

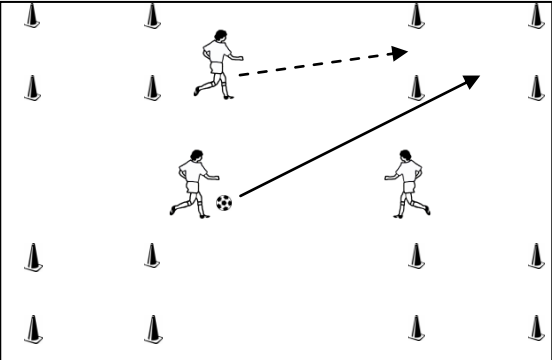
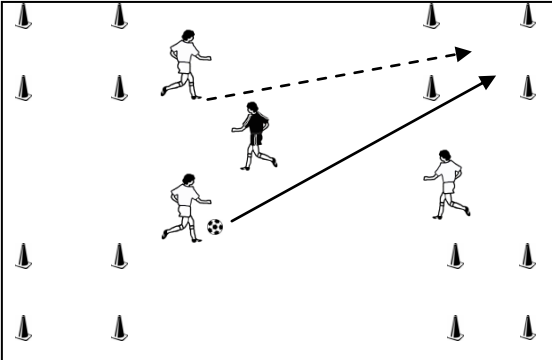
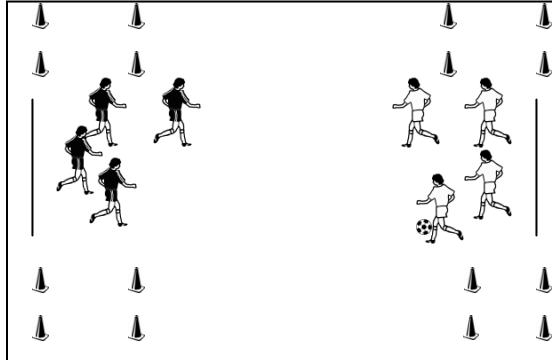
# TRAVEL / PREMIER DIVISION

## U18

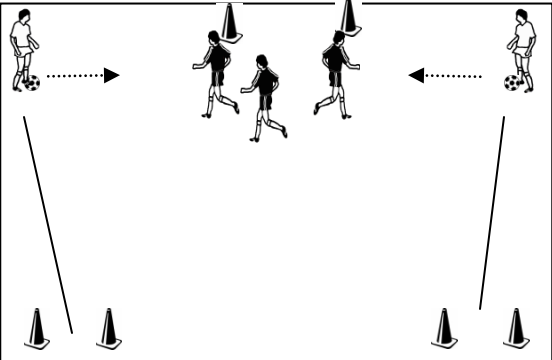
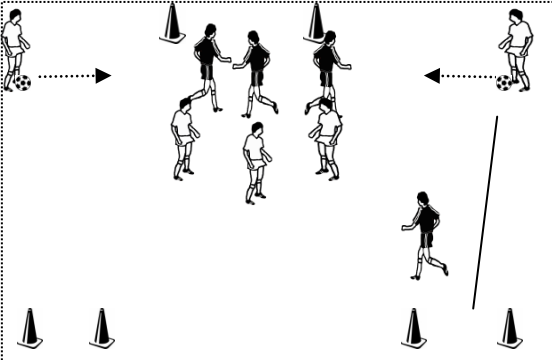
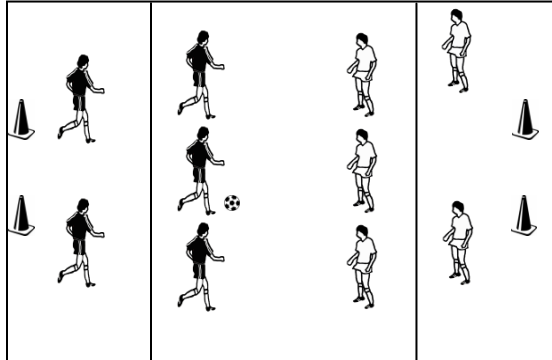
### Youth Development

