



# 15 to 16 Year Olds

## Season Program



[www.TheICA.com](http://www.TheICA.com)  
The International Coaches Association

# Twelve-week training program for players ages 15 through 16 years.

## Introduction

This section provides you with a twelve-week training program for players ages 15 through 16 years. Each practice features four fun and progressive drills and culminates with a small-sided game. Emphasis is placed on the continued development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.

Passing and ball control are the main theme of the training program with additional practices for shooting, dribbling and heading. There is a greater emphasis on the introduction of Aerial Passing and Control, Small group concepts and Pressurized games and drills.

The program is age appropriate and sets a solid foundation for players to advance to the next level.

The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team tactics and laws of the game.

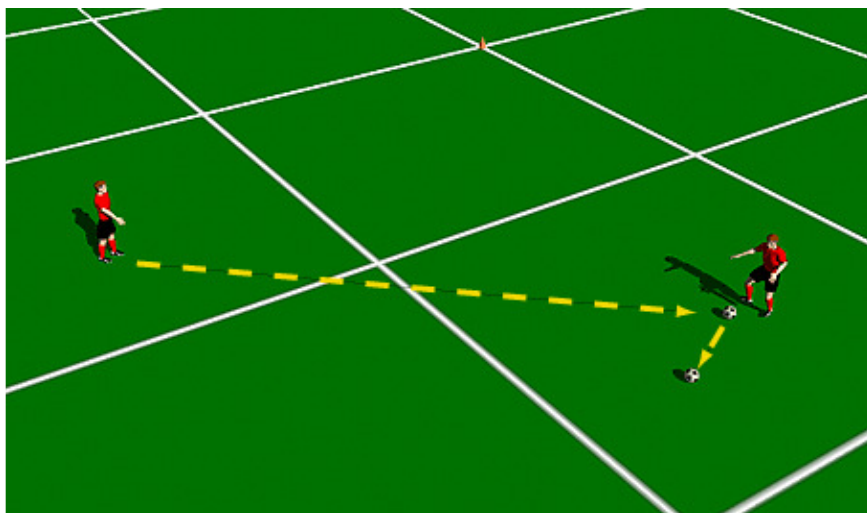
## Weekly Practice Schedule:

<b>Week</b>	<b>Technique</b>	<b>Practice Theme/Key Words</b>
<b>Week One</b>	<b>Passing</b>	<b>Decision Making/Pace/Accuracy/Reps</b>
<b>Week Two</b>	<b>Passing</b>	<b>Aerial Techniques</b>
<b>Week Three</b>	<b>Passing</b>	<b>Disguise/Timing/Pace/Accuracy</b>
<b>Week Four</b>	<b>Passing</b>	<b>Vision/Decision Making/Creating Space</b>
<b>Week Five</b>	<b>Passing</b>	<b>Movement/Timing/Accuracy/Pace</b>
<b>Week Six</b>	<b>Passing</b>	<b>Penetration/Accuracy/Timing/Pace</b>
<b>Week Seven</b>	<b>Ball Control</b>	<b>Anticipation/Mechanics/Repetition</b>
<b>Week Eight</b>	<b>Ball Control</b>	<b>Turning/Repetitions</b>
<b>Week Nine</b>	<b>Shooting</b>	<b>Variety of Techniques/Timing of Runs</b>
<b>Week Ten</b>	<b>Heading</b>	<b>Mechanics/Power/Accuracy/Repetitions</b>
<b>Week Eleven</b>	<b>Defending</b>	<b>Positioning/Mechanics/Timing</b>
<b>Week Twelve</b>	<b>Dribbling</b>	<b>Body Movements/Speed</b>



# 15 to 16 Years

## Week 1 Drill 1 - Hit the Ball



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grids 20 x 20 yards or 18 x 18 metres

### Coaching Points

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass”, with an emphasis on accuracy.

Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the first ball.

