

Practice Plan Manual



A complete practice manual for the beginner to
advanced coach
U14-U16

Table of Contents

12 Year Plan	3
U14	4
U16	22
Nutrition and Hydration	42
Other Resources	46
Sources	47



12 Year Plan

	Phase 1	Phase 2	Phase 3	Phase 4
U - 4	Dribbling - becoming familiar with the ball	Passing - inside and outside of foot	Shooting - accuracy and power	Control - stopping the ball - keeping it close
U - 6	Dribbling - becoming familiar with the ball	Passing - inside/outside of foot - movement	Shooting - accuracy and power	Control - stopping the ball - good first touch
U - 8	Dribbling - control, stopping, movement	Passing/Shooting - using the laces - communication Movement	Receiving/Control - with feet (inside/outside) - juggling	General Tactics - positions - offense - defense
U - 10	Dribbling - turning, fakes - 1 vs. 1	Passing/Shooting - 2 vs. 1 - crossing - switching the field	Receiving/Control - foot, thigh, chest, head - volleying	Group Tactics - give and go - overlaps - keeping possession
U - 12	Individual Skills - dribbling - passing - shooting	Receiving/Control - trapping - first touch - knowing where the ball is going	Group Tactics - offense and defense - getting open - support	Prep for U – 14/U -16 - work on individual strengths and weaknesses

	Phase 1	Phase 2	Phase 3	Phase 4
U - 14	Individual Skills - dribbling - passing - shooting - trapping - volleying	Offense - 1 vs. 1 (fakes) - 2 vs. 1 (wall pass, overlaps) - creating space - diagonal runs	Defense - shielding - support - forcing outside - jockeying	Group Tactics - 5 vs. 2 - 8 vs. 6 - 4 vs. 4 - 8 vs. 8 (movement, options)

	Phase 1	Phase 2	Phase 3	Phase 4
U – 16	Individual Skills - build strength and conditioning	Offense/Defense - creating space -target player -zone - man to man	Transition - from defense to offense - from offense to defense - communication - moving as a unit	Set Plays - corner kicks - goal kicks - free kicks - throw ins - penalty shots

U-14

Introduction

When moving into the Under 14 age group, athletes are shifting into an area of the game where basic skills are now second nature and tactics within the game are now important. Individual skills are still being worked on within this group, dribbling and passing, shooting, trapping and volleying. Offence now is a whole group of skills to acquire, rather than just the basic understanding of. Fakes, wall passes, overlaps, creating space and diagonals runs are taught and displayed. With the front of the field being worked on, the back half needs some as well. Defensive skills such as shielding, support, forcing to the outside and jockeying are obtained. Group tactics, such as 5v2, 8v6, 4v4, 8v8, are used on a regular basis to demonstrate game like situations and how athletes should react and move.

Characteristics

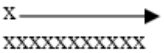
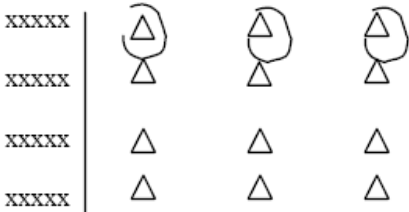
- Still in growing stage
- Most athletes are in puberty
- Undergoing Sexual development
- Motor disturbances because of disharmony between body and extremities due to accelerated growth of long bones
- Critical (says what is on his/her mind)
- Large differences between age and biological maturity noticeable
- Extremes in behavioural traits (moody, sensitive, egocentric)
- Able to learn difficult tasks more readily
- Musculature more developed
- Loss of self-confidence
- Problems with adults
- Wants to and expects to learn
- Insecurity with own position on the team
- NOTE: Physical size is no criteria for development



**Do not let what you cannot do interfere with what you can do.
-John Wooden**

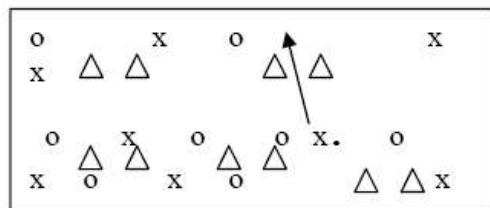
Practice Plan

Age Group: U-14	Theme: Individual Skills
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Activity	Coaching Points
1st Activity (warm-up) (15mins) <ul style="list-style-type: none"> Have the players form a long line, as they start to run the end player will sprint to the front of the line while everyone else jogs at a steady pace, when the back player reaches the front the player who is now in the back will sprint to the front and so on Do a couple laps of the soccer field.  <ul style="list-style-type: none"> Stretch, run through head to toe stretches with the players 	<ul style="list-style-type: none"> Ensure that when the players are at the back of the line they are sprinting to the front and that the rest of the players in line are keeping a nice steady pace
2nd Activity Name: Bee hive (15mins) <ul style="list-style-type: none"> Each player should have a ball and should be in a large grid The players should work on touches on the ball dribbling around the grid watching out for other players using the inside and outside of their feet Call out commands like “turn” “switch balls with a partner” “scissors” “leave your ball and touch a certain cone” 	<ul style="list-style-type: none"> The players should be on their toes the entire time with no one walking When the players “turn” have them change pace, accelerating for a few meters and then slowing back down When players are switching balls have them also change their pace and find a ball quickly Continue to add more and more commands of your own
3rd Activity Name: Relay race (15mins) <ul style="list-style-type: none"> Split up players into groups of 4 or 5 All groups should line up on a line facing the same direction with one ball Set up four cones in front of each line One player at a time must dribble all the way around each cone and then come to the end of the line and the next player can go The first time through only allow them to use the outside of one foot, then the inside, then both feet, etc. When players round last cone, on the way back to the touch line they must run backwards rolling the ball back under their foot 	<ul style="list-style-type: none"> Make sure the players are using the correct part of their foot and that they are focusing on the correct technique with speed Ensure the players go all the way around the cone not just pass by it A demonstration will help

4th Activity *Name: modified scrimmage (25mins)*

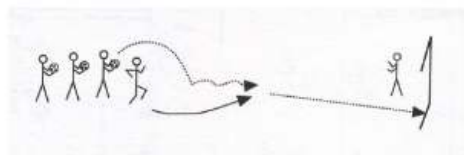
- Spit players into two teams
- Mark a large grid (half of a soccer field) and set up 6 or 7 little goals throughout the grid
- The goal of each team is to dribble through one of the small nets to score one point
- The players are allowed to pass to their teammates and either team can dribble through any net to score a point



- Make sure the ball is not passed through the goals but that the ball is kept close to the player
- Keep track of points for each team to give them motivation
- Players first option is to dribble and then the second one is to pass

5th Activity (the game) *Name: Overhead Shoot(10mins)*

- Form a single line facing goal outside the 18 yard box
- All players with a ball except player in front of line
- 2nd player in line lobs ball over first players head and first player kicks it down and volleys the bouncing ball attempting to score


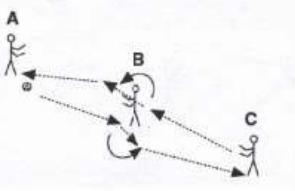
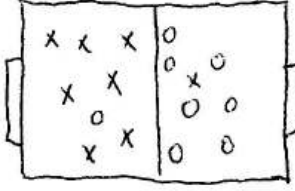


- **Cool down** (10mins) have students grab all of the equipment that is set up (pylons, pinnies, soccer balls, etc)
- Players should jog at a slow pace around the field two times
- Sit down with the players while they are taking off their equipment and review the key points discussed

- Timing your volley
- Emphasize solid connection (laces)
- Keep the ball down: Knee and head over the ball
- Keep your hips straight

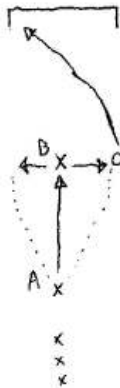
Practice Plan

Age Group: U-14	Theme: Individual Skills
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Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Have players in groups of two or three with one ball jog around the field passing the ball Stretch Have players in the same groups passing, but this time they must have two short passes followed by a long pass Short, shot, long, short, short, long, short, short, long (follow your pass) . See diagram below. 	<ul style="list-style-type: none"> Groups should not be standing still but continuing to move Good touches on the ball
<p>2nd Activity Name: Passing & Receiving (15mins)</p> <ul style="list-style-type: none"> In groups of 3, spread players out on a line 25 yards long with 1 player halfway between the other 2 One ball per group. A passes to B who turns with the ball and passes to C, C passes back to B who passes on to A. Rotate positions Progression: Man-on or Turn Player C has option of staying where he is or closing on B to act as defender If he closes, A calls "Man on" and B one touches back to A If C stays, A calls out "turn" and B turns a passes to C 	<ul style="list-style-type: none"> Look for proper passing technique with the inside of the foot Observe players and give help where needed Quick, SMOOTH turns with the ball (2 touch) Come to receive the ball
<p>3rd Activity Name: (20mins)</p> <ul style="list-style-type: none"> Split a 40 x 30 yards area in half Split players into 2 equal teams with 2 goalies Dark's all remain on their side of half except for one player in White's side who rebounds and defends Dark's pass around 1 white player trying to set up for quick shots Dark's can also pass to their dark player who is in white's area for a shot, pass back, or cross Team that scores most goals wins 	<ul style="list-style-type: none"> This is to develop quickly shooting opportunities *Shoot from anywhere Once you are just outside of the 18 yard box you should look to goal

4th Activity Lay-off Shooting *Name: (15mins)*

- Line players up 30 yards from goal
- Player A passes to B who lays it to either side and A takes a 1-time shot on net.
- Rotate positions



- First time shots
- Keep the ball low to the corners
- Those who shoot over the net do push-ups

5th Activity (the game) *Name: Modified scrimmage (25mins)*

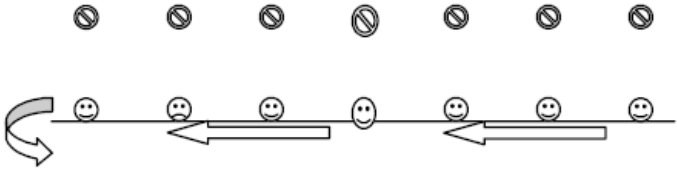
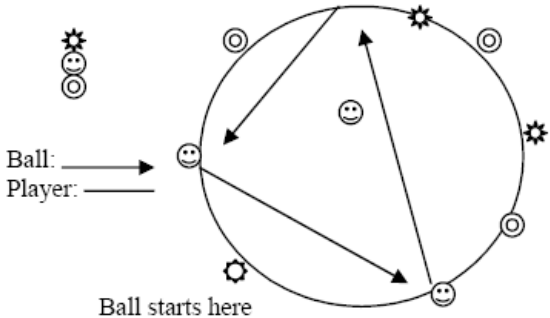
- Split the group into two teams
- Teams will play a regular scrimmage except they can only have three touches maximum
- You can change it to two touch if they are doing really well
- Have a minute every once in a while of only 1-touch

Cool Down (10mins) have the players gather all of the equipment and do a few laps of the field. Review important points discussed today.

