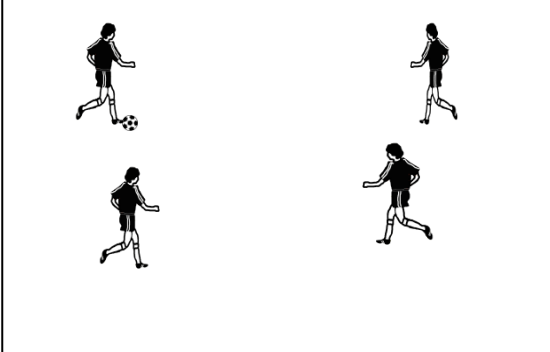
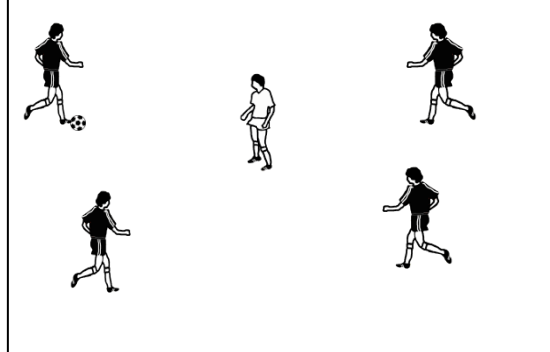
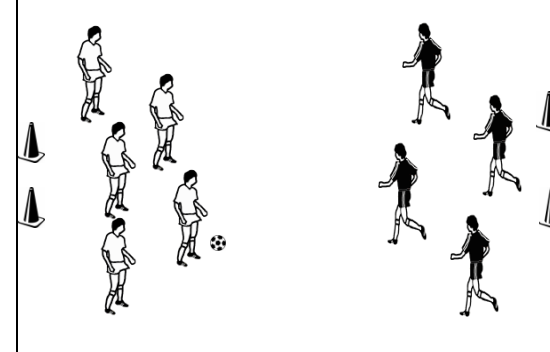


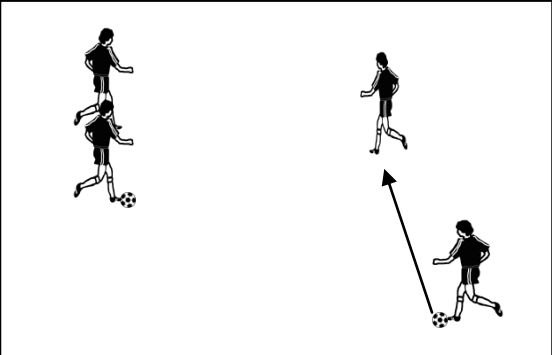

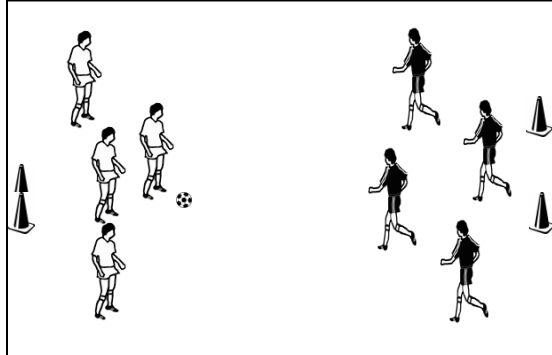
**TRAVEL / PREMIER DIVISION**  
**U15/ U16**  
**Youth Development**

<b>CHALLENGER - TEAM/PLAYER PROGRESSION</b> <b>Ages - U15/U16</b>	<b>Week</b> <b>1</b>	<b>Week</b> <b>2</b>	<b>Week</b> <b>3</b>	<b>Week</b> <b>4</b>	<b>Week</b> <b>5</b>	<b>Week</b> <b>6</b>	<b>Week</b> <b>7</b>	<b>Week</b> <b>8</b>	<b>Open</b>	<b>Open</b>
SHOOTING (VOLLEY/ ½ VOLLEYS)										
HEADING (HIGH BALLS FROM CROSSES)										
CONTROLLING/ TRAPPING THE BALL										
FEINTING & DRIBBLING										
TURNING AND SCREENING THE BALL										
TACKLING USING THE BODY										
CORNER KICKS										
FREE KICKS NEAR GOAL/ WIDE AREAS										
PASSING ONE TOUCH/ TWO TOUCH										
LONG RANGE PASSING										
WALL PASSES (2V1, 3V2)										
RUNS FROM DEEP										
V – MIDFIELD SUPPORT RUNS										
U – ATTACKING RUNS										
BLIND SIDE RUNS										
FINISHING (POSITIONING FROM CROSSES)										
FINISHING (1V1 CLEAR OF DEFENCE)										
FINISHING (UNDER NO PRESSURE)										
FINISHING (UNDER PRESSURE)										
FINISHING (TIGHT ANGELS)										
COUNTER ATTACKS										
DEFENDING (PRESSING THE BALL)										
DEFENDING (DELAYING OPPONENT)										
DEFENDING (1V1, 2V1)										
CHALLENGING (1V1)										

