two turns on the field. The game is played 2 times. Can play 8v2. (15 minutes)
- 7v7+2 - 50x5grid, anytime a team makes 6 consecutive passes they get a point and this is a 5-minute game. (15 minutes)
- 6v6+2 - Next we add two goals with a keeper in each goal and it's 6v6 plus 2 neutrals plus keepers. Teams get a point for 6 passes and 5 points for goals. (15 minutes)

### Match Condition: (15 minutes):

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Doggies* - 5 sets of doggies (sprint to a cone 5 yards and back then 10 yards and back then 15 yards and back and then 20 yards and back and then 25 yards and back and then the other team goes. The players then stretch and then leave.

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## NWSC U16/19 - Session 23

### Topic: Playing the Ball Back Then Forward:

(1 hour and 30 minutes)

#### Coaching Points:

- Receive the ball properly and maintain possession.
- Play the ball on the ground, at angles to feet or into space
- Know where and go into space away from pressure with the ball.
- Switch field of play, 1-2 touches, see the field, keep play simple.
- Communicate, “turn”, “back”, “overlap”

#### Warm Up: (15 minutes):

- *Receiving and Passing* – Each player has a number, pass in numerical order of 1-7, then add 2 balls.

#### Match Related: (45 minutes):

- *3 Player Passing* – Player 1 on the outside passes to the player 2 in the middle who passes ball back to 1, 1 passes to 3 and repeat. (15 minutes)
- *6v2 Game* – 3 defenders and 2 midfielders, 1 forward vs. 2 defenders, add defenders, switch roles. (15 minutes)
- *6v6+2* - 2 target players as midfielders, with keepers. (15 minutes)

#### Match Condition: (15 minutes):

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

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## NWSC U16/19 - Session 24

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

### Warm Up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 4 players play for 30 seconds to one minute passing and defending, 2v2.

### Match Related: (45 minutes)

- *4v2 and 4v4* – Work on space and width. (20 minutes)
- *8v4* – Rectangle grid with 4 defenders with keeper to goal. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U16/19 - Session 25

### Topic: Using 5v2 to Develop Passing Skill:

(1 hour and 30 minutes)

#### Coaching Points:

- Players on either side of the ball are most important for support; players far away must get open.
- Quick short passes, looking for a rhythm, pass to the correct foot, decision making, changing directions, concentration, and anticipation.

#### Warm Up: (15 minutes)

- *Ihor Passing Drill* – In circle pass right, left, then skip player and pass back, using 1-2 touches, then dribble across circle, then pass back, then switch places, etc.

#### Match Related: (45 minutes)

- 5v2 – 10x10 grid, 1 or 2 touch. (20 minutes)

#### The Best 17 Minutes in Soccer:

- 5v5 – Attackers try to score, defenders try to maintain possession, play for 7 minutes, then switch roles, coaching points stress organizing the defense, developing the build up, and attacking the goal. (25 minutes)

#### Match Condition: (15 minutes)

*Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.
  
- *4 Cone Drill (NC)* - 4 cones 10 yards apart, sprint 10 yards, shuffle 10 yards, backwards 10 yards, and carioca 10 yards, 3 stations with 3 players each, hold competition.

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## NWSC U16/19 – Session - 26

### Topic: Possession:

(1 hour and 30 minutes)

### Coaching Points:

- Good first touches, body position over the ball and opening up, Chinese Women's 3 touch rule, technique, speed, and quickness, communication, passing with pace and weight, and receiving the ball properly.

### Warm Up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribbles and passes to players on the outside of the circle and then makes a run to receive it back with a wall pass. (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass (2 passes). (5 minutes)
- Inside the circle player's pass to players on the outside who switch places (continuously change places while passing). (5 minutes)

### Match Related: (45 minutes)

- 4v2 – 3-20x20 grids, 1<sup>st</sup> grid has 4 attackers and 2 defenders, 2<sup>nd</sup> grid has 2 players from defending team, when defending team wins the ball, and 2 players from both teams can enter the other grid to create a new 4v2. (20 minutes)
- *Build Up Drill* - 40x30 grid with goals, 2 teams of 5, start with a 1v1 situation, once a player scores, the other team gets to add another player so that it is now 2v1, the first team to score 5 goals wins. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.
  