- The three touch max rule will force the players to pass a lot and for the other players to be moving around lots to get open
- Look for players with great passes, pointing them out for others
- This is a good time to take individual players a side and give them some more help

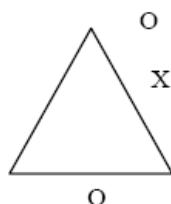
Practice Plan

Age Group: U-14	Theme: Individual Skills
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Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> The team gets into partners ☹️ 😊 with 1 ball per pair They get 4-6m apart (depending on length of grass, longer if short, shorter if long) 1 partner on sideline They start stationary and pass to one another, progressively becoming harder passes Progression: After 5 min of good work have the partners on the sideline move to the other pair to the left after each cushion + pass  <ul style="list-style-type: none"> After moving line goes through 4 times switch stationary line to sideline for them to move and go through 4 times <p>Stretch, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches</p>	<ul style="list-style-type: none"> Do at a point where there is the shortest grass so ball is moving faster Purpose is to warm up passing and familiarize players with cushioning concept Upon receiving medium-high velocity pass (on ground) player should focus on “cushioning” the ball to as close to their feet as possible Head should be up Make sure players switch to left foot after 2/4 rounds
<p>2nd Activity Quickfeet (10mins)</p> <ul style="list-style-type: none"> Split into partners each partnership with one ball One player serves to the other beginning with feet Player returns ball 1st touch back to thrower After 10 tosses, player then receives on thigh and returns with foot, then chest and return with foot, then standing headers, then jumping headers 	<ul style="list-style-type: none"> Develop good touch on the ball
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Players get in a one giant circle that's circumference equals the players average long ball abilities. Have 3 or 4 balls for the drill Players call a teammates name and pass them the ball in the air Player “cushions” accordingly and passes to another... 	<ul style="list-style-type: none"> Make sure players are getting behind ball make sure they are using proper body part according to the ball they receive Focus on the cushioning! MAKE them do left foot for 5 minutes Keep hips straight for accuracy

4th Activity (15mins)

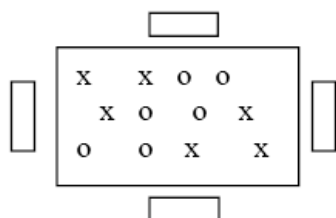
- Divide the team into groups of 3
- Make triangles with pylons about 2 yards apart
- One player will be defending the triangle and the other two attacking it
- The objective is to not let the attacking team put the ball through the pylons



- Keep a good position between the two attackers
- Do not get sucked in by the attacking players, good jockeying consists of only attacking the player with the ball when you are confident that you can win it
- The defender should try to anticipate the play, keep their eyes on not just the player with the ball, but know where the other attacker is

5th Activity (the game) (20mins)

- Set up four goals one on each side of the field
- Have two teams and both teams can score on any of the four nets and defend any of the four nets



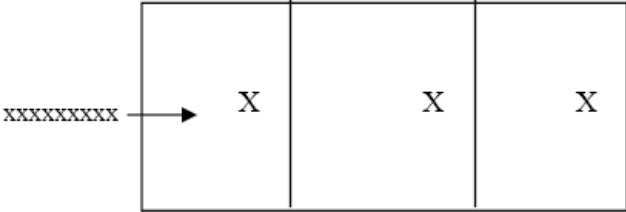
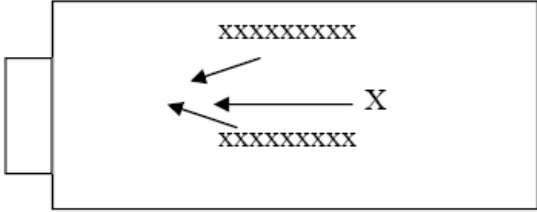
- Because there are four goals and any team can score on any of the nets there will be lots of shooting and lots of goals being scored
- Encourage players to switch directions and head towards an open net
- Players should also spread out so they could give a long pass to an open player near another net

Cool down have the players gather up the equipment and run a few laps around the field review the important points discussed

Practice Plan

Age Group: U-14	Theme: Offense
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Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Have each player grab a soccer ball and get inside the large grid players will dribble around the grid changing directions, turning, etc. <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">Xo Xo Xo</p> <p style="text-align: center;">Xo Xo</p> <p style="text-align: center;">Xo Xo Xo</p> </div> <p>Stretch</p>	<ul style="list-style-type: none"> Make sure players are moving around and changing pace when they change directions No players should be walking Players should have their heads up to watch out for other players
<p>2nd Activity Name: Moves (15mins)</p> <ul style="list-style-type: none"> Demonstrate the scissors for the players (players should stand behind the ball, swinging their left foot around the front of the ball from left to right put toes on the ground, bend the left knee and drop the left shoulder, quickly move the right foot to the left side of the ball and push it forward diagonally with the outside of the right foot) Players should each have a ball and practice the move on their own inside the grid and then move towards another player in the grid and then use the move Next demonstrate the roll over for the players (standing behind the ball roll the ball across the body with the inside of the right foot so ball is moving then swing the right leg back around the front of the ball from left to right, bending the right knee and dropping the shoulder then take the ball away with the outside of the left foot) Demonstrate the pull back (away from pressure) Players can then experiment in the grid moving around doing any move they would like 	<ul style="list-style-type: none"> Ensure the players are over emphasizing the fake to one side before they go to the other side Players should also make sure they accelerate for the first few steps after they have made the move (explode into open space)

<p>3rd Activity <i>Name: 3 defender (20mins)</i></p> <ul style="list-style-type: none"> ○ Set up three boxes one behind each other and get one player to stand in each box ○ The rest of the players will create a line in front of the three boxes ○ One players at a time will dribble with a ball and try to get past the first player in the first box, if they players gets through the first one then they will go to the next one and then finally the third box ○ if the defender in the box gets the ball away from any of the players they must go back to the end of the line and try again when it was their turn 	<ul style="list-style-type: none"> ▪ The goal is for the players to make it past all of the defenders ▪ Focus on the offense aspect, the players should try to perform the moves they have learned ▪ Players should still overemphasize the fake to one side and then quickly move to the other side and accelerate out of the box to the next one ▪ If players are having troubles they may be moving to slow and should speed up, also the players should not be performing the move to close to the defender or else they will run into them
<p>4th Activity <i>Name: Numbers game (20mins)</i></p> <ul style="list-style-type: none"> ○ Players should get into partners and give each pair a number ○ Have two lines lying down on your stomach with one player from each pairing in each of the lines ○ When you call a number both players with that number get up from their stomach and race to the ball the first player who gets to it can take a shot and the other player is trying to steal the ball away and take a shot ○ The players will retrieve their ball and get back in line on their stomachs ○ The coach can switch it up and call out two or three numbers at a time then players will play with the players that were lying down in their line and against all the other numbers in the other line 	<ul style="list-style-type: none"> ▪ make sure the players are paying attention and jump up as soon as their number is called ▪ if there is more than one group up at a time then they should use their teammates to pass to
<p>5th Activity (the game) <i>Name: Scrimmage(20mins)</i></p> <ul style="list-style-type: none"> ○ Divide the players into two teams and play a regular soccer game 	<ul style="list-style-type: none"> ▪ Make sure players are trying out the new moves they have learned and taking on players one on one ▪ Last defender never take on opponent ▪ Best utilize 1 vs. 1 in the corners and out wide

Practice Plan

Age Group: U-14

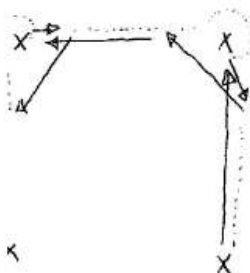
Theme: Offense

Activity

Coaching Points

1st Activity (warm-up) (15mins)

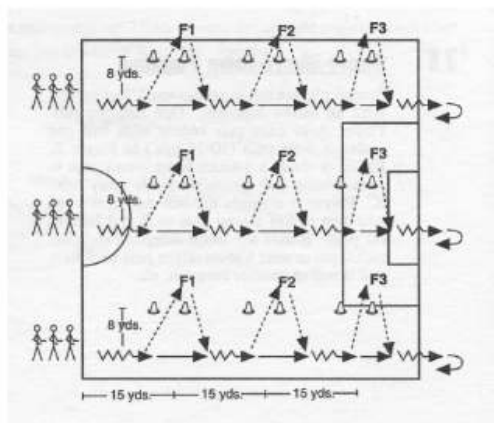
- Split into groups of 4 with one ball between the 4 players
- Make a square of cones 10 x 10 yards
- Pass the ball around in the cones with minor movement
- Progression: Each player begins on one of the four cones
- A passes to B and follows their pass. B one touches the ball back to A and then turns and runs around the cone to receive a diagonal pass from A.
- Upon receiving the pass B now passes to C who returns the pass and makes his/her run around the cone and receives the diagonal pass from B.
- Continue format (see. Diagram below)



- Stretch

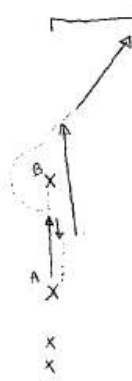
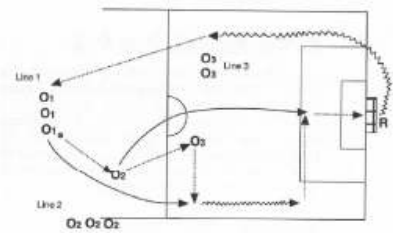
2nd Activity Accuracy Passing on the run (15mins)

- Form 2 or 3 single file lines of players on mid-field line as shown
- Place 3 cones (2-3 yds wide) 15 yards apart on a straight line
- Place feeders (F1, F2, F3) for each line
- Each player dribbles down field a makes right footed pass through each set of cones.
- Feeders execute a 1-touch wall pass back to player
- Switch roles
- Switch sides as to practice both feet



- Warm up the legs
- Limit touches to one
- Focus on give and goes
- Creating space by turning on your defender (cone)
- Practice through balls

- Focus on solid passes
- And quality return wall passes from the feeders
- Learn to recognize wall pass developing in a game situation