CHALLENGER - TEAM/PLAYER PROGRESSION      Ages - U17/U18	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (FLICKS)										
SHOOTING (VOLLEY)										
SHOOTING (CUSHIONING)										
HEADING (PASSING)										
HEADING (TRAPPING)										
SCREENING THE BALL										
FEINTING AND DRIBBLING										
TURNING										
SLIDE TACKLES										
THROW IN'S (ATTACKING)										
THROW IN'S (DEFENDING)										
PASSING (MAKING ANGLES)										
PASSING (SHORT PASSES)										
2V1 LOFTED PASSES										
2V1 INTERCHANGE/ TAKE OVER										
2V1 BACK HEELS										
2V1 OVERLAPPING										
DIAGONAL RUNS										
CREATING SPACE										
DECOY RUNS										
BLIND SIDE RUNS										
CROSSING (EARLY INTO THE BOX)										
FINISHING (FROM CROSS)										
SET PLAYS (LONG FREE KICKS)										
SET PLAYS (SHORT FREE KICKS)										
DEFENDING (SUPPORT PRINCIPLES)										
COMMUNICATION IN DEFENDERS										
DEFENDING (IN THE BOX)										
DEFENDING (AROUND THE BOX)										
DEFENCE TO ATTACK (COUNTER)										

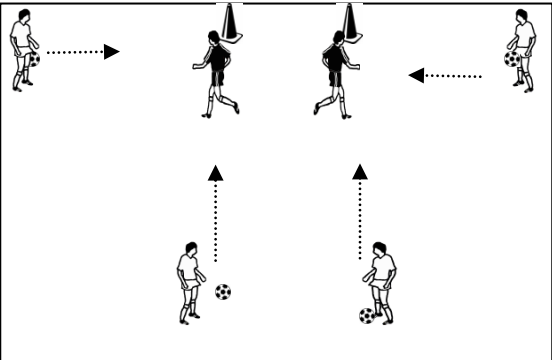
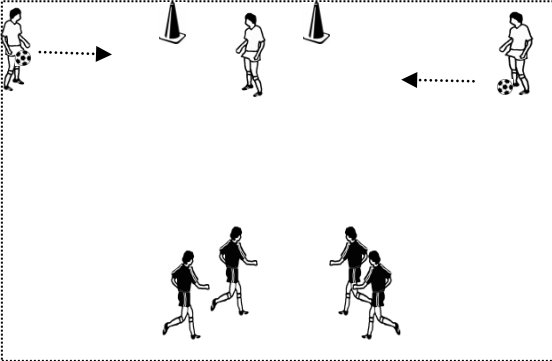
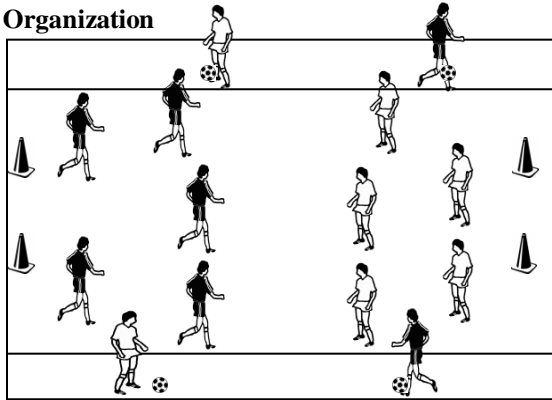
## U17/U18 WEEK 1

<b>Unopposed</b> Passing: Short to Long  <b>Organization</b>	<b>Game Related</b> Passing: Short to Long  <b>Organization</b>	<b>Conditioned Game</b> Passing: Short to Long  <b>Organization</b>
 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are in a group of 3/4</li> <li>• After making 3 passes they players off the ball must make a break into a corner box to receive a pass.</li> <li>• Players look to have short sharp passing inside main area and switch with a long pass</li> <li>• After pass is made the players move back into the centre to short range passing</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players look to have short sharp passing inside main area and switch with a long pass</li> <li>• Players encouraged to communicate and call for the ball</li> <li>• Player on the ball needs to look and view who is ready to receive the ball before passing</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 1 Defender is now in place to place the team with the ball under pressure</li> <li>• Defender is changed upon coaches request</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players must look to make a pass into a box away from the defender</li> <li>• Keep the ball moving and keep the players moving</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players are placed into 2 teams and play against each other with the ball having to be played into a box before shooting</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Play ball into attacking box to act as a crossing zone.</li> <li>• Players ready to move into box when attacking</li> <li>• Player with the ball able to make correct decision of when to make attacking pass.</li> <li>• Delay of pass</li> <li>• Short passes when close, long pass when in space</li> </ul>