- *Rabbits and Foxes* – Square with 2 teams of 4 at opposite corners, chase the other until one team catches and captures the other team (no cutting corners).

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## NWSC U16/19 - Session 27

### Topic: Using 5v2 to Develop Passing Skill:

(1 hour and 30 minutes)

#### Coaching Points:

- Defensive pressure by 2 defenders must occur by having 1 defender pressure the player with the ball.
- How close do we get to the player in possession? (4-6 feet or close enough to tackle if a poor touch occurs)
- What is our angle of approach? (to make the attacker go in the direction we want, towards our defense)
- 2<sup>nd</sup> defender must provide cover of space.
- How far behind the 1<sup>st</sup> defender should the 2<sup>nd</sup> defender play? (6-8 feet)

#### Warm Up: (15 minutes)

- 5v2 – Work with defenders.

#### Match Related: (45 minutes)

- 6v2 – With center attacker. (20 minutes)
- 8v3 - With center attacker. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.
  
- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).

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## NWSC U16/19 - Session 28

### Topic: Finishing:

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

#### Warm up: (15 minutes)

Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3<sup>rd</sup> is 3 yards further, 1 player acts as server and starts with the ball, the 2<sup>nd</sup> player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.

- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

#### Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1<sup>st</sup> player to get to the ball shoots at the goal. (20 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *20 Yard Sprint* – Players sprint 20 yards.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**

## NWSC U16/19 - Session 29

### Topic: Finishing (Before a Tournament):

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive)
- Focus on technical speed to dribble to control the ball and finishing to goal.

#### Warm Up: (15 minutes)

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (10 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2<sup>nd</sup> player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (5 minutes)

#### Match Related: (45 minutes)

- *Alternating Finishing Shots* - Two goals are 30 yards apart, there is a line of players by each goal on opposite sides, and everyone has a ball, each player starts a breakaway run with their ball and shots at the goal, alternating sides. (15 minutes)
- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (15 minutes)
- *3 Player Scoring Drill #1* – 1<sup>st</sup> player at midfield passes to 2<sup>nd</sup> player who lays ball off to 3<sup>rd</sup> player for shot on goal, 2<sup>nd</sup> and 3<sup>rd</sup> player on opposites sides of goal and make runs to the 18. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.
- *Pro-Short Shuttle* – Start in the middle, sprint 5 yards to cone, right sprint 5 yards, turn and sprint 10 yards, turn and sprint 5 yards back to the middle cone.

**Intensity – Did we train for excellence, with speed, quickness, and intensity?**

**Training – Did we train harder today then we did yesterday?**

## NWSC U16/19 – Session 30

### Topic: Possession to Penetration:

(1 hour and 30 minutes)

#### Warm Up: (15 minutes)

- *Groups of 8's* - One group has a ball and are in a circle with a 30-yard diameter. The other group is in a much smaller circle in the middle of the big circle. The players in the middle (the O's) sprint toward an X who passes the ball to the O who then one touches the ball back to the X. The O then sprints back into the small circle, finds another X to run to and does the same again. This is done for a one minute period and then the X's and O's switch roles. After each group has done this for a one minute. There are 5 steps in this series, one touch pass back, two touch pass back, thigh trap volley back, chest, trap volley back, header.
- *Group's of 8's* - Now the player on the outside passes the ball to the player in the middle who receives the ball, turns it and then passes it to another player on the outside who doesn't have a ball. This requires players to pass accurately, receive balls with a turn, and find the open player. There are 3 steps in this series, turn with the inside of the foot, turn with the outside of the foot, and the ball is thrown to the chest so it's turning with the chest.