<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Form 2 lines 40 yards away from goal One player moves 10 yards away from line with back to the goal Player A passes to B who one touches back to A and then turns and runs on to a through ball provided by Player A. Player B shoots on goal and A follows in for the rebound 	<ul style="list-style-type: none"> Ensure that Player B is checking out and then coming to the ball as to create space and then quickly turning as to escape from the defender Emphasize quality return pass from Player A to send B through the defenders
<p>4th Activity Two Combination Overlap (20mins)</p> <ul style="list-style-type: none"> Form 3 lines of players as shown O1 begins by passing to O2 and making an overlap run around O2 O2 passes to O3 who 1-touches ball back to O1 on the wing O2 times an overlap run around O3 to inside to receive a crossing pass from O1 Rotate positions Rotate sides of field 	<ul style="list-style-type: none"> Creating space by providing options to pass on the overlap Diagonal runs Quality Crosses Player receiving the cross must time their run properly
<p>5th Activity (the game) (15mins)</p> <ul style="list-style-type: none"> Split players into two even teams They will play a regular scrimmage except for their will be no goals and the teams can score one point for a takeover, one point for a wall pass, and one point for an overlap This will be more like a game of keep away but points can be scored for those three things Cool down have players gather all the equipment and run two laps of the field, review the three skills you discussed today 	<ul style="list-style-type: none"> keep score for the teams encourage the teams to continue to move around so they can create opportunities for wall passes, overlaps and takeovers

Practice Plan

Age Group: U-14

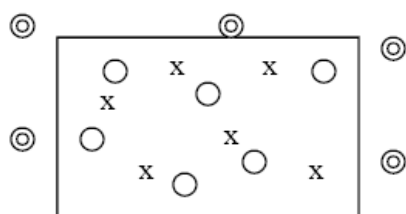
Theme: Offense

Activity

Coaching Points

1st Activity (warm-up) (15mins)

- Set up a large square
- Divide the team into two groups of 8
- A basic game of keep away, however, the player who loses the ball for their team has to sit where they lost the ball
- This provides advantage to other team because you are now playing short a player
- Team making 10 passes in a row scores a goal. First team to 3, or who has more goals after time is up wins

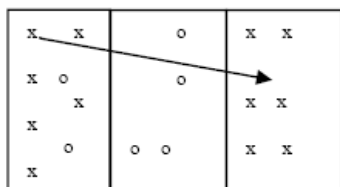


- **Stretch**, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches

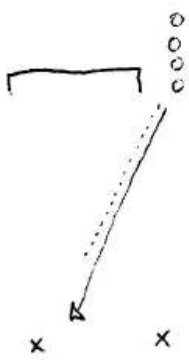
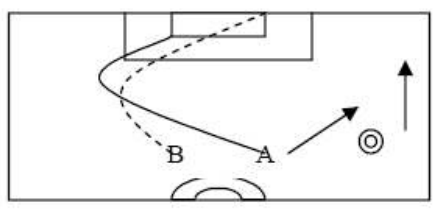
- Keep balls around outside of the area to keep the game going
- Keep up the pace, when losing the ball, immediately attack the opposing team
- Don't let the other team get into a rhythm
- Stay spread out, attacking team should always have an advantage
- Switch it up, give the player who lost it consequence, (10 sit-ups). Then have him/her rejoin play

2nd Activity 5 vs. 2 Continuous (15mins)

- You will have three large zones with the same amount of players in each zone
- The goal of the teams on the end is to pass the ball around in their zone 5 times and then chip it over the middle zone into the other zone on the far side
- The middle group is on defense and can send two players into the end zone that has the ball to defend if they get it both groups switch spots and the other team is now in the middle on defense
- The players in the middle that are not in the end box defending can try to stop the ball in the air from being chipped over them

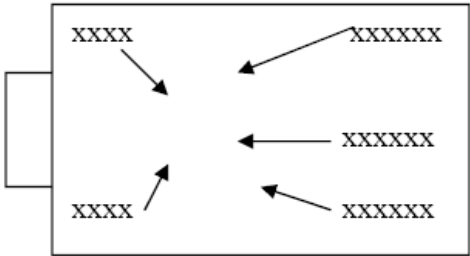
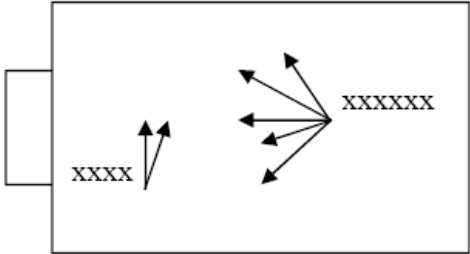


- This is game is complex and will take a while for the players to become successful at it but they will keep trying because they will really want to be successful
- Remind that they do not need to attempt to chip immediately after the 5 passes
- Sometimes it is best to develop a clear chip across the middle group instead of rushing

<p>3rd Activity 2 vs. 1 (15mins)</p> <ul style="list-style-type: none"> 2 lines of attackers line up just in front of half way line 1 line of defenders stand beside the goal Defender plays the ball to either attacker and then quickly closes down space Attackers work together with pace to beat the defender and shoot on the goalie 	<ul style="list-style-type: none"> Attack with pace (no jogging) Quick passes Open attackers in attempt to better position for 2 vs. 1 (overlaps)
<p>4th Activity Crossing & Finishing (15mins)</p> <ul style="list-style-type: none"> Divide the team into four groups, trying to keep the midfielders together and the strikers together Working from one side at a time, have three or four midfielders line up on the side. Have two lines positioned in the middle of the field (A & B), this is where your strikers and some defenders should be The line closest to the outside midfielders (A) is going to deliver a ball to the outside and start a run along with the second line from the middle (B) towards the goal While the two are making their run in to the near or far post, the outside midfielder is going to put a cross into the middle of the field, onto the attackers After about 10 or 15 attempts, switch the field 	<ul style="list-style-type: none"> The ball delivered to the outside midfielders should be crisp and something that they can run onto, remind them to change their speed The ball delivered by the midfielder should be aimed around the penalty spot, far enough out that the goalie probably will not intercept, but close enough for a onetime shot Encourage players to use both feet Defending and scoring is not important since this drill is for crossing Attacking players should curve their runs, time them to reach the spot at the same time as the ball does Put your goalie in, it is good practice for them, especially for breakaways Makes the midfield player keep WIDE
<p>5th Activity (the game) 8 vs. 6 (20mins)</p> <ul style="list-style-type: none"> Several balls are placed at center Group is split into 8 attackers and 6 defenders 8 attackers receive a ball from the coach and have 20 seconds to develop a scoring opportunity If defenders clear the ball out of bounds, play re-starts with a new ball played in to the attackers by the coach Rotate positions after 10 attempts 	<ul style="list-style-type: none"> This is to develop quick scoring opportunities once the ball is in the attacking 1/3 Look to pressure the middle by using strikers as target men Emphasize plenty of movement from 8 players to provide passing options High Intensity

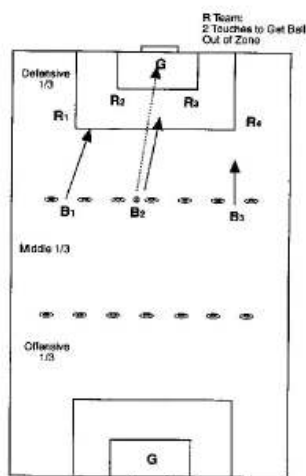
Practice Plan

Age Group: U-14	Theme: Defense
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Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> ○ Get players to get in partners and grab a soccer ball ○ Have them play one on one keep away from each other <p>stretch</p>	<ul style="list-style-type: none"> ▪ Make sure players are staying at a good pace and not walking around ▪ Keep them moving and shielding the ball
<p>2nd Activity <i>Name: 3 vrs 2 (20mins)</i></p> <ul style="list-style-type: none"> ○ Have three lines up at center and two lines by the goal ○ One player from each line comes out the players at center will bring one ball between them ○ The players will then play 3 vrs 2 ○ When the ball has been shot or the 2 players on defense have got the ball the play is dead and 5 new players will come out 	<ul style="list-style-type: none"> ▪ The focus should be on defense and the defenders should stay goal side of the three attackers ▪ Also when playing 2 vrs 3 it is better to mark a zone rather than a player since you are at a man disadvantage ▪ Make sure the defenders are also trying to force the attackers out wide away from the middle of the field ▪ When the attackers are coming down the field the defenders should just jockey and retreat a little ways but as the attackers get closer to the net the defenders should be trying to tackle and get the ball away
<p>3rd Activity <i>Name: 5 vs 2 (15mins)</i></p> <ul style="list-style-type: none"> ○ Have a long line at center and a shorter line by the goal ○ Five players will come out of the center line and three players will come out of the shorter line by the goal ○ The players will then play 5 vs 2 ○ When the ball has been shot or the 2 players on defense have got the ball the play is dead and 7 new players will come out 	<ul style="list-style-type: none"> ▪ Same as above

4th Activity Tactics by Area of field (20mins)

- Divide field so that you have a defensive 1/3
- Place 4 defenders (R1-R4) throughout the area, with the goalie and also 3 attackers (B1-B3)
- B2 begins by making a firm kick to the goalie
- The defenders (including the goalie) must then move the ball to the middle 1/3 in a minimum number of passes specified by coach, while attackers attempt to recover the ball



- *Make sure wide defenders drop back in position to receive the ball from the goalie with an open body to field of play and not receive the ball with his back to the play
- The ball needs to move quickly to middle 1/3 as to not play with it in own end

5th Activity (the game) Name: scrimmage(20mins)

- Players will be split into two teams and choose a partner on the other team to mark
- They players will play a regular scrimmage but can only mark their partner which is on the other team (they cannot steal the ball from anyone else)

Cool down gather all equipment and run a few lap, review important defending point discussed

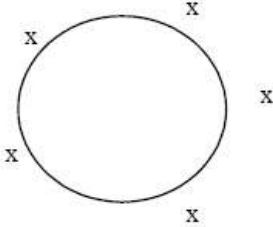

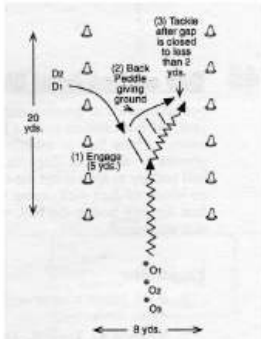
- Make sure players are always aware of where their players are
- Tell the players when they are attacking that if their partner is not near them they should continue to dribble towards the net because no one else can take the ball away
- This game will encourage players to man mark

Practice Plan

Age Group: U-14	Theme: Defense
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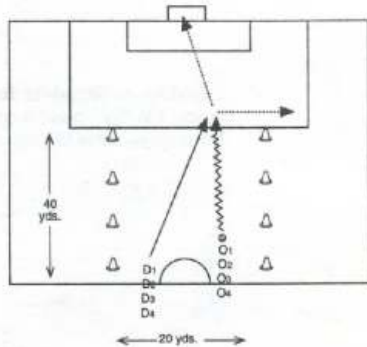
Activity