**The coach should emphasize the following coaching points:**

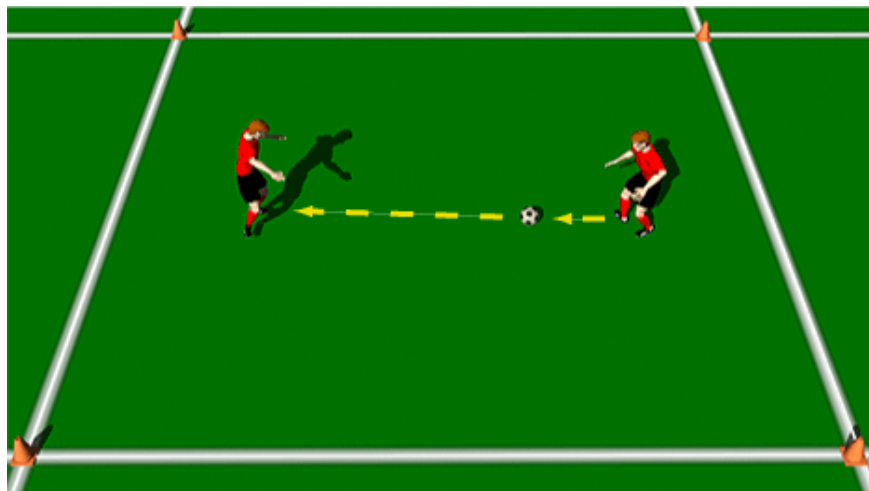
- Keep the feet moving and be balanced at all times.
- Develop a feel for the correct distance you need to redirect the ball.
- Adjust the body position to hit the ball with the pass.
- Give firm and accurate passes to your partner feet when serving.

The first player to hit the ball 3 times wins. Rotate so different players compete against each other.



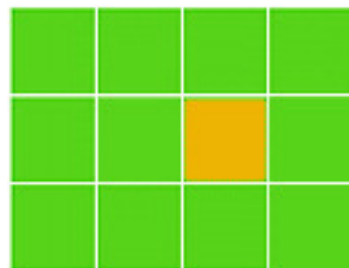
# 15 to 16 Years

## Week 1 Drill 2 - One Touch, Two Touch



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve a players quick thinking to play one or two touch passes.

Two players are positioned in a grid 10 yards x 10 yards. The practice starts when one player passes the ball o their partner. At the same time they pass the ball they must shout out either "one" or "two". When receiving the ball their partner must take as many touches as the number called. If the number is "one" they must pass the ball back first time. If the number is "two" they must control the ball on their first touch and return the pass on their second touch. When returning the pass to their partner they also call out a number.

Players are awarded a point for every mistake that their partner makes. First player to get five points wins. Rotate so different players compete against each other.

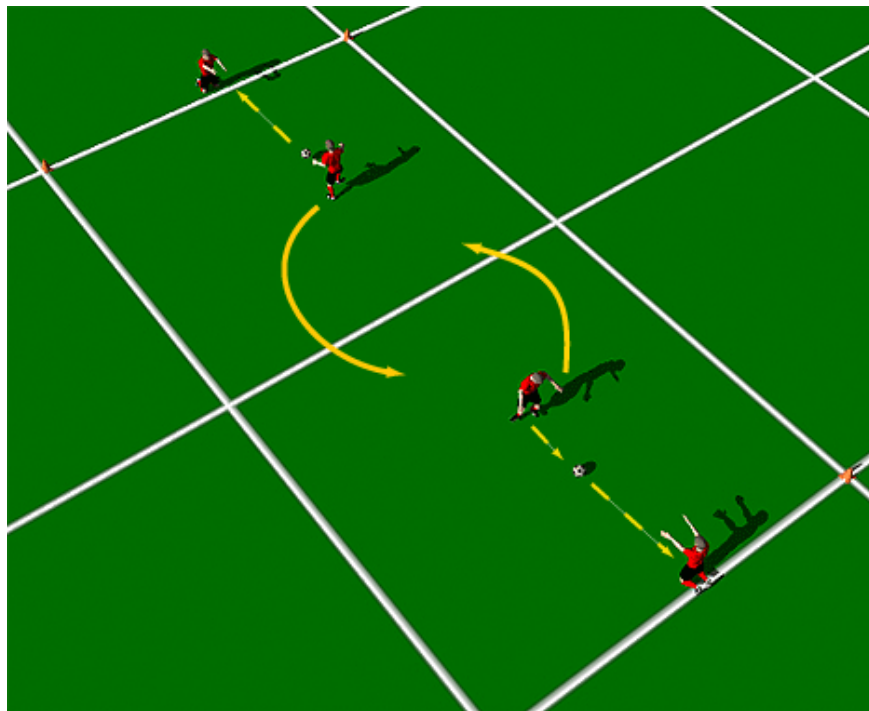
#### The coach should emphasize the following coaching points:

- Make sure players call out the number at the same time they pass the ball to allow time for the receiving player to react.
- Players should always be alert and light on their feet.
- Deliver quality accurate ground passes.

If the player has to take a touch before passing, ensure that the first touch is played in front of the player and out of his feet, enabling him to easily pass the ball on his second touch.