#### Match Related: (45 minutes)

- *8v8* - Possession game, 40x40 grid. One team is in one half and the other team is in the other half. The balls are on the side at midfield with a server. The X's start with the ball and two O's go across and defend. The X's need 5 passes without losing the ball and then they pass the ball across to the O's and send two X's across to defend. Anytime a team gets 5 successful passes and then passes the ball to the other team they get a point. If the two defenders win the ball, the ball automatically goes to the other team. This is played for 10 minutes. (20 minutes)
- *3 Teams of 5* - 40x40 grid, but now one of the teams is on the midfield line. The X's start with the ball and 2 of the A's go and defend. Now only three passes are needed but the ball must get played across to the O's and the remaining A's can move along the line to try to defend the pass across. This is forcing the need to look constantly looking for penetrating passes. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Catch Up Sprinting* - Next the players get in two lines and start jogging from one goal to the other 80 yards apart. Upon hearing "go" the first players in each line sprint a full lap until they catch up to the back of the line. Once the first people are 4 yards ahead, the next 2 start. This goes on for 10 minutes and then the players cool down and then leave.

***Intensity – Did we train for excellence, with speed, quickness, and intensity?***

***Training – Did we train harder today then we did yesterday?***

## NWSC U16/19 – Session 31

### Topic: High Intensity Games:

(1 hour and 30 minutes)

#### Warm Up: (15 minutes)

- *3v3+Target Player* – 20x20 grid, each team has a target player in the end zone at each end, keep ball, change direction, unbalance defense, rotate target players on pass.

#### Match Related: (45 minutes)

- *3v2 Fast Break* – Attackers have 15 seconds to score, overlaps, decision making, combinations, speed of play, defense slow down and delay. (15 minutes)
- *4+1v3 Progression* - 15x15 grid, 4 attackers outside grid, 1 inside, Play wide then inside, then centrally or wide to the other side, show how grid transpires in a game positionally, body shape open, hit the front player with penetrating pass, support. (15 minutes)
- *4+1v3* – 15x15 grid, 4 attackers outside grid, 1 inside with 3 defenders, target players open up, 1 touch, pass selection. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Change of Direction (COD) - Accent of Agility Closed-Based Drills: (15 minutes)

- *Pro-Short Shuttle* – Start in the middle, sprint 5 yards to cone, right sprint 5 yards, turn and sprint 10 yards, turn and sprint 5 yards back to the middle cone.
- *Three Cone Drill* – Start at cone 1 sprint 5 yards and back, sprint back to the starting line, then swoops around the outside of the 2<sup>nd</sup> cone, inside of the 3<sup>rd</sup> cone, and finishes by sprinting around the outside of all 2 cones.

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## NWSC U16/19 – Session 32

### Topic: Possession:

(1 hour and 30 minutes)

### Coaching Points:

- Receive the ball properly and maintain possession.

### Warm Up; (15 minutes):

- *Receiving and Passing* - Groups of 2's with one ball per group and two cones 5-yards apart. The server starts with the ball and the worker comes forward to the front cone and meets the ball and one touches the ball back and then runs back and comes around the other side and does the same. The server always plays the ball to the outside foot (the foot furthest from the cone). This is done for a one-minute period and then they switch roles.
- *Two-Touch Receiving And Passing* - The ball gets played to the outside foot, and is received with the inside of the foot and passed back with the inside of the other foot. Then volley back with the instep, thigh trap, chest trap, and header.

### Match Related: (45 minutes):

- *8v2 - 30x30 grid*, the server plays a ball into the grid and the first two X's try to go in and win the ball. The O's try to keep possession of the ball for as long as possible. As soon as the possession is lost, another ball is played in and the next two X's go to defend. A total of 8 balls are played in so each pair gets two turns on the field. The game is played 2 times. (15 minutes)
- *7v7+2 - 50x5grid*, anytime a team makes 6 consecutive passes they get a point and this is a 5-minute game. (15 minutes)
- *6v6+2* - Next we add two goals with a keeper in each goal and it's 6v6 plus 2 neutrals plus keepers. Teams get a point for 6 passes and 5 points for goals. (15 minutes)

### Match Condition: (15 minutes):

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.
  