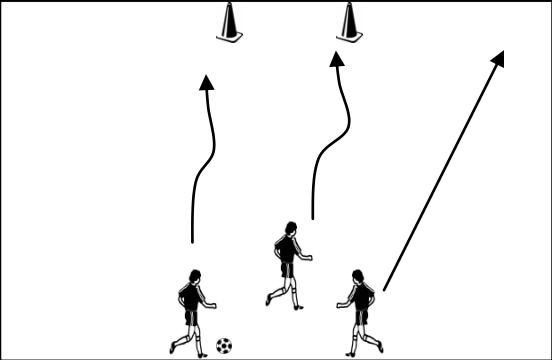
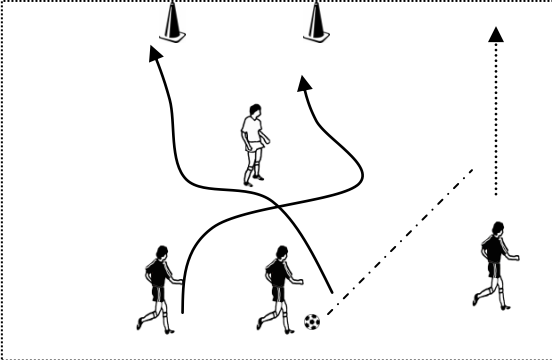
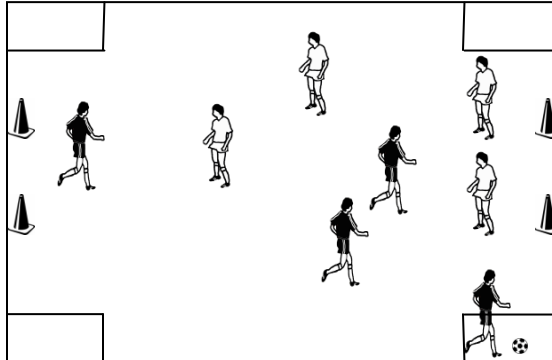
## U17/U18 WEEK 2

<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>
 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players in white each start with a ball and take turns playing the ball into the box</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> <li>• The white players must break out to the wide areas to pick up the ball and bring it back down the field</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>	 <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>• If team in black wins the ball the must get it out to their attacker who is looking to drive through either wide goal</li> <li>• White players now drop back to defend goal</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>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Both teams have 2 players who must remain in their 18yard box</li> <li>• Other players are allowed to enter the box to help defend</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 coming into the box</li> <li>• Clearing of ball out of danger area</li> </ul>