# 15 to 16 Years

## Week 1 Drill 3 - Pressure Passing



### Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grids 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

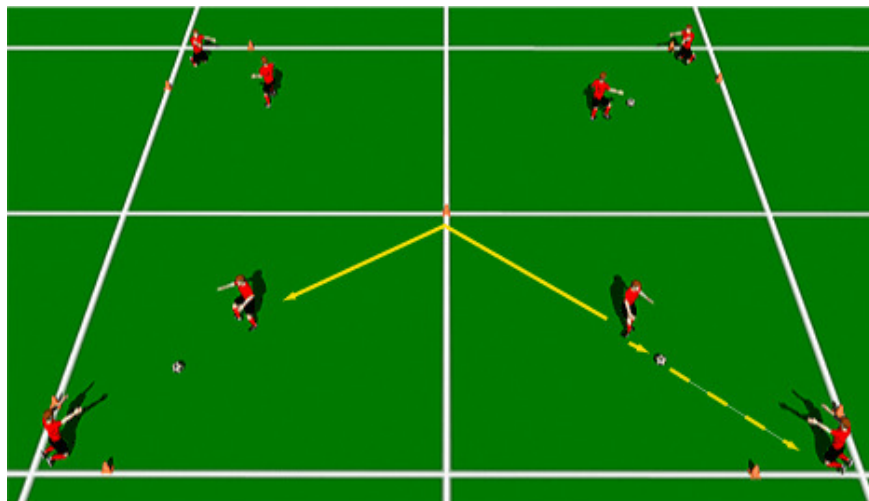
Place a server with a ball at both side of the grid. Each server passes the ball to the two receivers to pass back “first time” to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Competitions should be played e.g.: how many passes in 60 seconds, the first player to reach 20 good passes. Only passes made on the ground are countable.

# 15 to 16 Years

## Week 1 Drill 4 - Passing Rotary



### Set Up

- ▣ 8 Players
- ▣ 9 Cones
- ▣ 4 Balls



- ▣ Grids 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

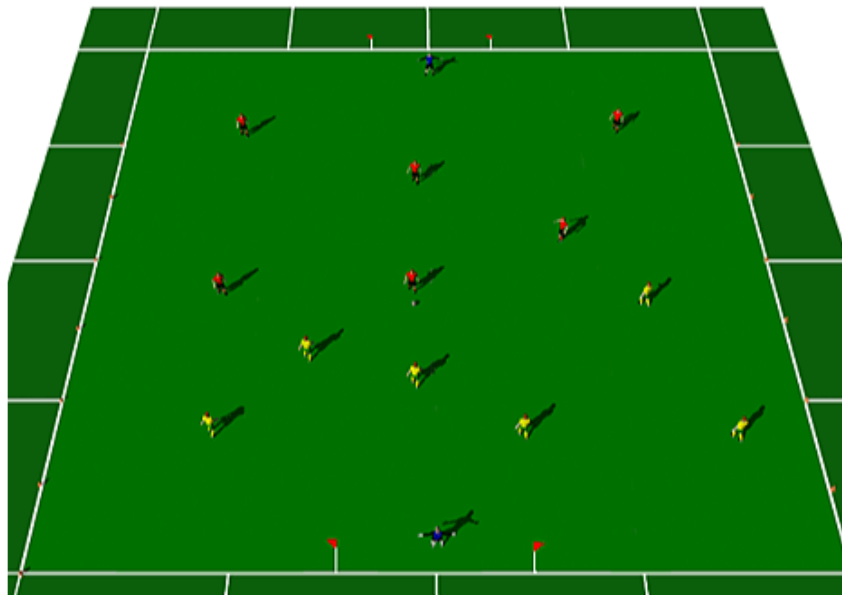
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball.

Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point. After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server. Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