- *Doggies* - 5 sets of doggies (sprint to a cone 5 yards and back then 10 yards and back then 15 yards and back and then 20 yards and back and then 25 yards and back and then the other team goes. The players then stretch and then leave.

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## NWSC U16/19 – Session 33

### Topic: Finishing – Three-Tier Shooting:

(1 hour 30 minutes)

#### Coaching Points:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing Technique* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).
- *Speed* - Focus on technical speed to dribble to control the ball and finishing to goal.

#### Warm-Up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivilinos, rolls, and passes, make it competitive with races.

#### Match Related: (45 minutes)

- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## **NWSC U16/19 – Session 34**

### **Topic: One v. One - Top Gun:**

(1 Hour 30 minutes)

#### **Coaching Points:**

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Conditioning* – Speed and endurance.

#### **Warm up: (15 minutes)**

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

#### **Match Related: (45 minutes)**

- *1v1 (NC)* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1 (NC)* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

#### **Match Condition: (15 minutes)**

- *Scrimmage* – Focus on dribbling to control the ball, working on making moves to beat an opponent.

#### **Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)**

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U16/19 – Session 35

### Topic: Overlapping:

(1 hour 30 minutes)

### Coaching Points:

- *Competitive Element into Training* - Compete against themselves, then each other, then teams.
- *Overlaps* – Timing of run and pass into space in front of the overlapping player is the key.
- *Overlap Sequence* – Pass to the receiver, communication, open the space with a 1 touch, player overlaps, and pass into the path of the overlapping player.
- *Goal* – Create numbers up situation against defense to create scoring opportunities, 2v1, etc.
- *AIA* – Anticipation, Imagination, and Awareness.

### Warm Up: (15 minutes)

- *3 Player Overlaps* – Continuous movement making overlapping runs with 2 players on either side, player 1 passes to player 2 in the middle and overlaps, 2 passes into the path of 1, 1 dribbles and passes to player 3, rotate players, count the number of overlaps done in a set time.

### Match Related: (45 minutes)

- *2v0* – 20x20 grid, player 1 passes to player 2, 1 then overlaps 2, 2 passes to 1, (5 minutes)
- *2v1* – 20x20 grid. (10 minutes)
- *5v3* – NSCAA 3 midfielders and 2 forwards to goal against 2 defenders and a keeper. (15 minutes)
- *6v6* – NSCAA with 2 keepers. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Indian Run* – A square is marked off for the line of players to jog, either in a single file or double-up line. On the coach's command the player or players in the back of the line sprint to the front of the line.

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## NWSC U16/19 – Session 36

### Topic: Crossing the Ball:

(1 Hour 30 minutes)

#### Coaching Points

- Focus on crossing the ball framing the goal, and finishing.
- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay onside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards or pass early between defenders.
- 3 attackers must frame the goal.

#### Warm Up: (15 minutes)

- 4v2 – 1-2 touches, quick feet, space and movement.

#### Match Related: (45 minutes)

- 1v0 - No defender with crosser, with goalkeeper, both sides of pitch. (15 minutes)
- 3v1 – 1 defender with crosser, with goalkeeper, both sides of pitch. (15 minutes)
- 4v2 – Work on crossing the ball against 2 defenders. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

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## NWSC U16/19 – Session 37

### Topic: Crossing the Ball and Framing the Goal:

(1 Hour 30 minutes)

#### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay outside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards or pass early between defenders.
- 3 attackers must frame the goal, near, middle, and far posts bending runs

#### Warm Up: (15 minutes)

- *Short to Long Passing* – 5, 10, 15, 25, 40 yard passes, use both feet, move, 2 touches.