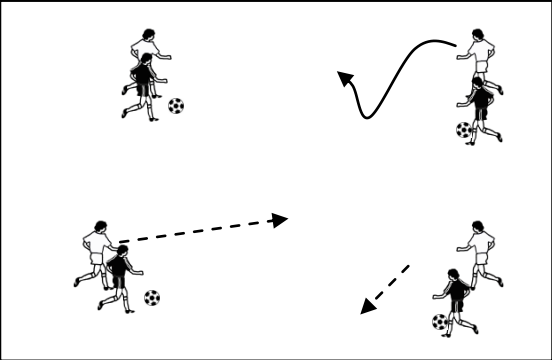
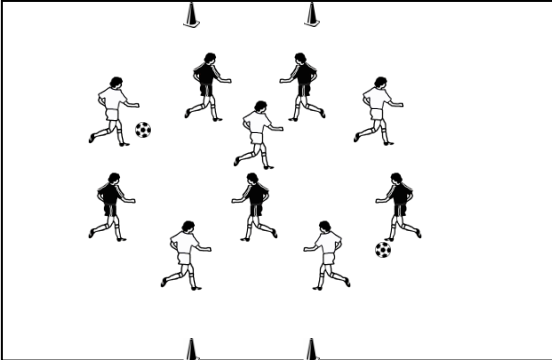
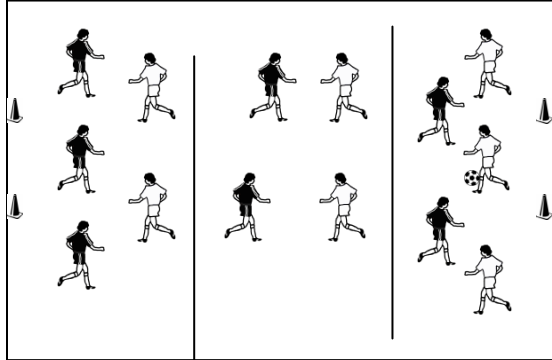
## U17/U18 WEEK 3

<p><b>Unopposed</b></p> <p>Defending: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <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 at side must throw the ball in</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>	<p><b>Game Related</b></p> <p>Defending/Attacking: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Attacking players in black</li> <li>• These players can go short to white players with ball on the side or go straight in the box for a cross</li> <li>• Once ball is in play all white players are defenders</li> <li>• Game is dead once the white team gets the ball</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>• Defending area and attacking ball</li> <li>• Covering player attacking the ball</li> <li>• Getting into the box to pick up attackers</li> <li>• attacking space and the ball</li> <li>• vary runs, short etc, work on set plays</li> </ul>	<p><b>Conditioned Game</b></p> <p>Defending/Attacking: Free kicks/ Throw In</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Both teams have 2 players who play in a coned off area</li> <li>• These players have a number of balls at their feet and if a ball goes out of possession in favour of their team on their side they must start the attack again</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quickness of attack</li> <li>• Movement off the ball</li> <li>• Awareness of ball being played in</li> <li>• Being prepared after losing possession e.g. dropping back, marking player</li> <li>• Switching point of attack</li> </ul>
--	---	--

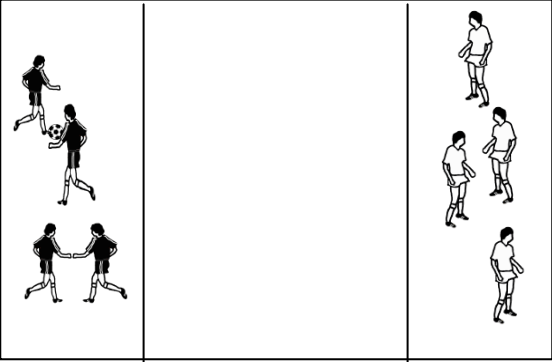
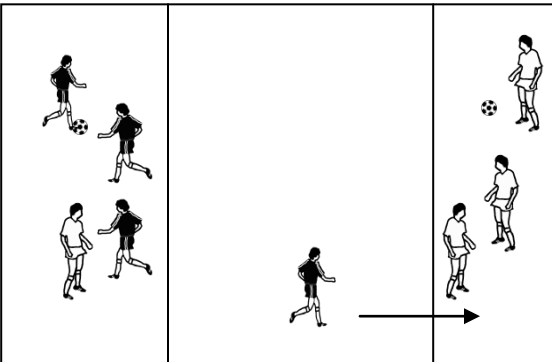
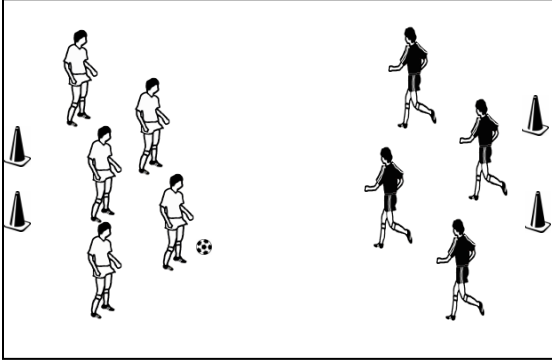
## U17/U18 WEEK 4