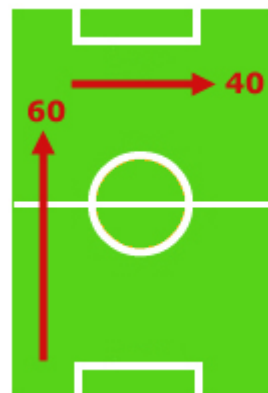
# 15 to 16 Years

## Week 1 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

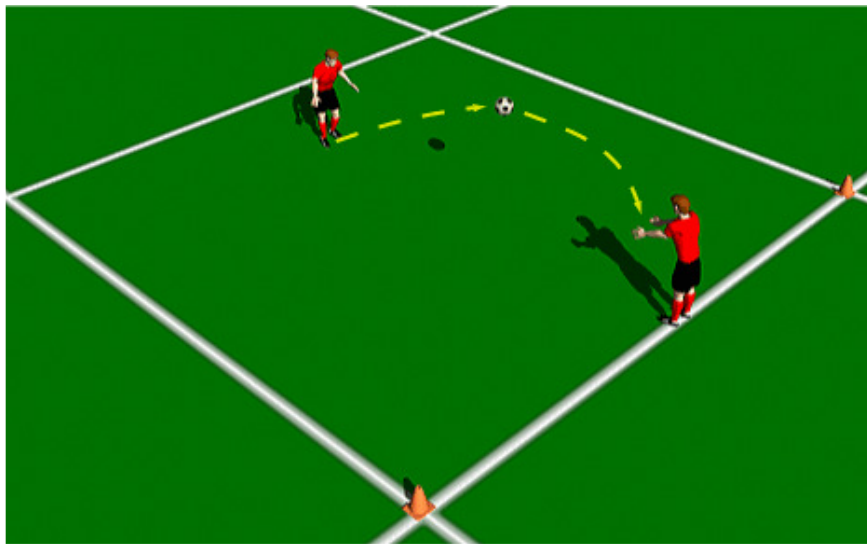
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 2 Drill 1 - Mechanics of the Chip Pass



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grids 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve the technical ability of the “Chip Pass” with an emphasis on accuracy.

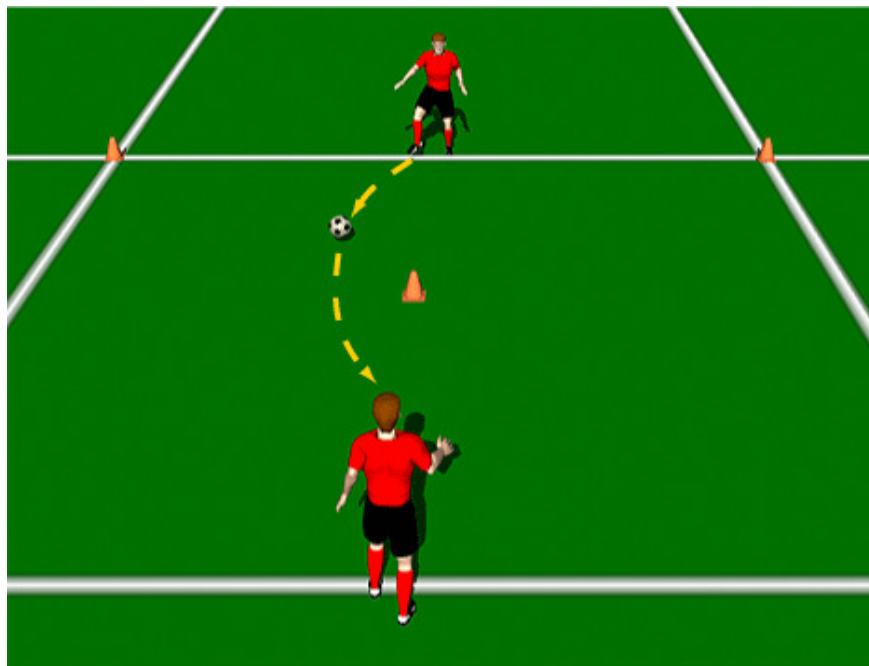
Two players are positioned within the grid, one serving, and one receiving. The server rolls the ball for the player to chip back to their hands. The object is for the player chipping the ball to gradually move further away from server and maintain the accuracy of the chip pass.

The player should increase the distance in five-yard increments, moving only when a successful chip pass is made into the hands of the server.



