

Coaching Recommendations for U15 and U16.

Practice.

All players should now be able to perform all the basic fundamental skills.
At this age most of your sessions will be done in 6v6, 7v7 or 8v8 small-sided games.
A lot of what you do at this age group is determined by your games. As a coach you must identify what your team need to work on from observations during your games.
Choose an aspect of attacking or defending play and include all players in the practice session. This can be done in one half of the field.
Players should be on time, have clean cleats and have good self discipline.
Individual's attitude to practice is important at this age.

Passing.

Players should be able to keep possession in tight areas.
Players should be able to play from the back.
Players should be able to switch play.
Players need to know when to play long and when to play short.
Players should understand what penetration passing is in 11v11 games.

Control.

Players need to be able to control a ball on the ground or from the air under pressure in game situations.
Players need to know the importance of ball control as a means to passing, dribbling or shooting in game situations.

Dribbling.

Players need to be able to dribble in the attacking third of the field at speed/pace.
Players should know when and where to dribble.
Players should understand what penetration by dribbling is in 11v11 games.

Defending.

The importance of balance in game situations needs to be introduced.
Players need to practice defending as a team in 6v6 or 8v8 small-sided games.
Players need to know how to defend from the front
Players need to understand the sweeper system or a flat back four.
Players should understand the fundamentals of defense

- Communication
- Pressure
- Patience
- Cover
- Balance
- Depth

Shooting.

Player must be able to finish in and around the penalty area when closely marked.
Players must be able to finish from crosses.
Players must be able to finish from a volley.
Players must be able to shoot from outside the penalty area
Players need to know when and where to shoot in 6v6 and 8v8 situations.

Heading.

Players must be able to execute attacking and defending headers in game situations.

Combination Play.

Players should have a full understanding of all forms of combination play in small-sided and 11v11 games.

Attacking.

Players should have a full understanding of their role in 11v11 games.

Forwards and midfield players must understand when and where to make their runs in games.

Players should understand the fundamentals of attack

- Width,
- Movement,
- Penetration by dribbling and passing,
- Mobility
- Improvisation
- Depth

Set Plays.

Set plays are important at this age group and players should have a full understanding of the following:

Free kicks

Corners

Throws

Penalty kicks.

Goal kicks

Kick off Routine

Games.

At this age group all the players should have a full understanding of the game and have the ability to perform under pressure and at game speed.

Players should be introduced to the following system of play:

4-3-3

Players at this age group must have a position identified.

Players at this age group must be practicing and playing to earn playing time.

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