#### Match Related: (45 minutes)

- *4v0* - No defender with crosser, with goalkeeper, 3 attackers, both sides of pitch. (15 minutes)
- *4v1* – 1 defender with crosser, with goalkeeper, 3 attackers, both sides of pitch. (15 minutes)
- *4v2* – Work on crossing the ball against 2 defenders, both sides of the pitch. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on crossing the ball framing the goal, and finishing.

#### Conditioning: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U16/19 - Session 38

### Topic: Passing – Triangle and Long Passing:

(1 Hour 30 minutes)

#### Coaching Points:

- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- Encourage players to focus on long accurate passing, receiving the ball, and accelerating runs after the pass.

#### Warm Up: (15 minutes)

- *Player Passing* – 2 cones in a V, 1 player moves around middle cone and receives pass from 2<sup>nd</sup> player, 2 then 1 touch, switch roles.

#### Match Related: (45 minutes)

- *Long Passing (NC)* – 2 players at 20, 30 or 40 yards apart, pass the ball using the laces, try to get distance in the air and accuracy on the pass, receive pass correctly and return with 2 touch. (20 minutes)
- *Triangle Passing (NC)* – 1<sup>st</sup> player starts on the end line, 2<sup>nd</sup> player is waiting to run outside of the cones set up like a flat back three, 12 yards apart, ½ between the end line and midstripe, 3<sup>rd</sup> player is at the midline strip, player 1 passes the ball to player 2 before she gets to the three cones, player 2 passes to player 3 at midfield, who stops the ball and runs towards player 1 outside the cones, player 2 must get to the ball and pass to player 3 before she gets to the 3 cones, player 3 passes to player 1 who repeats the drill., use both feet, try 2 then 1 touch. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Dribbling* - Set up cones at 10, 20, 30, and 40-yards, run to 1<sup>st</sup> cone and back to starting line, run to 2<sup>nd</sup> cone and back, etc., run entire set without rest, then rest 3 minutes, repeat again.

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## NWSC U16/19 – Session 39

### Topic: Playing the Ball Back Then Forward:

(1 hour and 30 minutes)

#### Coaching Points:

- Receive the ball properly and maintain possession.
- Play the ball on the ground, at angles to feet or into space
- Know where and go into space away from pressure with the ball.
- Switch field of play, 1-2 touches, see the field, keep play simple.
- Communicate, “turn”, “back”, “overlap”

#### Warm Up: (15 minutes):

- *Receiving and Passing* – Each player has a number, pass in numerical order of 1-7, then add 2 balls.

#### Match Related: (45 minutes)

- *3 and 4 Player Passing* – Move down the field passing with 2 lines of 3 and 4 players finish with a cross and shot on goal, go the other way. (15 minutes)
- *6v2 Game* – 3 defenders and 2 midfielders, 1 forward vs. 2 defenders, add attackers and defenders, switch roles. (15 minutes)
- *6v6+2* - 2 target players as midfielders, with keepers. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

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## NWSC U16/19 – Session 40

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

### Warm Up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 4 players play for 30 seconds to one minute passing and defending, 2v2.

### Match Related: (45 minutes)

- *4v2 and 4v4* – Work on space and width. (20 minutes)
- *8v4* – Rectangle grid with 4 defenders with keeper to goal. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U16/19 – Session 41

### Topic: Finishing:

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

#### Warm up: (15 minutes)

Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3<sup>rd</sup> is 3 yards further, 1 player acts as server and starts with the ball, the 2<sup>nd</sup> player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.

- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

#### Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1<sup>st</sup> player to get to the ball shoots at the goal. (20 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *20 Yard Sprint* – Players sprint 20 yards.

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## NWSC U16/19 - Session 42

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

### Warm Up: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1<sup>st</sup> to get to cone wins, 2<sup>nd</sup> time use ball, make movers, and explode to goal. (Reaction Speed)

### Match Related: (45 minutes)

- *4v2* – Set up square with defenders in the middle. (20 minutes)
- *6v4* – Rectangle grid with 4 defenders and keeper. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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***Training* – Did we train harder today then we did yesterday?**



## NWSC U16/19 – Session 43

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs to for penetration to try and score.

#### Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent maintain possession with moves, defender does not try and tackle the ball. (5 minutes)
- *Pressure* - With opponent, try and maintain possession defender tries to tackle the ball and then maintain possession. (5 minutes)

#### Match Related: (45 minutes)

- *4v4v4* – Three teams, one team defends (4 players) and two teams attack (8 players), when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders. (20 minutes)
- *Arena Ball* – Three teams of four each, field is 40x30, two teams are on the field, one team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who must one touch pass back to try and score. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning (15 minutes)

- *Creative Dashes* – Set two sets of cones 10 –15 yards apart, separate team into two lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice.

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## NWSC U16/19 – Session 44

### Topic: Dribbling / Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Conditioning – Speed and endurance.
- Use the entire foot, especially laces (explode).
- Look up while dribbling (look up).
- Control the ball (control).
- Focus on dribbling to maintain possession, while making moves with the ball.

#### Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass (pass to teammate with same color penny). (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass, 2 passes, (pass to teammate with same color penny). (5 minutes)
- Inside the circle player's pass to players on the outside who switches places, continuously change places while passing, (pass to teammate with same color penny). (5 minutes)

#### Match Related: (45 minutes)

- *2v2+2 or 3v3+2* - With 2 target players at each end of the pitch to receive pass and attack. (20 minutes)
- *4v4+4* – With target players on all 4 sides of perimeter. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

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## NWSC U16/19 - Session 45

### Topic: Receiving the Ball:

(1 Hour 30 minutes)

#### Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

#### Warm up: (15 minutes)

- *1v1 Circle Drill* – 1v1 in center circle for 30 seconds.

#### Match Related: (45 minutes)

- *3v1* – In corners of pitch how many consecutive passes. (15 minutes)
- *2v2* - In penalty area with keeper. (15 minutes)
- *4v3+4* – With 4 perimeter players. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U16/19 - Session 46

### Topic: Passing – Crossing:

(1 Hour 30 minutes)

### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).

### Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

### Match Related: (45 minutes)

- *1v0* - No defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *1v1* - With crosser, light pressure, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *2v1* - With crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *4 Cones In A Row* - Players run up to 2<sup>nd</sup> cone, then backwards to 1<sup>st</sup>, sideways, and diagonal.
- *4 Cones In A Row*- Players dribble to each cone leave a ball and dribble with the ball at the cone, with turning in different directions each time (forwards, backwards, sideways, sideways).

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## NWSC U16/19 - Session 47

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

### Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

### Match Related: (45 minutes)

- *4v2 and 4v1* – 4 attackers try to keep the ball away from defenders. Rotate players. (20 minutes)
- *5v2 and 3v1* – Work on consecutive passes and switch defenders often. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Ladder Drills: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

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## NWSC U16/19 – Session 48

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

#### Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent. (5 minutes)
- *Pressure* - With opponent. (5 minutes)

#### Match Related: (45 minutes)

- *4v4v3* – 3 teams, 1 team defends and 2 teams attack, when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders.

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Ladder Drills: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

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## NWSC U16/19 - Session 49

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

#### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.

#### Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

#### Match Related: (45 minutes)

- *4v2 and 4v1* – 10x 10 grid, with defender(s) in the middle. (20 minutes)
- *7v4* – 25x 25grid with 4 defenders. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1st to get to cone wins, 2<sup>nd</sup> time use ball and explode to goal.

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## NWSC U16/19 - Session 50

### Topic: Finishing:

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

#### Warm up: (15 minutes)

- Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3<sup>rd</sup> is 3 yards further, 1 player acts as server and starts with the ball, the 2<sup>nd</sup> player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.
- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

#### Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1<sup>st</sup> player to get to the ball shoots at the goal. (15 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (30 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4<sup>th</sup> cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.

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