Coaching Points

<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> 5 Players form a circle (10 yds) around 2 defenders Players along the outside pass the ball around (2 or 1 touch) without having it intercepted by the 2 defenders If either defender touches the ball, they rotate positions with whoever made the mistake  <p>Stretch, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches</p>	<ul style="list-style-type: none"> Ensure that the passes are accurate and they are using the proper technique If there are certain groups that are always getting their ball intercepted in the middle find out what the problem is and give them help
<p>2nd Activity One Step Tackle Practice (15mins)</p> <ul style="list-style-type: none"> In pairs, each player stands one step away from ball On command of coach each player steps with non-kicking foot and plants it directly beside the ball and kicks the ball with the inside of the kicking foot Repeat with right and left feet 	<ul style="list-style-type: none"> Ensure appropriate positioning when performing 50/50 tackles Do NOT back out... to prevent injury
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Offensive player dribbles down lane of cones 8 yds wide Defender "engages" offensive player and gives ground, back peddling (jockeying) While maintaining position inside and goal side of the offensive player, defender lets the "gap" between players close until should-to-shoulder contact is made Defender then tackles the ball or forces outside Rotate positions 	<ul style="list-style-type: none"> Focus mainly on jockeying (Do NOT dive in) Force offensive player outside the cones Maintain goal-side position Defender should not move forward to close gap

4th Activity Tackle from Behind (15mins)

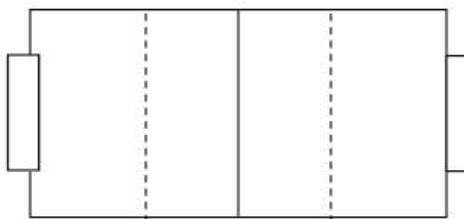
- Set up one playing station on each half of field with half players at each station
- Form two lines as shown in diagram
- Offensive player tries to dribble to edge of 18 yrd box and shoot, while staying within the cones
- Defender tries to gain goal-side position and kick ball to sideline or tackle ball before shot is taken



- Defensive player may slide to attempt to block shot
- If he is quick enough, he can shoulder-to-shoulder offensive player outside cones
- Hard, intense, back checking

5th Activity (the game) (20mins)

- split players into two teams
- Use half of the field and divide it up into four equal zones, or if you can field a 11 v 11, use the whole field
- Give different point values for tackles in the different zones, which ever zone the coach feels they need to tighten up on
- Let the player play like a regular game, basically just a large game of keep away



- **Cool down (10mins)** have players grab all of the equipment that is set up around them (pylons, pinnies, soccer balls, etc)
- Players should jog at a slow pace across the field twice as a team, shaking out etc
- Have the players stretch out
- Sit down with the players while they are taking off their equipment and review the key points discussed

- Remember to emphasize the importance of staying on the player that is being defended and not letting them turn
- As well, points can only be scored winning the ball back in the certain zones, not shooting on net
- Make sure to divide your defenders up evenly between the two groups and mix up their positions on the field
- Defenders should show support to other defenders

U-14

Conclusion

Moving from this age group, athletes should have improved individual skills in dribbling, passing, shooting, trapping and volleying. There should be a complete understanding by the athletes of offensive tactics including fakes, wall passes, overlaps, creating space and diagonal runs. More advanced defensive skills should be understood. Shielding, support, jockey and forcing to the outside are the main points. Group tactics are the final skill set to be brought out of the U-14 age group. Moving ahead to U-16 the athlete can look forward to improving their person skill more by building on their strength and conditioning. Further improvements in offensive and defensive play are worked on, creating space, having a target player, zone and man to man play. Transition play is introduced, movement between the zones, communication and moving as a unit. Finally set plays are focused on as an important component of the game.



U-16

Introduction

The U16 age group is the last in the 12 year plan, ensuring the development of a well rounded athlete. The basic skills are more than fine tuned by this point, and now to improve them further, strength and conditioning of the athlete are introduced. Further coaching in the areas of offence and defence are demonstrated, with tactics such as creating space, using a target player, playing zone soccer and marking man to man. This will help when introducing the principles of Transition soccer. The create a more smooth game, moving from offence to defence or visa versa and working on communication and moving as a unit and not as individuals will ensure this. Finally, set plays are further emphasized and work is done on corner kicks, goal kicks, free kicks, throw ins and penalty shots, all skills which are more than well understood by this group. This area always needs improvement since it is a part of the game which could make or break a game or season.

Characteristics

- Accelerated growth of muscles and organs
- Physical balance is regained
- Improved coordination
- Body gains strength and power
- Psychologically more stable, leading to improved self confidence
- Logical thinking and understanding
- Critical thinkers



I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.”
-Mia Hamm

Practice Plan

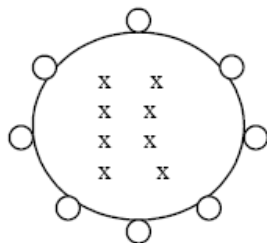
Age Group: U-16 Theme: Conditioning and Strength Training

Activity

Coaching Points

1st Activity (warm-up) Name: Give it here (15mins)

- Have players go for a jog across the field twice to start getting warm
- Divide the team into two groups, creating a circle with one group and the others are in the middle. The center circle is a good size for this drill and helps the players keep their shape
- Players on the outside will all have balls, the team on the inside is going to be running, receiving and passing the ball back to the same player
- Switch teams every 3 minutes, give the team that was previously on the inside a rest

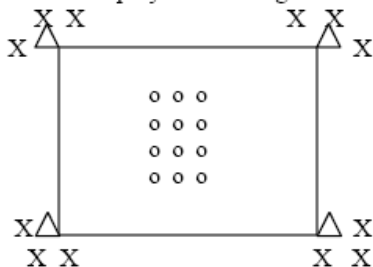


- **Stretch**, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches. While the players are doing this talk about what the plan is for the practice, if you have an assistant coach they should be setting up for the next drill.

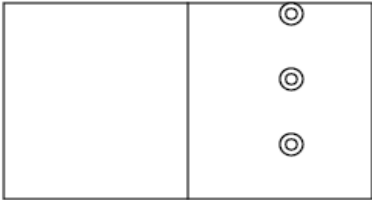
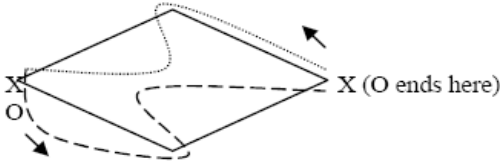
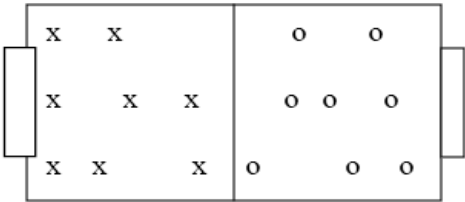
- Make sure players are changing pace and that they are always moving (no walking!)
- Make sure players are calling for the ball
- Have them turn with the ball and pass to another player on the outside or receive the ball with their chest, head, thigh for variation
- If there are still extra balls place them around the outside so if a ball gets away it can be quickly replaced and won't affect the pace

2nd Activity Name: Capture the Ball (10mins)

- Divide the players into 4 equal groups
- Place all the balls you have in the center of the square
- Place one team at each corner of the box
- If you have 12 balls, the objective for a team is to get 4 balls back to their corner
- You can only steal one ball at a time, one player per team in the grid at once
- You can steal other teams balls, one player at the corners can play defense and make the player work to get the ball

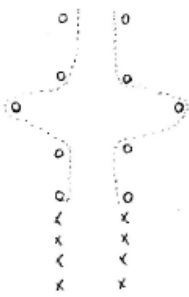
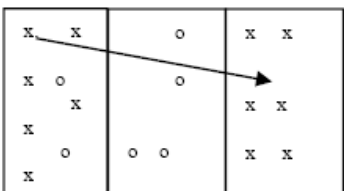


- If no one has won after about 3 minutes, stop the drill and give the players a rest if intensity level has dropped, however while at the corners the players should be getting a rest period while their teammates are inside working (group of 3 = ~ 1 minute break)
- Make sure stronger players are placed with weaker players on teams to make them fair
- If the practice is with a larger group (over 16), you can divide them into two groups and make the grids and teams smaller
- Tell players to treat their turn like a shift, work hard for 25-30 seconds

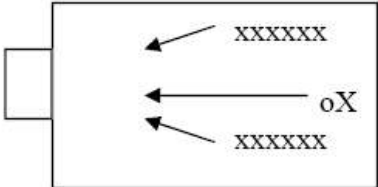
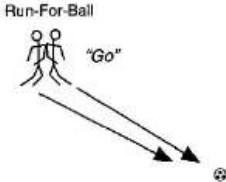
<p>3rd Activity <i>Name: Stations (~10mins)</i></p> <ul style="list-style-type: none"> o Set up three stations across the field marking them just with a pylon o Divide the team up into three groups o Make a sit-up station, push-up station and rocket jump station o Allot approximately 30 seconds per station o Have a 2 minute rest in between each of the 4 sets o Change up the type of sit-ups players are doing through each set 	<ul style="list-style-type: none"> ▪ players should be doing the exercises correctly, remind them that it is not a race ▪ the exercises do not have to be the ones listed, make some of them fun, tuck jump, blurpees, jumping jacks. Switch it up ▪ Get the players input on what exercises they would like to do, don't be soft though, they should be working hard ▪ Remember this isn't punishment (a good core is the most important part of running)
<p>4th Activity <i>Name: Diamond Game (20mins)</i></p> <ul style="list-style-type: none"> o Split the group into groups of three o This drill is a continuous circle o Mark out a thin diamond shape o Have two players standing on the long corners (passers) and one starting beside a passer (runner) o The runner will go around a side cone then come back in, receive the ball, turn, pass it to the player they did not receive the ball from and follow their pass o When the runner reaches the player who they passed the ball to, they stay there and become the passer and the receiving player become the runner (switch roles) 	<ul style="list-style-type: none"> ▪ this drill should be done at a high intensity ▪ players should be rounding the corners at a sprint pace ▪ passes should be crisp ▪ Balls can be placed at the passers just incase there is a wild ball to keep the pace of the drill up
<p>5th Activity (the game) <i>Name: Modified Scrimmage (25mins)</i></p> <ul style="list-style-type: none"> o split players into two teams make two small goals at each end o have the teams play a scrimmage against each other, but tell the players what kind of style you want them to be playing. To increase physical demands make them play man to man, you assigning the pairs (forwards vs. defenders)  <ul style="list-style-type: none"> o Cool down (10mins) have the losing team grab all of the equipment that is set up (pylons, pinnies, soccer balls, etc) o Players should jog at a slow pace as a team across the field twice o Sit down with the players while they are taking off their equipment and review the key points discussed and what is coming up for the team 	<ul style="list-style-type: none"> ▪ Implementing a certain way to play, man on man, this makes the player work harder because they are unable to cover spaces on the field and switch ▪ The make the demands easier or harder, change the size of the field, bigger is harder, smaller is less work ▪ If players are tiring, you tell them what % of their pace to work at (50%, 75%), this way they can rest while still playing and working in the aerobic area of conditioning ▪ Again, have extra balls so play can be uninterrupted ▪ With a smaller group you can play one half and one goal (like World Cup)