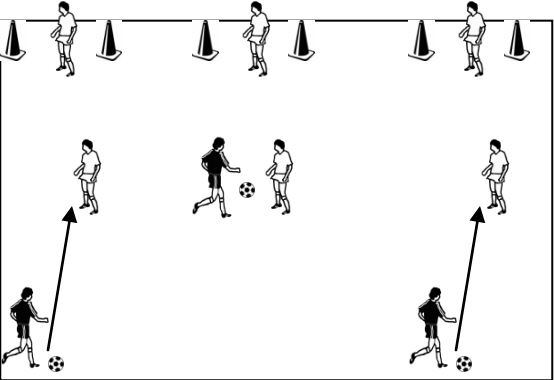
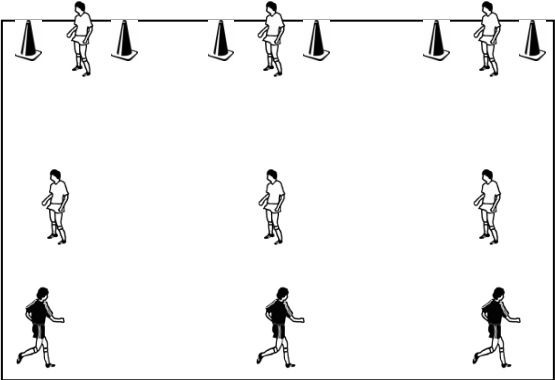
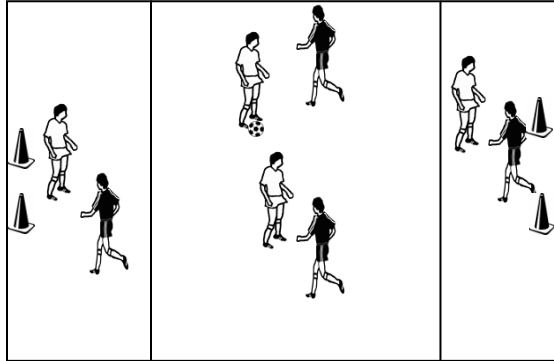
## U15/U16 WEEK 1

<p><b>Unopposed</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>	<p><b>Game Related</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>	<p><b>Conditioned Game</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p>
 <p>The diagram shows five players arranged in a circle on a field. One player at the top left is holding the ball, ready to pass to the player at the top right. The other three players are positioned around the circle, ready to receive the ball and then move into open space.</p>	 <p>The diagram shows five players on a field. One player at the top left has the ball. A player at the bottom left is acting as a defender. The other three players are positioned around the field, ready to receive the ball and move into space.</p>	 <p>The diagram shows a conditioned game setup with ten players and four cones. The cones are placed at the corners of a square. The players are arranged in a circle in the center of the square. One player at the bottom right has the ball. The setup is designed to encourage passing and moving into space before shooting.</p>
<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in set groups 5 or more (numbers based on what is available) and pass the ball to each member of their team</li> <li>• Players must move into space after making a pass</li> <li>• Number of touches can be limited</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players must be aware of players around them</li> <li>• Must run into open space after making the pass</li> <li>• Keep the ball moving</li> <li>• Take a touch towards where you want to play the ball, have it out from under your feet.</li> </ul>	<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 1 player is taken from the team with the ball to now act as a defender.</li> <li>• This process is continued at coaches discretion until even sides are now in play</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players must now actively be aware of where the defender is and take their first touch away from pressure and toward the pass they want to make</li> <li>• Move the ball quickly</li> <li>• Players have to be made aware of angles of the pass to be made and being in space to receive the ball.</li> </ul>	<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players play a regular game except they must make 4 passes before shooting</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Making runs into space</li> <li>• Keep ball moving</li> <li>• Passing into space for players to run onto</li> <li>• Get passes in early to create shooting opportunity</li> </ul>