<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 in groups of 3 make short passes then a long pass into the corner</li> <li>• 1 Player makes run into corner to cross</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</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>• Attacking players make cross over runs into the box</li> <li>• Defender is present and is allowed to challenge the cross when it comes into the area</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> </ul>	<p><b>Conditioned Game</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 separated into 2 teams</li> <li>• Create a wide field with 4 corner boxes</li> <li>• To attack the ball must be played into corner box for attacking player to move into and cross from</li> <li>• No goalkeepers</li> <li>• Both wide players are natural</li> <li>• Only attacking players allowed in the box</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Stress quality of crosses</li> <li>• Look up to view where the attackers are</li> <li>• Angle of runs</li> <li>• Communication</li> </ul>
--	--	---

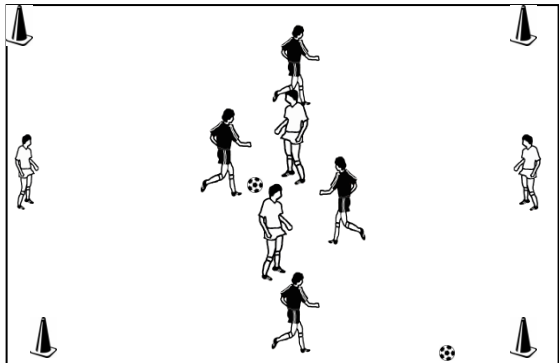
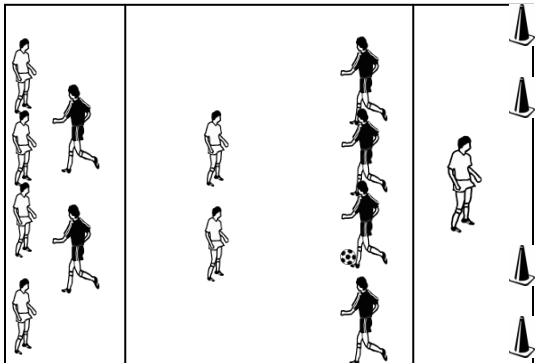
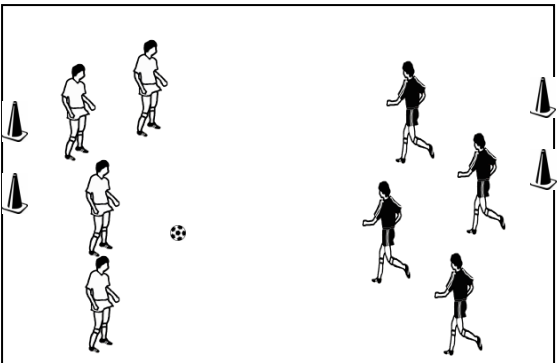
## U17/U18 WEEK 5

<p><b>Unopposed</b></p> <p>Strikers: Movement Drill</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Players work in pairs and are asked to make variations of runs for their partner to pass to.</li> <li>• Across the face, straight and angled runs</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Variations of runs</li> <li>• Speed of movement into space</li> <li>• Disguise of run</li> </ul>	<p><b>Game Related</b></p> <p>Strikers: Movement</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 3v2 in favour of the attack with goalkeepers optional</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Attackers must look for a penetrating pass into attacking area to allow for a shot</li> <li>• Strikers to incorporate the movement pattern used in previous drill</li> </ul>	<p><b>Conditioned Game</b></p> <p>Strikers: Movement</p> <p><b>Organization</b></p>  <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• 3v2 In favour of the defence. Players are forced to stay in their zones</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Strikers are encouraged to make penetrating runs</li> <li>• Create space, what can they do to lose the defender</li> <li>• Decoy runs</li> <li>• Blind Side runs</li> <li>• Striking on goal when they have chance</li> </ul>
---	---	---