Practice Plan

Age Group: U-16	Theme: Individual Skills
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Activity	Coaching Points
<p>1st Activity (warm-up) Agility Ladders (15mins)</p> <ul style="list-style-type: none"> Set up 2 sets of agility ladders with 2 single file lines behind each Have players run through ladders performing variety techniques 1 foot each square, touch 2 times each square, side to side, shuffle, pivots, backwards, backwards defensive jockey, hops, etc. <p>Stretch</p>	<ul style="list-style-type: none"> Main focus on ladders is to develop concentration for the rest of practice Quick feet, on toes Loosen up legs
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Set up corner flags as shown below Split groups into 2 equal teams in single file When coach claps his hands first players running around each flag and through the gates at the end Loser has to carry the winner "piggy back" back to the back of the line 	<ul style="list-style-type: none"> Agility around corners Quick small steps to start Strength and Conditioning
<p>3rd Activity (25mins)</p> <ul style="list-style-type: none"> You will have three large zones with the same amount of players in each zone The goal of the teams on the end is to pass the ball around in their zone 3 times and then chip it over the middle zone into the other zone on the far side The middle group is on defense and can send two players into the end zone that has the ball to defend if they get it both groups switch spots and the other team is now in the middle on defense The players in the middle that are not in the end box defending can try to stop the ball in the air from being chipped over them 	<ul style="list-style-type: none"> Quick, quality passes Relax and pass around until a quality opportunity develops to send the ball to the far group Defenders work hard

Age Group: U-16	Theme: Individual Skills
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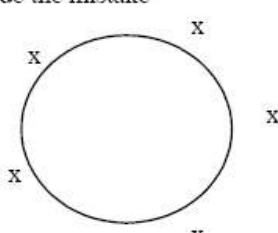
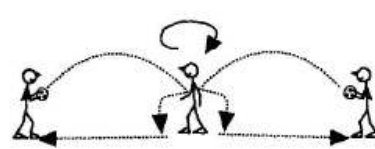
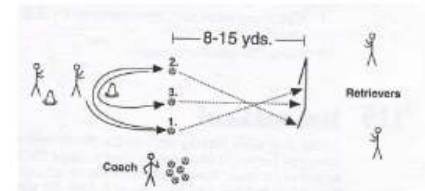
<p>4th Activity Reactor (15mins)</p> <ul style="list-style-type: none"> ○ have two lines and stand behind the lines with a soccer ball ○ the first two players in the line will lay down on their stomach facing the goal ○ roll the ball through the middle of the two lines and as soon as the players see the ball roll past them they can get up and race to the ball to play one on one 	<ul style="list-style-type: none"> • Players should be lying flat on their stomachs and watch to make sure they are waiting to see the ball before they get up
<p>5th Activity (the game) Shoulder-to-Shoulder (10mins)</p> <ul style="list-style-type: none"> ○ Players start standing shoulder-to-shoulder and link arms, leaning into each other. On "go" players run for 10 yards towards a ball trying to push opponent away with shoulder 	<ul style="list-style-type: none"> ▪ Good way to finish off a strength and conditioning practice ▪ Players now should be fatigued ▪ Match players with size and strength to promote battles

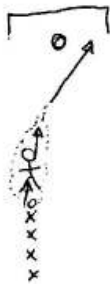
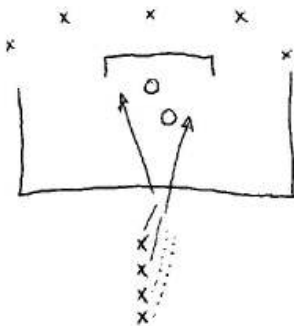
Practice Plan

Age Group: U-16	Theme: Individual Skills
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Activity

Coaching Points

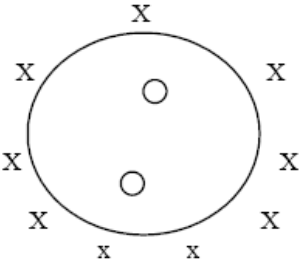
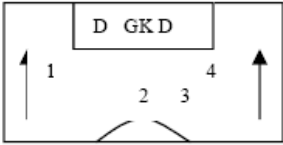
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> 5 Players form a circle (10 yds) around 2 defenders Players along the outside pass the ball around (2 or 1 touch) without having it intercepted by the 2 defenders If either defender touches the ball, they rotate positions with whoever made the mistake  <p>Stretch, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches</p>	<ul style="list-style-type: none"> Ensure that the passes are accurate and they are using the proper technique If there are certain groups that are always getting their ball intercepted in the middle find out what the problem is and give them help
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> In groups of 3, with 2 balls per group, players in straight line Two outside players hold ball in hands and serve to middle player Middle player receives ball and executes a 1- or 2-touch return and spins around to receive ball from other server Coach can designate specific receptions (head, chest, thigh, etc.) Alternate positions 	<ul style="list-style-type: none"> After return pass, Quick turns as to condition middle player as well as improve touch
<p>3rd Activity (25mins)</p> <ul style="list-style-type: none"> Set up a series of practice stations 5 players per station At each station place 1 cone 25 yards directly in front of the goal Place 5 balls approximately 7 yards in front of cone (distance depends on strength) Each shooter begins behind cone and runs to ball no.1 and shoots He then runs back around cone and shoots ball no.2 , etc. When not shooting players rotate through retrievers 	<ul style="list-style-type: none"> This drill is very physically demanding Encourage players to run hard Maintain focus and concentration even when fatigued

Age Group: U-16	Theme: Individual Skills
<p>4th Activity (15mins)</p> <ul style="list-style-type: none"> Form line about 40 yards away from goal Goalie stands in net One player stands with back facing net and legs open 2 yards in front of single file line First player in line has ball, plays the ball through opponents legs Opposing player turns and races to the ball against the other player (shoulder-to-shoulder) and whoever gets to ball first takes a shot on net while the other player defends 	<ul style="list-style-type: none"> Good, physical 1 vs 1 battles Focus on strength Quickness
<p>5th Activity (the game) (10mins)</p> <ul style="list-style-type: none"> Split group into two teams One team retrieves balls first behind the net and the other team lines up in single file outside the 18 yard box 2 goalies in net, one in front of the either Each player in line has a ball Object is to score as much as possible Only one player can shoot at a time, and if both goalies are down no shots may be taken until at least one is standing Each shooting session lasts 2 minutes Which team scores more? Losing team performs sprints 	<ul style="list-style-type: none"> Target ball in order to get the goalies moving side to side to open gaps Quick consecutive shots on target

Practice Plan

Age Group: U-16

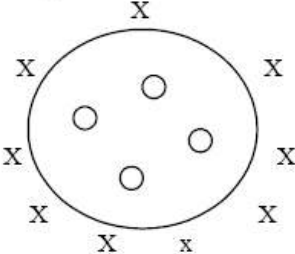
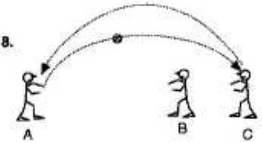
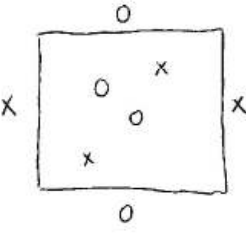
Theme: Offense / Defense

Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Form one or two large circles depending on the size of the group Have two players go inside and everyone else on the outside is trying to count how many passes they can get without the two players in the middle intercepting the ball If a player intercepts the ball they get to switch spots with the player that made the mistake First player to receive the pass only has 1-touch, 2nd player 2-touches, 3rd player 3-touch The players must use touches required 1-2-3-1-2-3-1-2-3 touches 	<ul style="list-style-type: none"> Make sure everyone on the outside of the circle is on their toes ready to receive the soccer ball 1-touch to know where you are going to pass when the ball is coming to you 3-touch ensure that you are creating space for yourself as to control the ball away from pressure from the defenders in the middle
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Use the same set up as above. This time 2 players in the middle, 1 is the attacker, 1 is the defender (duration 1 minute) Players around the circle play the ball in to the attacker who shields the ball or 1-touches the ball back to other player in the circle Defender tries to steal the ball and is always on attackers back (touch tight) Each player takes a turn as attacker and defender 	<ul style="list-style-type: none"> Man to Man coverage Pressure on the back Quality control as to shield ball Encourage strength to maintain distance Check out and in as attacker as to create space Focuses also on using a target player and playing the ball into his/her feet
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Split the group into groups of 7, or what works best Have your attacking players with you at half, send a group of 7 players (defenders, mid, strikers) to the net two at a time. No defenders Have a player or yourself toss the ball in the air to a group Attempt different tactics 	<ul style="list-style-type: none"> This drill is to place the players into a semi-real position with the emphasis being on the attacking team developing plays make sure players are getting open for their teammates have players strike the ball first time if possible and don't worry about finishing Attack with pace, use target men Give suggestions to tactics

Age Group: U-16	Theme: Offense / Defense
4th Activity (game) (25mins) <ul style="list-style-type: none"> Split group into 2 equal teams on appropriate size field Play normal scrimmage however, Select one player from each team as the “Target man” who has to receive the ball every 3rd touch. Ex. Dark’s begin with ball and make a pass to target man, who passes to someone else, next pass can be to anyone, however, within 3 passes, target man must receive the ball again. You can have variations as to say that the target man has only 1-touch, 2-touch, or is the only player on the field that has unlimited touches 	<ul style="list-style-type: none"> This really helps the team develop a target man and to look to this man for all play to develop through him/her Ensure that players are supporting the target man Target man is demanded an extensive physical effort, so change target man every couple minutes
5th Activity (10mins) <ul style="list-style-type: none"> All players begin on end line Coach stands 18 yards away Players on coaches command sprint to coach and jog back to line On coaches command again sprint to coach and jog back to line Coach can vary from 10 yards to 50 yard sprints <ul style="list-style-type: none"> Light jog around field to cool down and stretch 	<ul style="list-style-type: none"> End practice on an intense, and physically demanding drill 100% effort Encourage players When players return to line, SLOW jog