## U15/U16 WEEK 2

Unopposed	Game Related	Conditioned Game
<p>Defending</p> <p><b>Organization</b></p>	<p>Defending</p> <p><b>Organization</b></p>	<p>Defending</p> <p><b>Organization</b></p>
		
<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players work in 2's with 1 ball between them</li> <li>• One player dribbles with the ball with the other following and jockeying beside him</li> <li>• Upon the coaches call the player without the ball runs into space before turning to receive the ball</li> <li>• The ball is played in with the player making the pass following the pass before adopting a defensive position</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Move quickly into defensive position</li> <li>• Adopt low sideways on body position</li> <li>• Move backwards on toes do not cross over feet</li> </ul>	<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in corner box waiting on coach calling their number</li> <li>• Team in the black start with the ball and must attack the opposition end line</li> <li>• Variations on attack and defensive numbers i.e. 1v1, 2v1, 1v2, 2v2</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> defender to jockey and delay</li> <li>• 2<sup>nd</sup> defender provides cover</li> <li>• Man to man marking</li> <li>• Tracking and switching players</li> <li>• Numbers down and cutting off angles</li> <li>• Timing of challenge, aggression at correct time</li> </ul>	<p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 4v4 teams must decide which defensive strategy to employ</li> </ul> <p>Man v Man Marking</p> <p>Low Pressure – players all drop behind the ball once lost</p> <p>High Pressure – All players press opposition team in immediately after losing ball</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Timing of challenge</li> <li>• Communication</li> <li>• Decision of which defensive strategy to use</li> </ul>

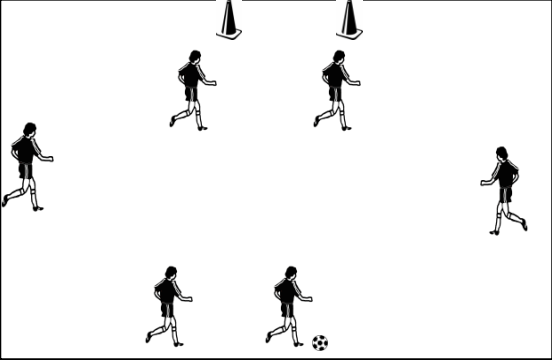
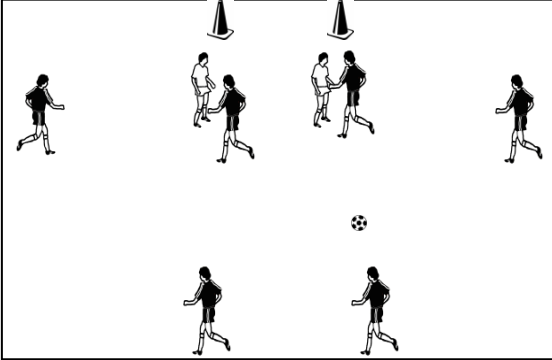
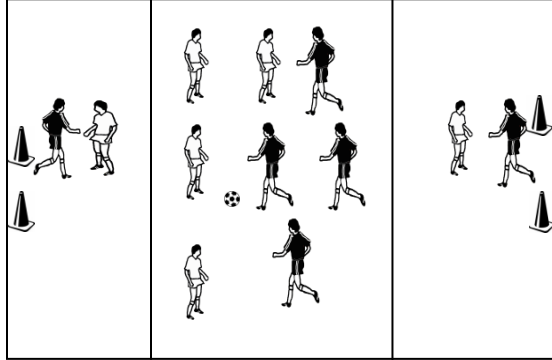
## U15/U16 WEEK 3

<b>Unopposed</b>  Finishing: 1v1  <b>Organization</b>	<b>Game Related</b>  Finishing: 1v1  <b>Organization</b>	<b>Conditioned Game</b>  Finishing: 1v1  <b>Organization</b>
 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players play the ball into partner who must lay the ball off for attacking player to shoot</li> <li>• Player can lay ball at various angles and also in the air for a volley</li> <li>• Coach can progress practice and have players hit the ball first time as opposed to taking a touch</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Timing of movement towards partner</li> <li>• Creation of angle for the shot</li> <li>• Decision of shot</li> <li>• Body position when striking</li> <li>• Follow the shot in</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Same as before only once the player lays the ball off they now act as a defender</li> <li>• defender can be passive at first but should begin to put attacker under pressure once the attacker moves towards the ball</li> <li>• Coach can change placement of defender to allow for skill level in attackers</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Player can take a touch and dribble past defender or shoot first time</li> <li>• Taking shot at correct time/Composure on goal</li> <li>• Cut across defender to create angle/ hold off</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Regular game is played with zoned off area containing 1 attack and 1 defender</li> <li>• Goalkeeper optional</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Get the ball into the attacker as soon as possible</li> <li>• Attacker should look to create space and angle for the shot</li> <li>• Make correct decision on shot and with composure</li> </ul>