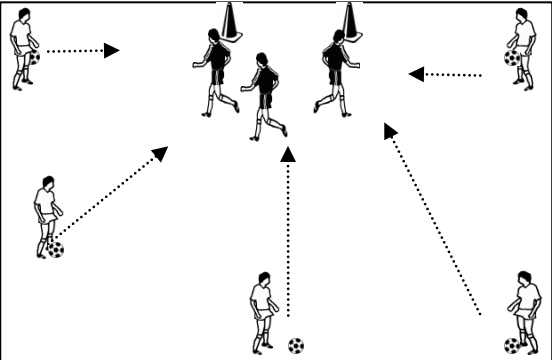
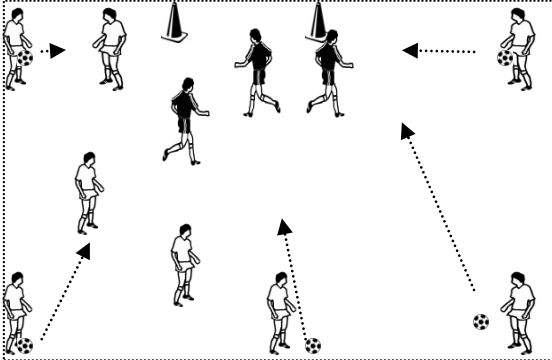
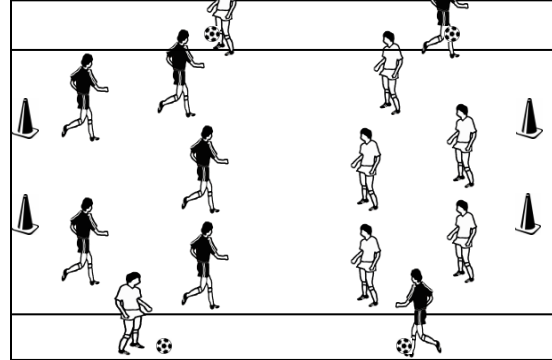
## U17/U18 WEEK 6

<p><b>Unopposed</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p> <div style="border: 1px solid black; height: 150px; margin: 5px 0;">  </div> <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> </ul> <p>Take a touch towards where you want to play the ball, have it out from under your feet.</p>	<p><b>Game Related</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p> <div style="border: 1px solid black; height: 150px; margin: 5px 0;">  </div> <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>Each player is now given a number and when its called the switch boxes to 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 make angles for the pass to be made and being in space to receive the ball.</li> </ul>	<p><b>Conditioned Game</b></p> <p>Passing &amp; Moving</p> <p><b>Organization</b></p> <div style="border: 1px solid black; height: 150px; margin: 5px 0;">  </div> <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>
---	--	--

## U17/U18 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> <li>• Once defending team has the ball they can try and instigate a counter attack at other end</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> <li>• Quick ball out of defence to attacking area either by long ball / short ball inside</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 Low Pressure – players all drop behind the ball once lost 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>
--	--	--

## U17/U18 WEEK 8

<b>Unopposed</b> Defending: Free kicks/ Throw In <b>Organization</b>	<b>Game Related</b> Defending/Attacking: Free kicks/ Throw In <b>Organization</b>	<b>Conditioned Game</b> Defending/Attacking: Free kicks/ Throw In <b>Organization</b>
 <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 at side must throw the ball in</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>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Exercise is same as before only there are attacking players who are live</li> <li>• These players can come short or go long into the box to begin attack</li> <li>• Once they have the ball game becomes live and all players are involved to help the attack</li> <li>• Game is dead once team in black gets the ball</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>• Defending area and attacking ball</li> <li>• Covering player attacking the ball</li> <li>• Clearing the ball out of danger area</li> <li>• move around the box to make it hard to mark</li> <li>• vary runs, short etc, work on set plays</li> </ul>	 <p><b>Implementation</b></p> <ul style="list-style-type: none"> <li>• Both teams have 2 players who play in a coned off area</li> <li>• These players have a number of balls at their feet and if a ball goes out of possession in favour of their team on their side they must start the attack again</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Quickness of attack</li> <li>• Movement off the ball</li> <li>• Awareness of ball being played in</li> <li>• Being prepared after losing possession e.g. dropping back, marking player</li> <li>• Switching point of attack</li> </ul>