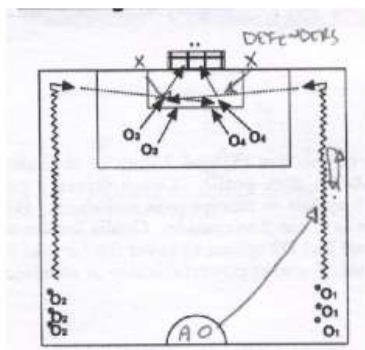
Practice Plan

Age Group: U-16	Theme: Offense / Defense
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Activity	Coaching Points
1st Activity (warm-up) (10mins) <ul style="list-style-type: none"> Form a large circle around 4 players Each player around the outside needs a ball 4 players in the middle run around calling for the ball from a team mate, players in the middle will control the ball wherever it is served and return the pass Continue for a couple minutes then switch middle players 	<ul style="list-style-type: none"> Communication Gaining a feel for the ball
2nd Activity Header Challenge (10mins) <ul style="list-style-type: none"> Player A serves the ball in the air in between B and C B and C attempt to gain position to head the ball back to A Rotate positions after 10 throws 	<ul style="list-style-type: none"> Build strength and conditioning Focus on man to man coverage winning tackles in the air
3rd Activity (15mins) <ul style="list-style-type: none"> Split into groups of 8 with a square 10 yards by 10 yards 2 players from each team are in the middle Remaining players are positioned on sides as shown below Players in the middle have 2 touch on the ball Object of the game is to keep the ball away from other team You can pass to your outside players however they only have 1 touch on the ball to either return the pass or pass it across the area to other team mate located on the other side When ball goes out of play, restart with appropriate team 	<ul style="list-style-type: none"> Quick touches Creating space Shielding Focus on where the pass is going before you get it

4th Activity Crossing & Finishing (20mins)

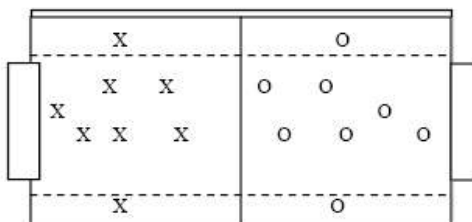
- Arrange players into 2 groups of crossers and 2 groups of strikers
- Coach serves ball in to O1 who first checks away and then quickly comes back to receive the ball (as to create space for self)
- After receiving the ball, O1 dribbles forward and sends cross in to the strikers
- 2 strikers cover near post and far post and other winger follows play in order to pick up garbage if the cross is too far



- Crosses should be driven with pace
- Timed runs by the strikers
- Be hungry inside the box
- Wingers be sure to pull defender away and then quickly check back to create space and receive the pass

5th Activity (the game) (25mins)

- Split players into two teams make two goals at each end, use the full field if you have 18 players, if not use half field
- Have the teams play a scrimmage against each other
- Make lanes down both flanks, only for the 4 outside mid, 2 per side
- These players have 1 vs. 1 battle all the way up the field and all the way back
- These players must remain in their zone

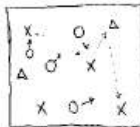
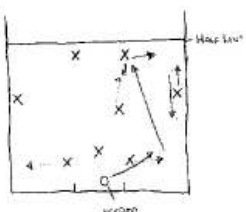


- Emphasize strongly the need as wingers to pull your defender away and check back and if pass still does not come, then check back for through ball down the line
- Wingers are target players, after several minutes change wingers

- Have players go for a light jog to loosen up, have them pick up any equipment on their way

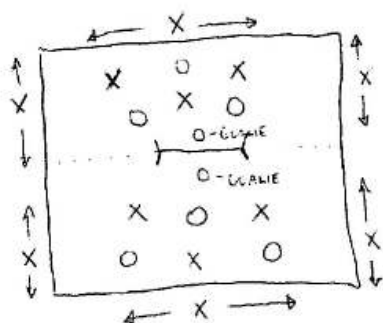
Practice Plan

Age Group: U-16	Theme: Offense / Defense
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Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Set up a grid 20 yards by 20 yards One ball in the middle with 4 X players, 4 O players, and 2 triangle players Objective is to pass the ball while moving in the middle and staying inside the grid X's when they gain possession can pass to all X players and triangle players When O takes possession they can pass to all O players as well as triangle players  <p>Stretch</p>	<ul style="list-style-type: none"> This warms up group with quick passing, transition and creating space Triangle players are your target players that you look to always play the ball through them (usually your central midfielders) Encourage quick touches and quick passing and lots of movement
<p>2nd Activity First to 50 touches (15mins)</p> <ul style="list-style-type: none"> Create 2 grids each 30 yards by 30 yards Each grid has 2 teams of 4-5 players Each group plays keep away possession passing only to members of their team First team to string together 50 passes wins Team that loses, sprints 	<ul style="list-style-type: none"> Important for all players to be moving to create space As defensive team, focus on man-to-man coverage as to prevent several quick passes in a row
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Set players up in their normal positions (defense, midfield, striker) This drill is performed with no opposition Ball starts with the keeper Both wide defensemen show to the outside of the field for the goalie to throw the ball to either Strikers shift to which ever side the ball was played First option for defender is to play the long ball to strikers who preferably will shield the ball and then be able to pass with the outside winger or the central midfielder Variations: Defensemen plays the ball to the winger who has brought his defensemen away and then checked back to receive the ball 	<ul style="list-style-type: none"> Defenders need to keep body position open to the field – When giving throwing option for the goalie, back should never face the field of play (shuffle to the outside) First look is the striker that is showing – Look to play the ball early to his/her feet Wingers need to be moving – check out and in and out again if you don't receive the ball Strikers- good first touch to either central midfield or outside for a through ball to the winger Midfielders- support strikers and give them options

4th Activity (20mins)

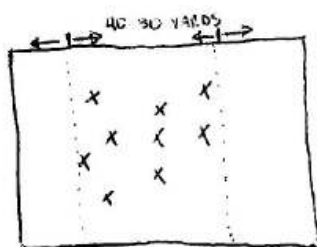
- Set up grid with a goal set up in the middle or (2 goals back to back) place goalie or goalies (if nets are back to back) in the net
- Blue tries to score from the north side of the goal and red team tries to score goals from the south side
- 3 colors per side of the grid as to create 3 vs. 3
- If red defenders win the ball on the blue side they attempt to play the ball to the other side for the red attackers to score goals on the south side
- If goalie takes possession of the ball after a save, they distribute ball to opposite side of goal from where shot came
- Players inside the grid should use players on the outside (X) as passing options
- If players on the outside receive the ball from red, they must pass the ball in to red
- Players on the outside can cross, pass, or even shoot on goal



- When defenders take possession of ball, look to play the ball forward to the other side for midfielders and strikers to attack
- As 3 vs. 3 is the situation, man to man coverage should be executed
- Players need to move to create space
- Look to utilize X players on the outside of grid

5th Activity (the game) (20mins)

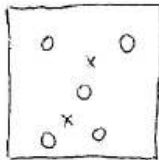

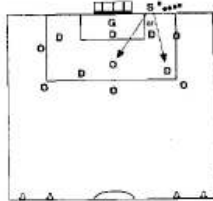
- Split group into 2 equal teams
- Play a normal scrimmage however players must always move as a unit to close in gaps
- Players from last defenders to attackers should be spaced no more than 40-50 yards apart
- When defenders play the ball out, Everyone moves out



- Stop the play any time you see large gaps between defenders and midfielders, midfielders and strikers
- Assist them in showing where they need to be positioned
- Strong emphasis on moving as a unit and maintaining proper positioning and zone
- This improves consistent support for positions on the field

Practice Plan

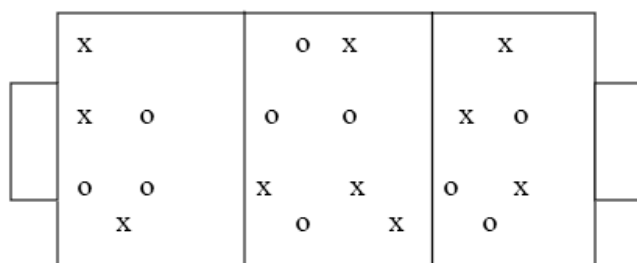
Age Group: U-16	Theme: Transition
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Activity	Coaching Points
<p>1st Activity (warm-up) (10mins)</p> <ul style="list-style-type: none"> Players will play 5 vrs 2 in a large grid but they are not allowed to communicate (5mins) Then have the players play the same keep away game but now with communication (5mins) Ask the players why it was easier when they were talking  <p>o Stretch</p>	<ul style="list-style-type: none"> This drill will help players realize the importance of communication in soccer
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Split group into 3 equal teams (Dark's, White's, Grey's) in a 50 x 40 yard area Serve the ball in to dark's to begin To start dark's can pass to any dark player or white player Grey's at first attempt to steal the ball from Dark and White possession Once grey's have taken possession, the defending team is the team that last touched the ball before grey's took possession (ex. White last touched: White's defend while grey's and dark's keep possession- grey's can pass to any dark or grey) 	<ul style="list-style-type: none"> Transition from offense to defense when possession lost by your team Communication Transition from defense to offense immediately looking at options to spread the play out Focus on spreading the field to create space
<p>3rd Activity Immediate Pressure on Transition (20mins)</p> <ul style="list-style-type: none"> Set 6 offensive players and 5 defensive players as shown in diagram Server serves a ball to any offensive or defensive player to start drill Offense attempts to score in main goal and defense can score in either of 2 small goals located in midfield 	<ul style="list-style-type: none"> Every time defensive player gains control of ball, offensive players must "react immediately" to mark players close to ball tightly, to put pressure on the ball Attackers look for turn over in attacking zone Defenders look to play the ball out if no passing options are given

Age Group: U-16	Theme: Transition
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4th Activity (25mins)

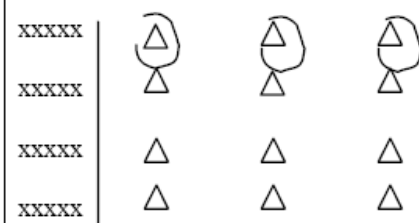
- split the soccer field into three grids, one in each defensive zone and then one in the middle of the field
- divide players into two teams and then divide them evenly from each team into each of the grids
- players must stay in the grid they are placed in and need 3 passes in that grid or backwards with their teammates before they can pass the ball to an open player in the next grid
- The player that passes the ball into the next grid can join in the attack in that grid as to create an odd man situation
- once it is into the offensive grid players can take a shot on goal
- when the goal keeper gets the ball they can only pass it to the defensive players in their grid and not kick it to the middle or offensive grids



- This drill will show the progression of how the ball gets up the field from one group to another
- Focus on possession of ball and creating space
- HUGE emphasis on moving as a unit, playing the ball through defenders to midfield to strikers
- Teaches realistic transitions from one part of the field to the next

5th Activity (the game) (15mins)



- Split up players into groups of 4 or 5
- All groups should line up on a line facing the same direction
- Set up 3 cones in front of each line
- One player at a time must run forward all the way around 1st cone and return to start line running backwards
- Upon reaching the start line, run forwards around the second cone, return running backwards, etc., then next player can go
- Repeat a few times each player



- Ensure players are completing rounding each cone
- Forward sprints assist in moving forward on offense and quick turn backs running backwards emphasizes a quick transition to defense
- Builds strength and conditioning