# 15 to 16 Years

## Week 2 Drill 2 - Mechanics of the Bent Pass



### Set Up

- ▣ 2 Players
- ▣ 5 Cones
- ▣ 1 Ball



- ▣ Grids 10 x 10 yards  
or 9 x 9 metres

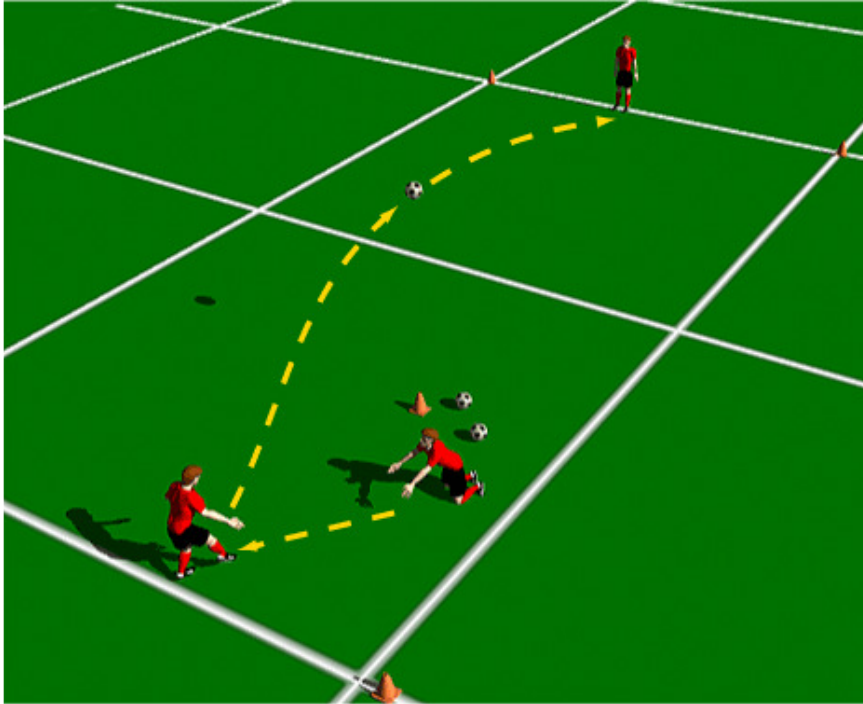
### Coaching Points

This practice is designed to introduce players to the correct mechanics involved in the execution of the "Bent Pass".

Two players are positioned at opposite sides of the grid. A cone is placed directly in-between both players. Players alternate passing the ball around the cone using the "Bent Pass".

# 15 to 16 Years

## Week 2 Drill 3 - Mechanics of the Lofted Pass



### Set Up

- ▣ 3 Players
- ▣ 5 Cones
- ▣ Supply of balls



- ▣ Grids 10 x 20 yards  
or 9 x 18 metres

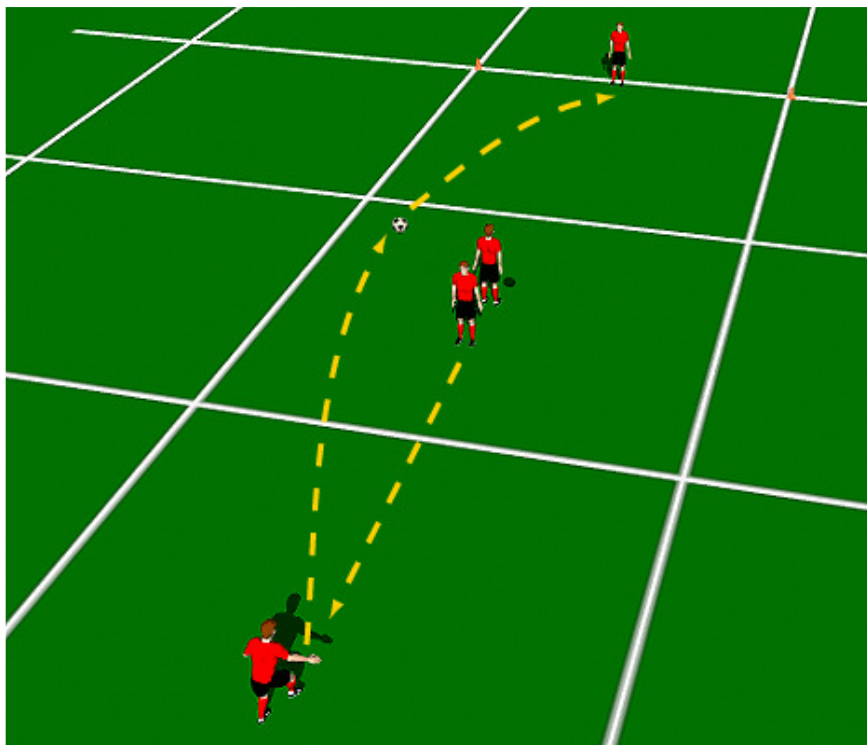
### Coaching Points

This practice is designed to introduce the correct mechanics involved in the execution of the “Lofted Pass”.

Three players are positioned in a grid 10 yards x 20 yards. One player acts as a server, one as a receiving player and the other to catch the lofted pass. The server rolls the ball for the receiver to pass first time to the catcher at the opposite end of the grid. Rotate regularly to provide each player an opportunity to act as the receiver.

