



# **U15/U16 Session Plans**



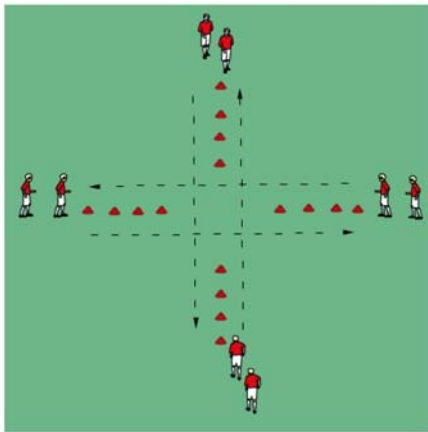
## U15/U16 SESSION 1

### 1v1 Attacking

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>• ABC's through drills and games</li> <li>• Endurance through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>• Introduce and integrate players</li> <li>• Enjoyment/Fun</li> <li>• Build self esteem</li> <li>• Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>• Ball familiarity</li> <li>• Dribbling, turning, shielding, feints</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Basic Principles of 1v1</li> </ul>

#### WARM UP



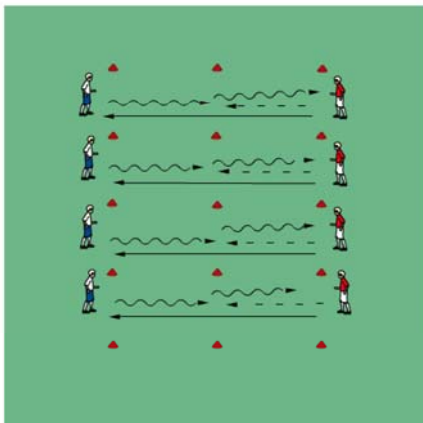
#### Organisation

Set up area as shown in the diagram and split players into 4 groups. Players perform various agility exercises through cones and sprint to the opposite side while dodging other players.

#### Progression

- Introduce ball, vary dribbling techniques through cones
- Players pass ball into next player

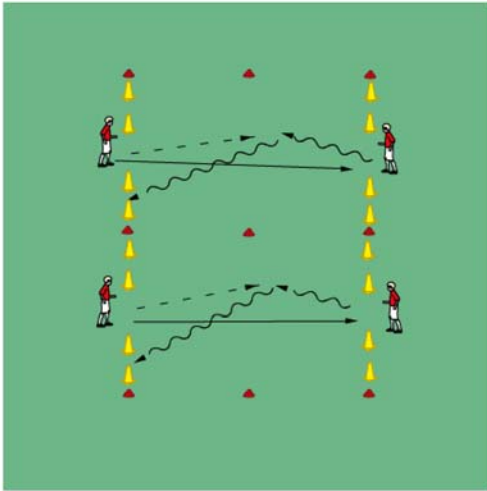
#### TECHNICAL EXERCISE



#### Organisation

Set up a series of 15x10yd grids (see diagram) Split players into pairs with a ball between 2. Player passes to partner and follows pass, the player receiving dribble ball towards the incoming player and performs a feint around the incoming player, on reaching the end this player performs a turn and makes a pass to their partner and the exercise is repeated  
Vary types of passes, receiving techniques, feints and turns

## TACTICAL EXERCISE



### Organisation

Split players into 2's, set up enough fields to accommodate each group as shown in the diagram:

Players play 1v1 with the objective to dribble through either of the 2 gates, after 2 min's the winner from each group moves up to the next grid

## SSG



### Organisation

Set up a field with 4 gates as goals as shown in the diagram:

Players play a 4v4 game with the objective to dribble through either of the 2 gates to score. The team that scores remains in possession and attacks the other 2 gates

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender and take shooting opportunity.