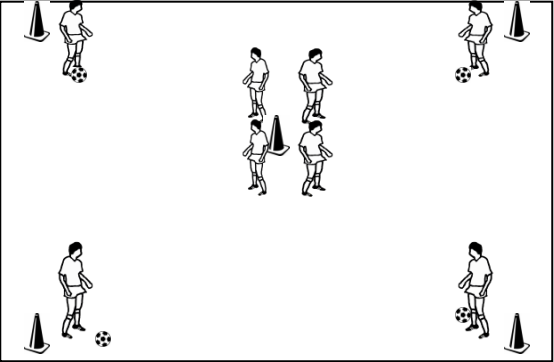
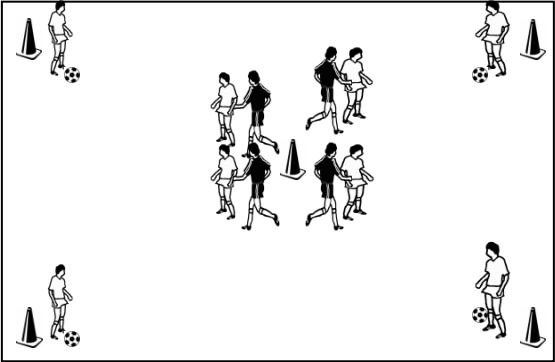
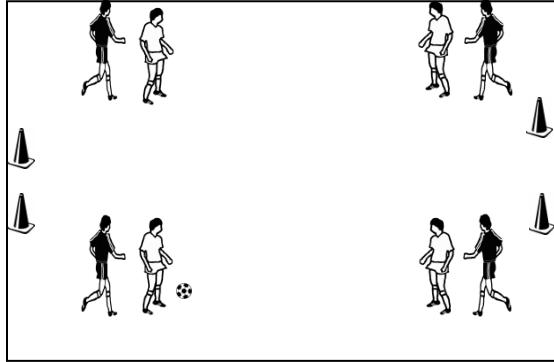
## U15/U16 WEEK 4

<b>Unopposed</b> Defending Corners/ Free kicks  <b>Organization</b>	<b>Game Related</b> Defending Corners/ Free kicks  <b>Organization</b>	<b>Conditioned Game</b> Defending Corners/ Free kicks  <b>Organization</b>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players in white each start with a ball and a number, upon the coaches call they knock the ball into the area</li> <li>• Players in black are to attack the ball when it comes into the area and clear the ball back out to the wide areas</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quality of balls into the box</li> <li>• Defending area by attacking ball</li> <li>• Cover for player attacking the ball</li> <li>• Clearing the ball out of danger area</li> </ul>	<div style="border: 1px dashed black; padding: 5px; margin-bottom: 10px;"> </div> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Exercise is same as before only there are attacking players in the box looking to score</li> <li>• Rotate each team of players so they get a chance at each position</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quality of balls into the box</li> <li>• Defending area and attacking ball</li> <li>• Awareness of attackers and following their runs</li> <li>• Covering player attacking the ball</li> <li>• Clearing the ball out of danger area</li> <li>• Have attackers move around the box to make it hard to mark</li> </ul>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Both teams have 2 players who must remain in the outside zone</li> <li>• Ball must be played to the outside for the ball to be crossed in</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Defending area by attacking ball</li> <li>• 2<sup>nd</sup> Player provides cover</li> <li>• Awareness of players</li> <li>• Clearing of ball out of danger area</li> </ul>