# 15 to 16 Years

## Week 2 Drill 4 - Aerial Passing Drill



### Set Up

- ▣ 4 Players
- ▣ 8 Cones
- ▣ 1 Ball



- ▣ Grids 10 x 30 yards  
or 9 x 27 metres

### Coaching Points

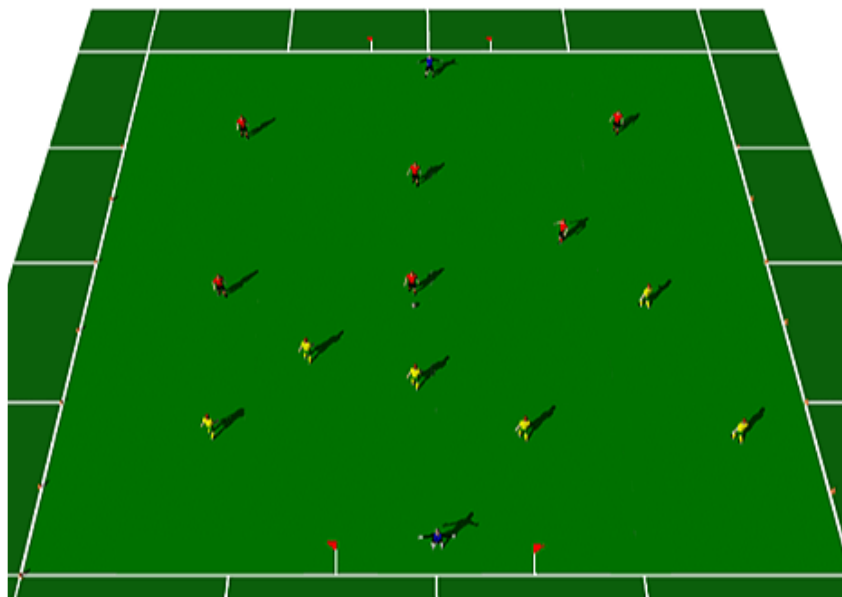
This practice is designed to introduce players to the correct mechanics involved in the execution of the “Bent, Lofted and Chip Pass.”

Four players are positioned within the grid, two serving, and two receiving. The server passes the ball for the player to pass around the server to the receiver at the opposite end of the grid. The receiver controls the ball, passes to the server and the practice is repeated from that side. Players are restricted to using aerial passes only.

Rotate the servers with the receivers every five minutes.

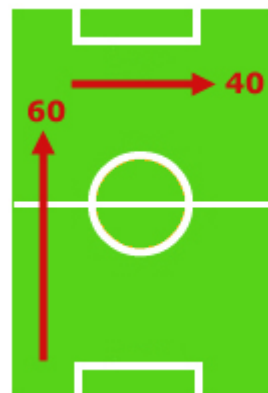
# 15 to 16 Years

## Week 2 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

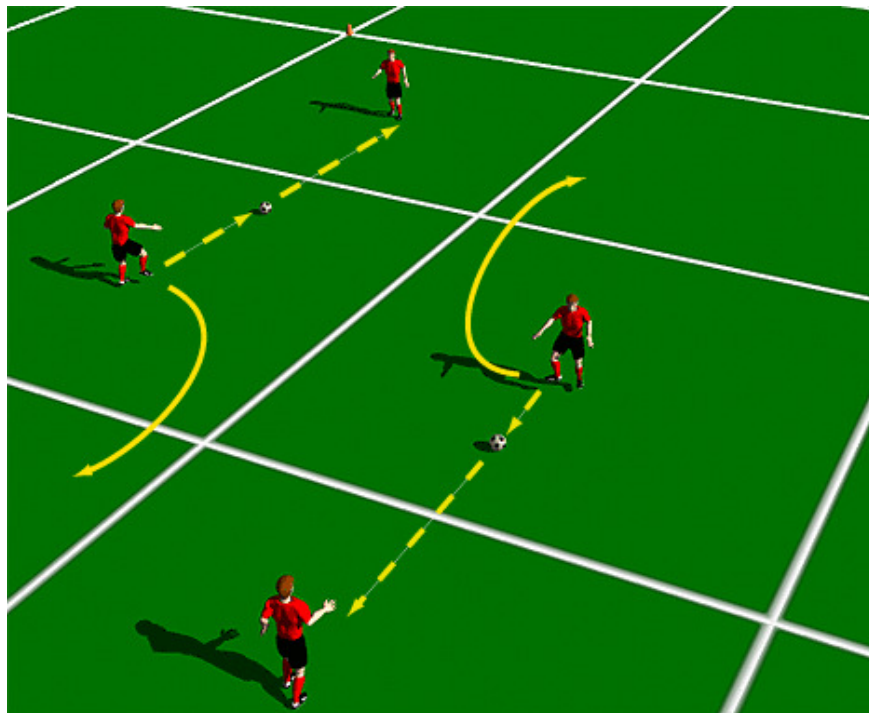
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 3 Drill 1 - Return the Pass