### Coaching Points

- On balls of feet
- Knees bent, Body over ball
- Head up
- Keep ball under control and close to feet
- Use body feints and deceptive foot movements to loose defender
- Accelerate past the defender keeping control of the ball

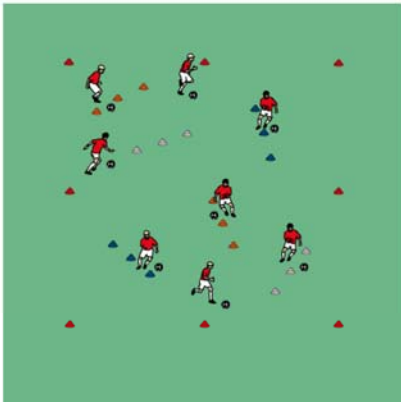
## U15/U16 SESSION 2

### Passing and Support, Building the attack from the back

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>• ABC's through drills and games</li> <li>• Endurance through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>• Enjoyment/Fun</li> <li>• Build self esteem</li> <li>• Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>• Passing and Receiving</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Support and movement off the ball</li> <li>• Building up from the back</li> </ul>

#### WARM UP

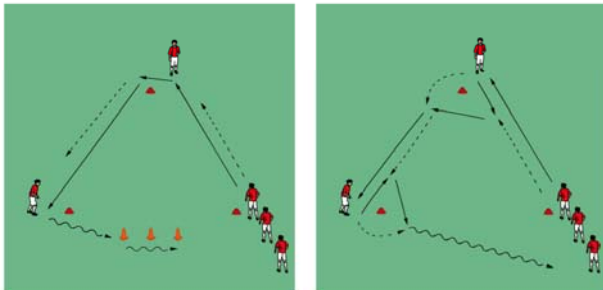


**Organisation**

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

#### TECHNICAL EXERCISE



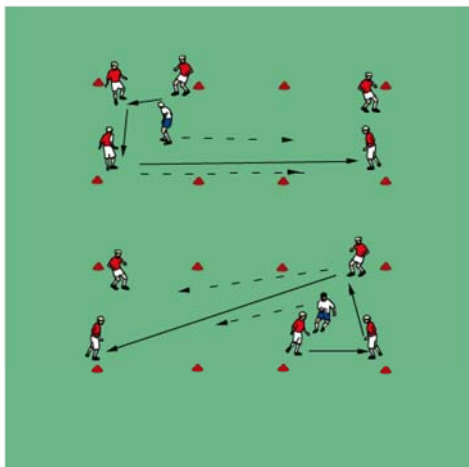
**Organisation**

Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

**Progression**

See diagram 2 introduce wall pass, players now look to play 1 touch

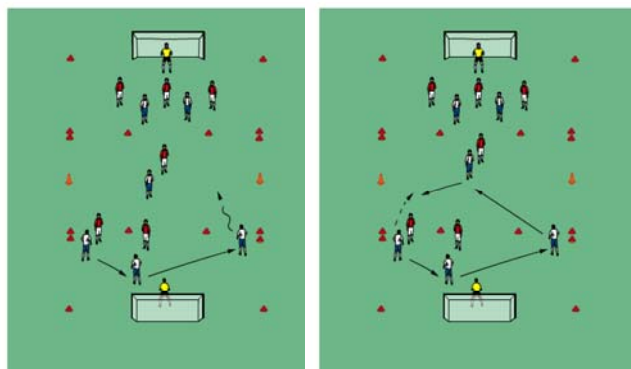
## TACTICAL EXERCISE



### Organisation

Set up two 8x8yd grids with 3 attackers in one grid and 2 attackers in the other grid. The drill starts by a defending player passing the ball into the group of 3 creating a 3v1 situation. The attackers attempt to make 4 passes before they are allowed to pass to the 2 attackers in the other grid. The player who passes the ball follows their pass again creating a 3v1 situation (see Diagram). If the attackers manage to switch grids 3 times or the defender wins the ball a new defender is introduced

## SSG



### Organisation

Set up field with 2 goals. Split the field into 3rds with 3 defenders and 2 Strikers in the defending and attacking thirds, and 1 Midfielder from each team in the Middle third. (See diagrams)

Players are restricted to their thirds. Defenders when attacking can dribble or pass into the middle third and help to support the midfielder creating a 2v1 in the Middle third. On losing possession Defenders must return to the defending third of the field.

Objective is to build up from the back and link up with the midfielder before playing into the Attacking third

Ball always starts from the Goalkeeper.

### Progression

Develop into a game without restrictions for the last 10mins

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **In the SSG what how can defenders look to break into the midfield third?**  
By dribbling or linking up with the midfielder.

### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball
- Players look to dribble out of the back or pass into the midfielder to break into the midfield when space is available in the SSG
- Communication

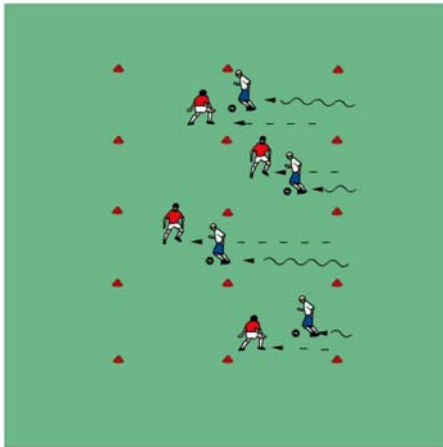


## U15/U16 SESSION 3 Principles of Defending

### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>• ABC's through drills and games</li> <li>• Endurance through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>• Enjoyment/Fun</li> <li>• Build self esteem</li> <li>• Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>• Defending Techniques (Jockeying and Tackling)</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Individual defending</li> <li>• Group defending</li> <li>• Principles of Defending</li> </ul>

### WARM UP



#### Organisation

Set up a series of 20x5yd grids, split players into pairs with 1 ball between each pair. One player dribbles in a straight line while the other jockeys. On reaching the end line players switch roles

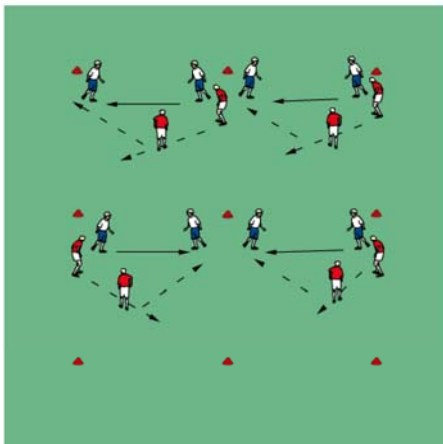
#### Progression

Dribbling player can change the direction of the dribble using feints

Defender passes the ball into the attacker from the end line and closes down attacker

Players play 1v1 and attempt to dribble over the end line

### TACTICAL EXERCISE 1



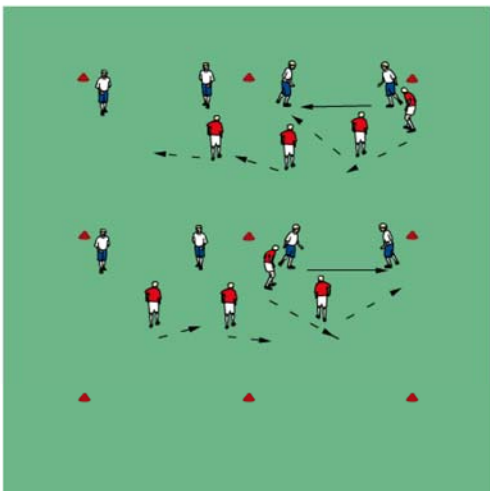
#### Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

#### Progression

Develop into a skill practice Attackers attempt to dribble over the end line

## TACTICAL EXERCISE 2



### Organisation

Expand the area to 40x20 repeat as in previous exercise except working with groups of 4

### Progression

Develop into a skill practice Attackers attempt to dribble over the end line

## SSG



### Organisation

Mark out a 50x30yd field with a centre line marked by cones. Players play a 7v7 game with keepers and line up in the following formation 4 Defenders and 2 Strikers. Ball always starts with the GK. Emphasis should be on defending.

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**  
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**  
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**  
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**  
Get back behind the ball and adopt good defensive positions.