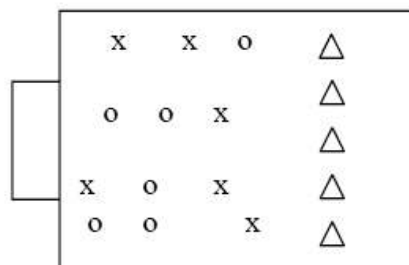
Practice Plan

Age Group: U-16	Theme: Transition
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Activity	Coaching Points
<p>1st Activity (warm-up) (10mins)</p> <ul style="list-style-type: none"> Split players into groups of 6 and set up two grids beside each other In one box start playing 4 on 2 and in the other box have 2 players standing waiting The 4 players will try to keep the ball away from the 2 but if the 2 get the ball they will pass it into the other square and join the other 2 players to become 4 then the closest 2 players from the original 4 will also cross into the box to try to win back the ball The players keep transitioning back and forth between the boxes playing 4 vrs 2 <p>Stretch</p>	<ul style="list-style-type: none"> Encourage the players to move into the other box as quickly as possible Make sure that the same two players are not always having to cross over to the other box to play defense
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Using one end of field divide team into 3 groups of 4 players Place 2 teams (red & blue) on grid and use other team as retrievers behind goal Two feeders stand where shown alternate feeding balls to players every time goal is scored or ball leaves field of play Feeds can be centered, sent to the back, or chips or lobbs intended for quick goals Feed pass can be intercepted Each team tries to score goals for 2 minute mini game Rotate teams 	<ul style="list-style-type: none"> Quick transitions from defense to offense and offense to defense Immediately react when ball has been knocked out of play because play can restart immediately This keeps players thinking to always prepare yourself for incoming ball
<p>3rd Activity Recovery Shooting (15mins)</p> <ul style="list-style-type: none"> Use a grid 40 yards by 30 yards with nets at each end Form 4 lines, 2 at each end beside the net Players A1 and B1 begin with ball and dribble 2 vs. 2 against C1 and D1 A1 and B1 attempt to score on goal while C1 and D1 only attempt to clear the ball Immediately after shot has been taken or ball has been taken away from the attackers, C2 and D2 race out with a ball between them trying to score at the opposite end while A1 and B1 have quickly recover and defend their goal, after play has been interrupted, A2 and B2 follow same instruction and C2 and D2 hustle back to defend their goal 	<ul style="list-style-type: none"> Focus on quick transitions from offense to defense Attackers focus on overlaps and creating shooting opportunities TRANSITIONS are key

4th Activity (20mins)

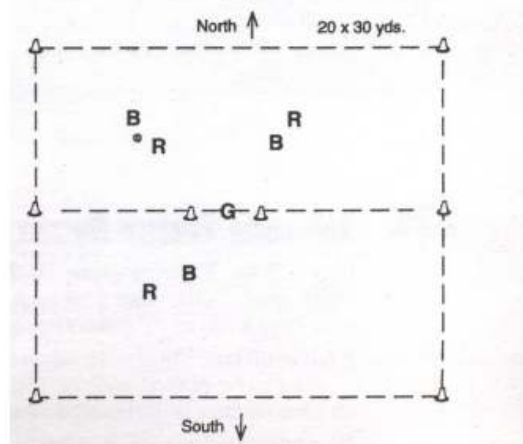
- Divide the players into two teams and only half of the field will be used with the one big goal (very similar to half court basketball)
- Choose one team to start as offense and one as defense
- The team on offense will start with the ball and are trying to score on the goalie, if the defensive team gets the ball away then before they can shoot the whole team must run past a line of pylons that is set near half with the soccer ball and then turn around and they are on offense and the other team is on defense
- The offensive team can try to stop the other team from getting the ball past the pylons



- This is a good drill for quick transition from offensive to defense and then back again
- Players must be paying attention so they know what position they are playing
- Suggest that players pass the ball across the pylon line rather than dribbling the ball the whole way because there is more chance another player could take it away

5th Activity Center Goal Soccer (20mins)

- Set up grid with a goal set up in the middle or (2 goals back to back) 16 players per grid, place goalie or goalies (if nets are back to back) in the net
- Blue tries to score from the north side of the goal and red team tries to score goals from the south side
- Attacking side has a 5 vs. 3 advantage (ex. North side, 5 blue vs. 3 red)
- If red defenders win the ball on the blue side they attempt to play the ball to the other side for the red attackers to score goals on the south side
- If goalie takes possession of the ball after a save, they distribute ball to opposite side of goal from where shot came



- Quick transitions
- When defenders take possession of ball, look to play the ball forward to the other side for midfielders and strikers to attack
- Involves communication

Cool down, gather up equipment, run a few laps, review communication and transitions

Practice Plan

Age Group: U-16

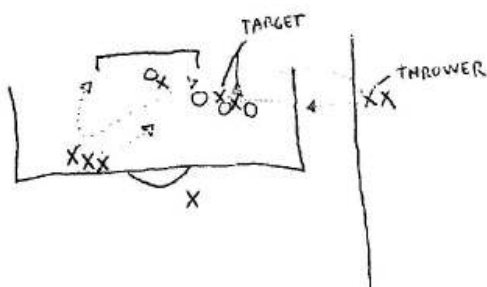
Theme: Set Plays

Activity

Coaching Points

1st Activity Long Throw-ins (15mins)

- Find 2 or 3 strong players on the team that can throw a distance
- Have each practice throwing in a couple of long throw ins down in the corners
- There should be 2 "target men" close together in location to win the flick ons from the throw and attempt to flick the ball to front post, penalty spot, or back post
- Other players are timing runs to each the front post, penalty spot, and back post
- Have one attacker always with the goalie
- Position one attacker at the top of the 18 yard box for any balls coming up the middle
- Begin drill with no defenders



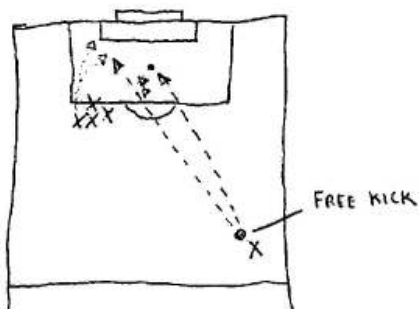
- Progression: Add defenders to the set play

- Focus on accurate throws to the heads of "target men"
- Quality flicks away from the goalie
- Time the runs so that you are not in too deep
- Emphasize getting on the end of every ball
- Also look at the option for target man coming to the ball to play to his/her feet looking for the return pass and the cross into the box

- Defenders role especially on long throw ins is to place one defender in front of attacking front man as to prevent the ball from being played in to his/her feet and also a defender behind

2nd Activity Free Kicks from the middle 1/3 (15mins)

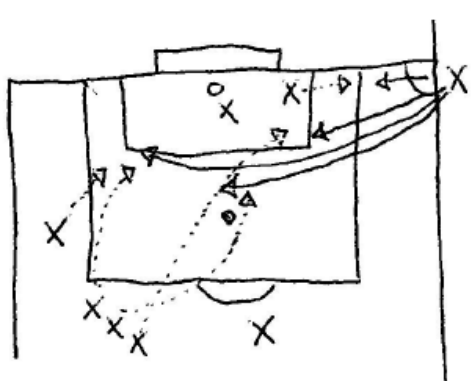
- Find 2 or 3 players on the team with a strong, accurate kick
- Place the ball in a variety of positions in the middle 1/3 of the field
- Ball should be driven in hard towards the "DANGER ZONE" – penalty spot, front post, or back post
- Players in groups of 4 make runs in the box to get on the end of the ball played in to attempt to head or flick the ball on towards the goal



- Progression: Add a few defenders to clear balls driven in

- Player taking free kicks needs to ensure hips are straight towards where they want to direct the ball
- Ball should be driven hard not floated in to the box
- Players must get on the end of the free kicks in the Danger Zone
- Free kicks need to stay away from goalie

- Defenders want to clear up and away

<p>3rd Activity Corner Kicks (15mins)</p> <ul style="list-style-type: none"> Find 2 or 3 players that can accurately place the ball into the box Have attackers to make runs to back post, front post, penalty spot Also position attacker at the top of the box to play the ball back into the danger zone if cleared through the middle Position attacker near the backside of the 18 yard box for any balls that come over the top (garbage) Position attacker on the goalie Position attacker on the front post as an option for a flick on or coming to the ball for a short corner kick Balls should be driven in to either front post, back, or penalty spot  <ul style="list-style-type: none"> Progression: Add defenders 	<ul style="list-style-type: none"> Keep balls away from the keeper Get balls over top of the defender that is standing front post To defend players standing front post, you need 1 defender in front and 1 behind
<p>4th Activity (25mins)</p> <ul style="list-style-type: none"> Split players up into four groups Each group will be given a situation that they will have to come up with a set play for (kickoff, throw-in, corner kick, free kick close to the goal) Once the players are assigned a situation they will have 20 mins to think of a couple of set plays for that situation and execute them players should come together and each group will have about 5mins to show the rest of the groups the set plays that they have come up with 	<ul style="list-style-type: none"> This drill will allow the players to be creative make decisions Helps in self-motivation for team input May be most beneficial to focus this drill towards strictly FREE KICKS where they are in a position to attack the net give suggestions for any of the plays and ask the others what they think would improve the play the group came up with
<p>5th Activity (the game) (20mins)</p> <ul style="list-style-type: none"> Play a normal scrimmage with 2 equal teams On occasion blow your whistle and call for a set play (free kick, corner kick, long throw-in, etc.) and have players execute set plays learned in the practice <p>Cool down laps: Stretch</p>	<ul style="list-style-type: none"> Assists players in executing set plays practiced in a game setting

U-16

Conclusion

Coming out of the U16 age group is a very exciting period in a young athlete career. If meant to be, opportunities will have already come their way, and more are still ahead. A keen understanding of soccer should be second nature when moving onto U18. The athlete should be moving on stronger and faster, smarter in the offensive and defensive zones, while moving between them and when opportunities arise which should be capitalized on.



FOODS AND FLUIDS FOR TEAM SPORTS



Most athletes know that being part of a team requires them to think and set goals as a group. Competitors in stop-and-go team sports like basketball, soccer, volleyball, baseball, and hockey understand the importance of speed, agility, and power. These athletes also need to know that nutrition and hydration will fuel their team to victory.

Foods: Pre-Workout Fuel

Athletes should fuel their bodies 2 to 3 hours before practices and games with a high-carbohydrate meal or snack (see "Pre-Workout Meal Ideas"). This will give the body enough energy to make it through the workout.