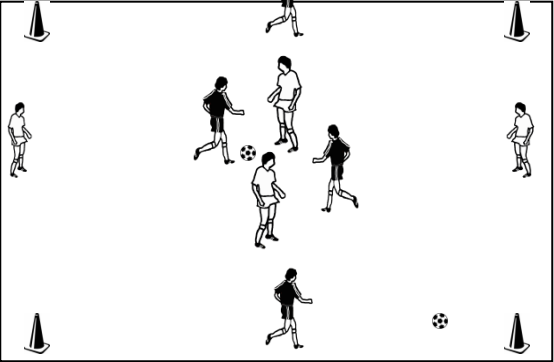
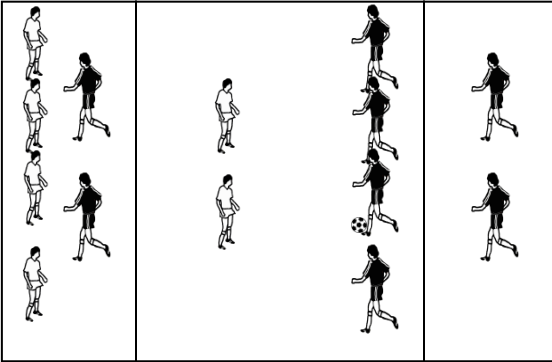
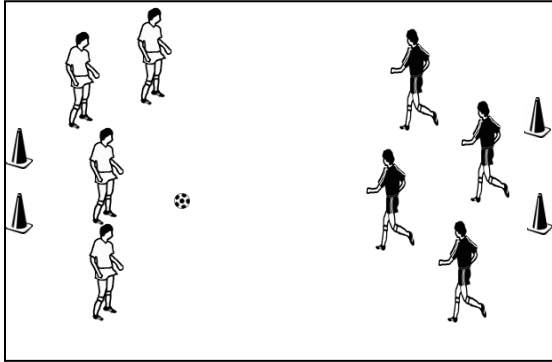
## U15/U16 WEEK 5

<b>Unopposed</b> Attacking: Supporting Runs  <b>Organization</b>	<b>Game Related</b> Attacking: Supporting Runs  <b>Organization</b>	<b>Conditioned Game</b> Attacking: Supporting Runs  <b>Organization</b>
		
<b>Implementation</b> <ul style="list-style-type: none"> <li>• Play with 2 central midfielders, 2 wide midfielders and 2 target men</li> <li>• Attack alternating flanks</li> <li>• Coach can condition target players to 2 touches</li> </ul> <b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Work on combination play e.g. 1-2's, overlaps, cross over, diagonal runs</li> <li>• If play goes down right flank the left sided player makes runs into the box, vice versa</li> <li>• Midfield players making attacking runs</li> </ul>	<b>Implementation</b> <ul style="list-style-type: none"> <li>• Same as before only with 2 defenders now in the area to mark the attackers</li> </ul> <b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Same as previous points</li> <li>• Also encourage target men to move around to create space for attacking runs of wide and middle men</li> <li>• Variation of point of attack</li> </ul>	<b>Implementation</b> <ul style="list-style-type: none"> <li>• Field is split into 3 areas with only 1 defender, 1 attacker in final 3<sup>rd</sup>.</li> <li>• Midfield is overloaded to encourage players to make attacking runs into the box</li> </ul> <b>Coaching Points</b> <ul style="list-style-type: none"> <li>• Encourage team to get the ball up to the attacking 3<sup>rd</sup> quickly and support</li> <li>• Variations of attacking runs</li> <li>• Have attacking player create space for midfield runs</li> </ul>

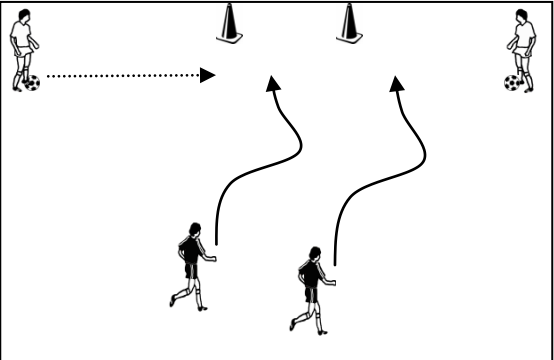
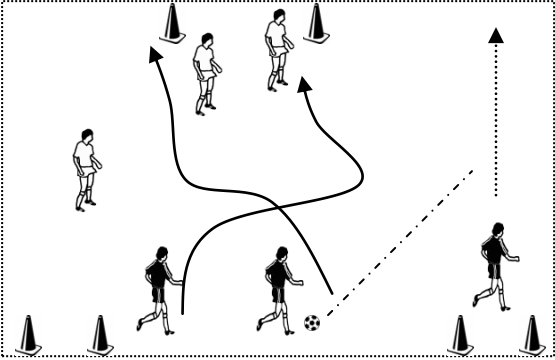
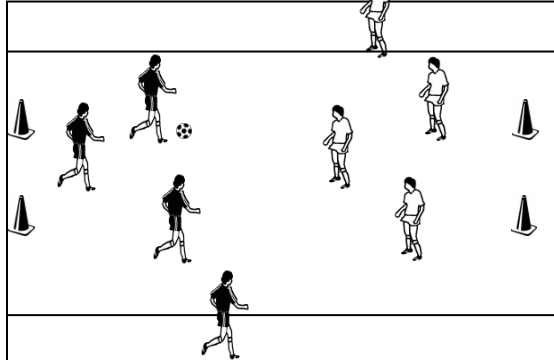
## U15/U16 WEEK 6

