

Coaches Recommendations for U17 and U19.

I would expect players at this age group to be able to perform all the fundamental skills at game speed and have a full understanding of the 11 a-side game.

I believe that at this age group the attitude of players is very important.

Practices need to be set up so you play into one goal and work on one aspect of the game.

I would expect players at this age to have a full understanding of the following systems of play.

3-5-2

4-4-2

4-3-3

I understand that players in this age group have other things that they have to consider such as school studies, work or social activities.

You as coaches should plan your sessions from the game that weekend taking into consideration the number of players available.

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