- **Team leaders can organize pre-game meals for the whole team**, including high-energy foods like breads, cereals, pasta, rice, fruits, and vegetables — as well as lean sources of protein. Athletes should fill 2/3 of their plates with high-carbohydrate options.
- **Before exercise, players should eat foods they know work well for them.**
- **Athletes should replace the sodium lost in sweat** — especially for heavy crampers. Athletes can do this by regularly salting their food, eating some salty snacks like pretzels, crackers, and soups and favouring sports drinks over water during training and games.

Pre-Workout Meal Ideas

Meal #1	Meal #2	Meal #3
Ravioli with meat sauce	Ham/veggie sandwich on whole grain bread	Baked chicken breast
Italian bread	Fresh fruit salad	Rice pilaf
Steamed vegetables	Fig bars	Steamed broccoli
Salad with Low fat Dressing	Sports drink	Fruit yogurt
Canned fruit		Fruit juice
Lowfat/nonfat milk		

Foods: Post-Workout Fuel

Athletes burn up muscle energy stores during a workout. So it's important that athletes:

- Replenish muscle energy stores by choosing carbohydrate-rich foods within 30 minutes after a practice or game and again within 2 hours.
- Have snacks like cereal mixed with peanuts and raisins, an energy bar, and a sports drink to refuel fast.

Easy Access to Snacks

Many athletes run from school directly to practices and have no time to stop for a high-energy snack to boost energy for performance. To stay fueled, athletes should keep healthy snacks accessible in their backpacks, lockers and coolers.

Backpack and Locker Snacks

- Granola and cereal bars
- Energy bars
- Dried fruit such as raisins, apricots, apples, or peaches
- Dry cereal
- Pretzels
- Graham crackers and peanut butter
- Oatmeal cookies
- Fig bars
- Animal crackers
- Juice boxes
- Sports drinks

Cooler Fuelers

- Gatorade® Thirst Quencher
- 100% fruit juice
- Low fat/nonfat milk single-servings
- Cheese sticks
- Yogurt cups and squeeze tubes
- Pudding cups
- Fresh fruit and/or fruit cups
- Fresh veggies
- Peanut butter, turkey, ham, or roast beef sandwiches

Foods & Fluids Series: Volume I, TEAM SPORTS is one in a series of six sports science articles written by Susan Kundrat, M.S., R.D., L.D., an expert in sports nutrition. Any of these articles can be reproduced for educational purposes to distribute to athletes, students, parents or to post in the athletic training room, locker room, or weight room. Copyright © 2002 Gatorade Sports Science Institute - All rights reserved

Eat Well On the Road

Making good food choices while on the road can be tough, especially when restaurant options are limited. However, it's important for athletes to pay attention to nutrition both at home and away. There are plenty of options even at fast food restaurants that will fuel the body for optimal performance.

Good Fast Food Choices

- Pancakes, scrambled eggs, waffles, cereal, English muffins, ham, Canadian bacon
- Low fat sandwiches like turkey, ham, roast beef, or veggie submarines, or grilled chicken breast, ham, or lean roast beef sandwiches
- Two regular hamburgers or cheeseburgers
- Tacos, burritos, refried beans, and rice
- Salads with grilled chicken breast, turkey, or ham, extra vegetables and a small amount of light dressing
- Baked potatoes, chili, and mashed potatoes (easy on the toppings)
- Low fat/nonfat milk, 100% juices, or milkshakes

Good Sit Down Choices*

- Proteins like chicken breast, or eggs with fruits and vegetables (e.g. salad, steamed vegetables, fresh fruit, fruit salad, or canned fruit).
- Grains like pancakes, toast, bagels, bread, rice, or pasta (with meat sauce or marinara).
- Fresh salads, vegetables, fruits, pasta salads, lean meat slices, and soups. (Go easy on dressings and salads with creamy mayonnaise-type dressing.)
- Lowfat/nonfat milk, 100% fruit juices, fruit smoothies, milkshakes.



*Balance the meal with protein, carbohydrates, fruits, and vegetables

Fluids: Hydration is Key

Water is a key component of the athlete's body, making up 60 to 65 percent of total body weight.

- If athletes lose too much fluid in sweat without replacing what they've lost in both fluids and important electrolytes (like sodium and potassium), they risk becoming dehydrated.
- Dehydration can diminish energy and impair performance. Even a 2-percent loss of body weight through sweat (i.e., 1.5 kg for a 68 kg player) can put athletes at a disadvantage. Some athletes, however, lose more than a gallon of sweat during a practice or game, especially in hot weather.

How to maintain peak performance

Athletes who train in hot and humid conditions, whether it's outside or in a gym, and don't properly replace their fluids run the risk of dehydration. Because dehydration can take a serious toll on performance, it's important for athletes to know how to get plenty of fluid:

Remember fluids throughout the day.

This may be as simple as grabbing a sports drink first thing in the morning, then using fountains, coolers, and cafeteria beverages as triggers for drinking throughout the day.

Hydrate 2 to 3 hours before practices and competitions.

Athletes should aim for at least 16 ounces (500 ml) of fluid at this time and an additional 8 ounces (250 ml) 10 to 20 minutes prior to getting into competition.

Drink during workouts or competition.

Sports drinks, like Gatorade, can help ward off dehydration and muscle cramps because they help replenish both fluid and electrolytes (i.e., sodium and potassium) lost in sweat without overdrinking.

1 Gisolfi, C.V. and D.R. Lamb. Perspectives in Exercise Science and Sports Medicine: Fluid Homeostasis During Exercise, Chapt 1 pp. 1-38, 1990.
2 Gopinathan, P.M. et al. Arch Environ Health, 43:15-17, 1998

Recovery Nutrition for High School Athletes



By Jacqueline Berning, Ph.D., R.D.

It's 8:45 p.m. on a school night and you and 35 athletes are loading on a bus and heading back to school after an away game. Like many high school athletes, your team didn't eat much before the game, and now they are complaining that they're hungry and thirsty. As a coach, what do you do? If you stop to eat on the way home, it will take another hour to get there. Some of the athletes have homework to do, while others need the extra sleep. If they don't eat, you know that their performance will suffer. Research shows that the decision you make will have an impact on their ability to play and compete at their peak.

Recovering from Exercise

Not eating and drinking after competition and training can have negative consequences on future athletic performance. For instance, many coaches don't realize that it can take up to 36 hours to reload the muscles of athletes who delay refueling their bodies. Such a delay means that the athletes will not have the energy to meet the demands of their sport. This is especially true for sports that have repeated competitions such as tournament play in volleyball, basketball, soccer, swimming or tennis. Parents and coaches need to recognize that an intense game or a hard interval-training session can be just as exhausting as running a marathon. Athletes who fail to refuel and/or rehydrate during these activities will not have the optimal level of energy the next day.

What to Eat

Carbohydrates

Muscle glycogen is the predominant fuel for energy during exercise. As carbohydrate (glucose) is the primary source of muscle glycogen, it is the most efficient source of energy for the body and should make up approximately 50-55 percent of an athlete's diet. Depending on the size of the athlete, that could amount to anywhere between 300 to more than 600 grams of carbohydrate each day. Carbohydrate-rich foods include whole-grain breads, rice, pasta, fruits, vegetables and sports drinks.

A carbohydrate snack consumed within minutes after the competition or practice will allow the body to start the recovery process faster. In addition, players need to consume a carbohydrate-rich meal within one hour after the recovery snack. This ensures that the muscles continue to load with carbohydrate energy. For most high school athletes, that means eating a meal soon after they get home from competition or practice.

Protein

Protein also plays an important role in recovering from exercise. Although carbohydrates are the primary source of energy for muscles, consuming a small amount of protein shortly before and/or after exercise may help the body recover from exercise in a different way, by stimulating muscle repair and growth. This is backed by research that found that adding protein to the recovery snack does not enhance the muscle's ability to store energy, but instead, this extra protein is used by the muscles to rebuild after exercise.

Note that it does not take large amounts of protein to get these results. In fact, when athletes eat a combination of carbohydrates and protein post-exercise, the carbohydrates are used to refill the muscles with fuel, while the protein is used to help build and repair muscle tissue.

What to Drink

Athletes need to replace the fluids they lose through sweat to fully recover from exercise. The easiest way to do this is to consume a sports drink, as sports drinks have flavour to encourage drinking and contain electrolytes, such as sodium and potassium to maintain fluid balance in the body. For instance, if an athlete drinks plain water and does not eat any salty foods for the two hours after exercise, a significant portion (25 to 50 percent) of what they drink will be excreted as urine. However when an athlete rehydrates with a drink that contains both sodium and potassium at the proper levels, then 65 to 80 percent of the fluid is retained by the body, helping to better rehydrate the player.

Quick Tips

- Athletes who fail to refuel and/or rehydrate during and after activities will not have the optimal level of energy to play at the same intensity the next day.
- To help in the recovery process, athletes should eat a high-carbohydrate snack within minutes after practice or competition and a healthy meal one hour later.
- Carbohydrates are the most efficient source of energy for muscles and they should make up approximately 50-55% of an athlete's diet.
- Sports drinks are an ideal way for athletes to rehydrate during and after exercise.
- Having parents provide snacks and sports drinks for the bus trip home after an away game is an excellent way to help athletes recover from exercise.

Recovery Foods

Here's a sample of healthy foods to help athletes recover from exercise:

- Sports drinks, like Gatorade Thirst Quencher
- Granola, energy or breakfast bars
- Bagels with peanut butter
- Sub sandwiches
- Crackers and cheese
- Burritos
- Fresh fruit like apples, bananas, oranges, grapes
- Vegetables such as carrots and celery
- Fruit smoothies (prepackaged)
- Rice cakes or trail mix
- Chocolate milk
- Animal crackers

Here are a few resources for information and links to nutrition professionals:

www.gssiweb.org

Gatorade Sports Science Institute® – for scientific and practical information on sports nutrition and athletic performance.

www.coach.ca

Coaching Association of Canada – for coaching, training and nutrition tips.

www.dietitians.ca

Dietitians of Canada — locate a local registered dietitian by specialty.

For more information on sports performance and nutrition, visit the Gatorade Sports Science Institute® at

www.gssiweb.org or email
GssiCanada@QTGCanada.com.

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FOR MORE INFORMATION ON THE GATORADE SPORTS SCIENCE INSTITUTE (GSSI) LOG ON TO: www.gssiweb.org or e-mail GssiCanada@QTGCanada.com.

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Additional Resources

- **www.soccercoachinginternational.com**
 - need to subscribe for a free membership to get full benefits
- **www.canadasoccer.com**
- **www.albertasoccer.com**
- **www.sunnysouthsoccer.com**
- **www.coachingsoccer101.com**
- **www.bcsoccer.net**
 - go to coaching clinics on the right hand side
 - then click coaching resources on the left side
- **www.footy4kids.co.uk**
 - EXCELLENT Website!!
- **www.thedavidbeckhamacademy.co.uk/uk/schoolzone/**
 - Coaches can sign up for free for information and tips



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