<p><b>Unopposed</b></p> <p>Passing: Decision on the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are split into 2 groups with 1 group inside small grid within the box. Other group on the outside of the box with a ball.</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players on the outside must communicate that the player has “time”. To allow them to turn</li> <li>• Player must be creative with touch and turn to move into space</li> <li>• Pass is made with communication</li> </ul>	<p><b>Game Related</b></p> <p>Passing: Decision on the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Defenders are now in place to provide pressure to the middle receivers</li> <li>• Number of defenders can be changed at the coaches discretion</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players on the outside must now communicate that the middle player has “time” or that they have “a man on”</li> <li>• First touch is to the side to allow angled pass back or to turn</li> </ul>	<p><b>Conditioned Game</b></p> <p>Passing: Decision on the ball</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are given 1 set player in the opposite team that they must mark</li> <li>• Each team must make 4 passes before shooting</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players must be active off the ball to create space for a pass</li> <li>• Communication is vital for a player to receive the ball</li> <li>• Correct decision on when to pass and when to turn must be made</li> <li>• Change of direction to lose marker</li> </ul>
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## U15/U16 WEEK 7

<p><b>Unopposed</b></p> <p>Defending</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 2v2 in a box with opposite side players playing for both teams</li> <li>• Player attempt to win possession and change point of attack</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Tight man to man marking</li> <li>• Cutting off the angle of the pass</li> <li>• Pressuring man on the ball when in corner</li> <li>• 2<sup>nd</sup> defender knowing when to cover or pressure</li> </ul>	<p><b>Game Related</b></p> <p>Defending</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 4v3 in middle area and 4v2 in defence</li> <li>• Aim is to attack from the middle area and create opportunities for back 4 to defend</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Be aware of attacking runs</li> <li>• Shuffle across as a team left to right</li> <li>• Keep midfield players in full view when moving</li> <li>• Challenge ball when it first comes into area</li> <li>• 2<sup>nd</sup> defender to provide cover</li> </ul>	<p><b>Conditioned Game</b></p> <p>Defending</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 4v4 teams must decide which defensive strategy to employ</li> </ul> <p>Man v Man Marking</p> <p>Low Pressure – players all drop behind the ball once lost</p> <p>High Pressure – All players press opposition team in immediately after losing ball</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Timing of challenge</li> <li>• Communication</li> <li>• Decision of which defensive strategy to use</li> </ul>
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## U15/U16 WEEK 8

<p><b>Unopposed</b></p> <p>Crossing &amp; Finishing</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players alternate crosses from each side</li> <li>• Two attackers make bent runs to attack cross</li> <li>• Vary angle and distance of crosses</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Prepare ball 2 yards ahead before crossing</li> <li>• Rotate hips into cross</li> <li>• Look up at player making run and then back at ball before crossing.</li> </ul>	<p><b>Game Related</b></p> <p>Crossing &amp; Finishing with Counter attack</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• In teams of 3 player with the ball passes out wide for player to attack and pass the ball forward</li> <li>• The ball is then crossed into the box</li> <li>• Attackers make cross over runs into box</li> <li>• Defender is present and is allowed to challenge the cross when it comes into the area</li> <li>• Defending team must then try and attack goals on half way line</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Timing of run and cross</li> <li>• Angle of runs</li> <li>• Communication</li> <li>• Vary types of cross, driven, deep, short</li> <li>• Speed of attack when coming out of defence</li> </ul>	<p><b>Conditioned Game</b></p> <p>Crossing &amp; Finishing with counter attack</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Create a wide field to allow crosses and allow for a lane on either side which only designated player can enter</li> <li>• Team attacks opposition goal and can only score from a cross</li> <li>• No goalkeepers</li> <li>• Both wide players are natural</li> <li>• (wide players can be taken out and any team in possession can then break into the area)</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Speed of play</li> <li>• Utilize channels</li> <li>• Stress quality of crosses</li> </ul>
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