### Set Up

- ▣ 4 Players
- ▣ 8 Cones
- ▣ 2 Balls



- ▣ Grids 20 x 30 yards  
or 18 x 27 metres

### Coaching Points

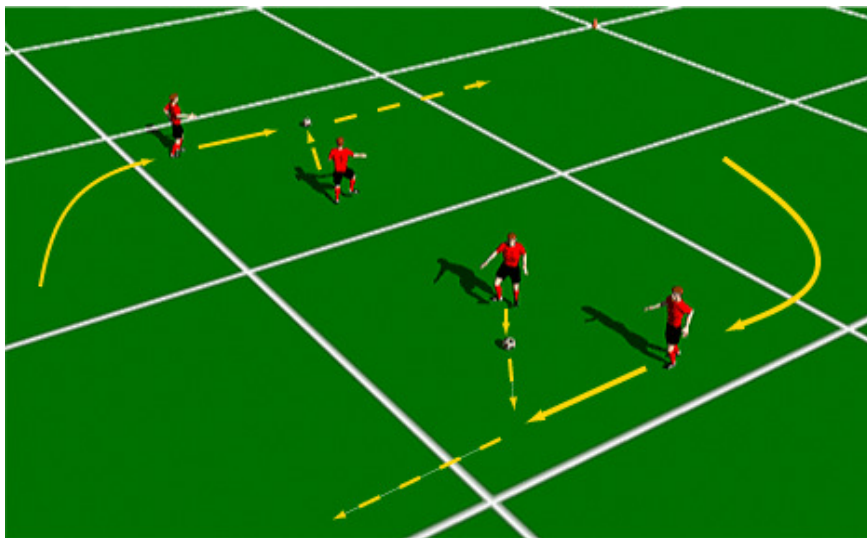
This practice is designed to improve the technical ability of the "Push Pass" with emphasis on "pace and accuracy".

Two pairs of players are positioned in opposite grids. Players start the practice by passing the ball quickly around their own grid. On the coach's command the player in possession of the ball runs directly to the free player in the opposite grid and makes a pass, receives the return pass, then runs back to their own grid and repeats the practice.



# 15 to 16 Years

## Week 3 Drill 2 - Pass and Overlap



### Set Up

- ▣ 4 Players
- ▣ 8 Cones
- ▣ 2 Balls



- ▣ Grids 20 x 30 yards  
or 18 x 27 metres

### Coaching Points

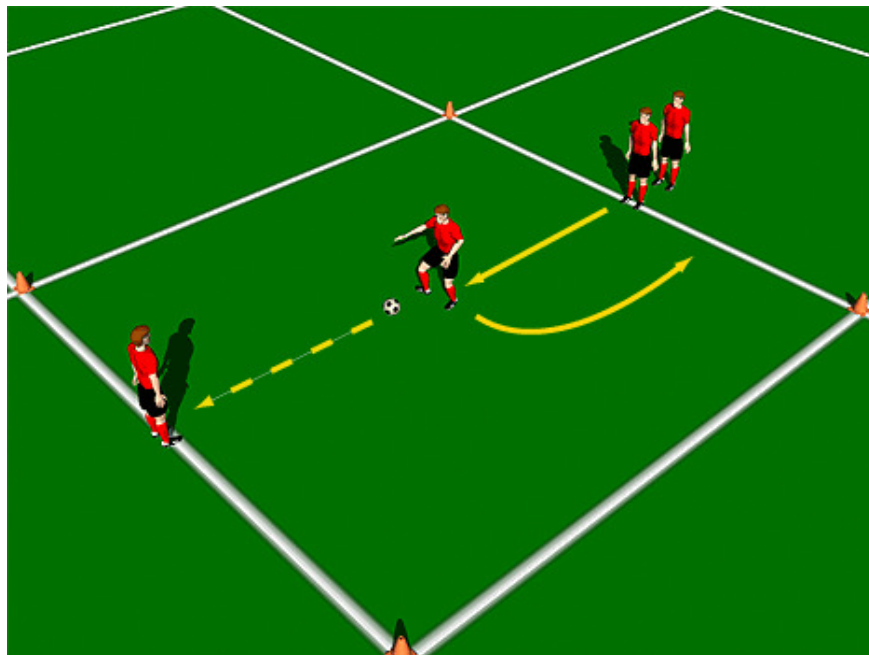
This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on the "overlapping run".

Two pairs of players are positioned in opposite grids. Players start the practice by passing the ball quickly around their own grid.

On the coach's command the players exchange grids using an overlapping run. Once both pairs of players are in the opposite grid the practice is repeated.