### Coaching Points

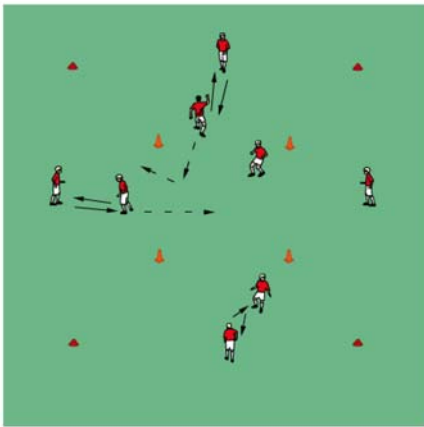
- 1<sup>st</sup> defender pressures
- Move into line and down the line
- Adopt a side on body position and sit down
- Force play inside towards second defender when the ball is with the outside player
- 2<sup>nd</sup> defender supports
- 3<sup>rd</sup> and 4<sup>th</sup> defender should provide good cover and balance
- Defenders should work as a unit and react to the balls movement
- Communication

## U15/U16 SESSION 4 Shooting

### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>• ABC's through drills and games</li> <li>• Endurance through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>• Enjoyment/Fun</li> <li>• Build self esteem</li> <li>• Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>• Shooting and Volley Techniques</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• 1v1, 2v2, 4v4</li> <li>• Recognising the moment to shoot</li> </ul>

### WARM UP



#### Organisation

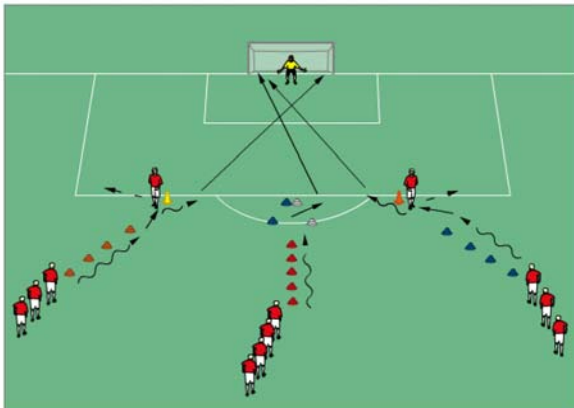
Set up a 15x15yd grid with a small 8x8yd grid inside. Split players into pairs with one ball between two. One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following Volley techniques:

- 1 touch pass inside foot
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Header

#### Progression

- Players can perform various exercises in the small grid for example summersault

### TECHNICAL EXERCISE

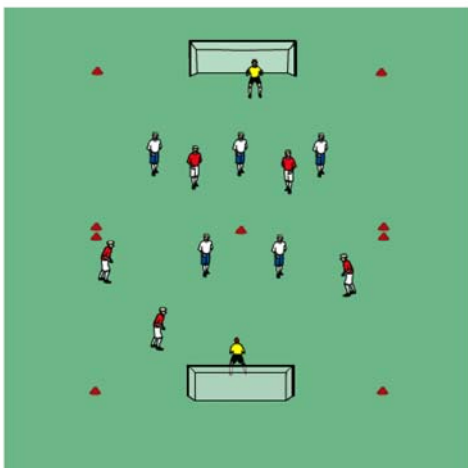


#### Organisation

On the edge of the 18yd box set out 3 shooting stations as shown in the diagram. Player perform the following exercises at each station and rotate after 3 mins:

1. (left) Players dribble through the cones on exiting the cones the player standing by the cone checks to receive a pass, on receiving the pass the player turns towards the goal and shoots with right foot.
2. (middle) Players dribble through the cones on exiting feints towards the blue cones and exit through the white cones and shoot or vice versa
3. (Right) same as one shoot with left foot

## SKILL PRACTICE



### Organisation

Set up a 30 x25yd field, split the field in half with 2 attackers and 3 defenders in each half. Players are not allowed to cross the halfway line. The goalkeeper can only distribute to the 3 players in the defending half and shots must be taken from this half to create long range shots. Play always starts from the keeper.

### Progression

Ball must be passed to one of the strikers to set up shot

## SSG



### Organisation

Set up a 30x25yd field with 2 big goals, players play a 6v6 game with keepers, Players are encouraged to shoot at every opportunity

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to do before we shoot?**  
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**  
Accuracy.
- **When do we look to shoot in a game situation?**  
When the space is available do so.
- **Once a shot has been taken what is our next action?**  
To follow up the shot for possible rebounds.

### Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:  
*Can I create a shooting opportunity as an individual*  
*Can I pass to a player in a shooting position*  
*Can I combine to create a shooting opportunity*