

Coaching Recommendations.

Age: U15 and U16.

Practice Sessions.

Most of your sessions need to be done in one half of the field. I call this phase play where you choose an aspect of attacking or defending play and work with one goal. All the players need to be involved in these sessions.

Passing.

Being able to keep possession in tight areas.

Being able to use combination play in the correct areas of the field and at the correct times.

Being able to play from the defense.

Being able to switch play.

Knowing when to play long and when to play short.

Control.

Being able to control a ball under pressure in game situations.

Knowing the importance of ball control as a means to passing, dribbling or shooting.

Dribbling.

Dribbling in the attacking third of the field at speed/pace.

Knowing the difference between dribbling and running with the ball.

Defending.

Defending as a team.

Defending from the front

Defending using either a sweeper or a flat back four.

Shooting.

Finishing in and around the penalty area.

Finishing from crosses.

Being able to finish from a volley.

Finishing from outside and around the penalty area

Heading.

Being able to do attacking and defending headers in game situations.

Combination Play.

Players should have a full understanding of all forms of combination play in 11 v 11 games.

Attacking.

Players should have a full understanding of their role in 11v11 games.
Forwards and midfield players must understand the runs they have to make and when to make them.

Games.

A lot of what you do at this age group may be determined on your games.
You as a coach will identify what you need to work on.

At these age groups 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 have a good understanding of the following systems of play:

4-4-2

3-5-2

4-3-3

5-3-2

Playing with or without a sweeper.

Set Plays.

Set plays are important at this age group and players should have a full understanding of them.

Free kicks for and against

Corners for and against

Throws for and against.

Penalty kicks.

Goal kicks for and against.

Tom Armstrong
Travel Technical Director.