

Coaches Recommendations.

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 good understanding of an 11 a-side game.

I would also expect players to have a full understanding of all systems of play.

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

I also understand that players in this age group have other things that they have to consider whether that be studies, work or social activities.

Coaches should plan their sessions from the game that weekend taking into consideration the number of players available to them.

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