# 15 to 16 Years

## Week 3 Drill 3 - First Man, Second Man



### Set Up

- ▣ 8 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grids 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

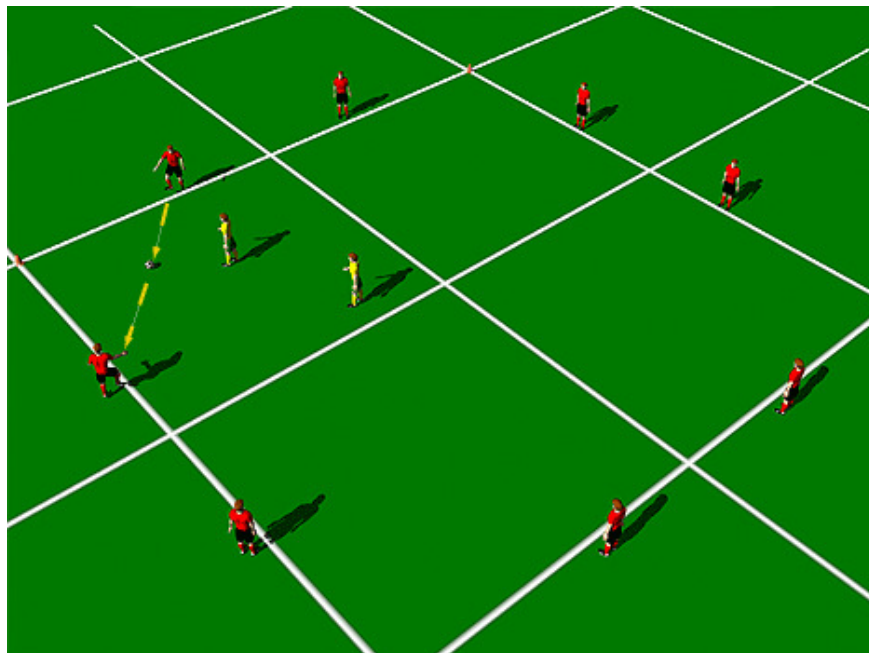
This practice is designed to improve each players technical ability in short range passing with an emphasis on "pace and accuracy".

An area is marked out approximately 20 yards by 20 yards. Two receivers are placed 5 yards apart in the center of the grid. Four players are positioned at one end of the grid and two at the opposite end.

The practice starts with the first player passing the ball to the nearest receiver. The receiver then passes to the first player in the second group. After receiving the ball, the player passes to the second receiver, who passes to the runner. Both players run to the opposite end and the practice is repeated from the opposite side.

# 15 to 16 Years

## Week 3 Drill 4 - Keep the Ball



### Set Up

- ▣ Group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

An area is marked out approximately 20 yards by 20 yards. A group of players are positioned around the outside of the grid. Two defenders are placed in the center of the grid and wear different colored vests.

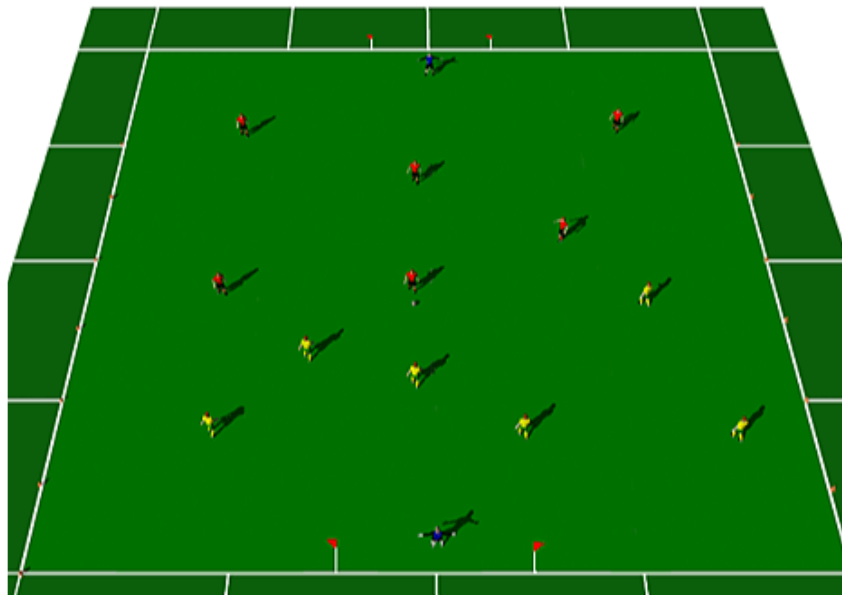
The object of this practice is for the players on the outside of the grid to maintain possession of the ball by using one or two touch passes. Whenever possible the players must try to pass in between the two defenders.

A goal is awarded for ten consecutive passes and each time the defenders are split with a pass.

The player responsible for losing possession swaps with one of the defenders.

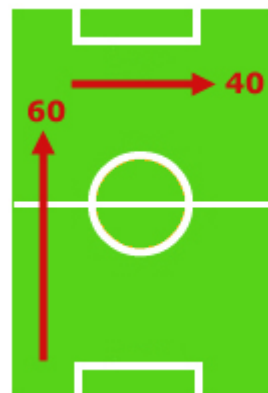
# 15 to 16 Years

## Week 3 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

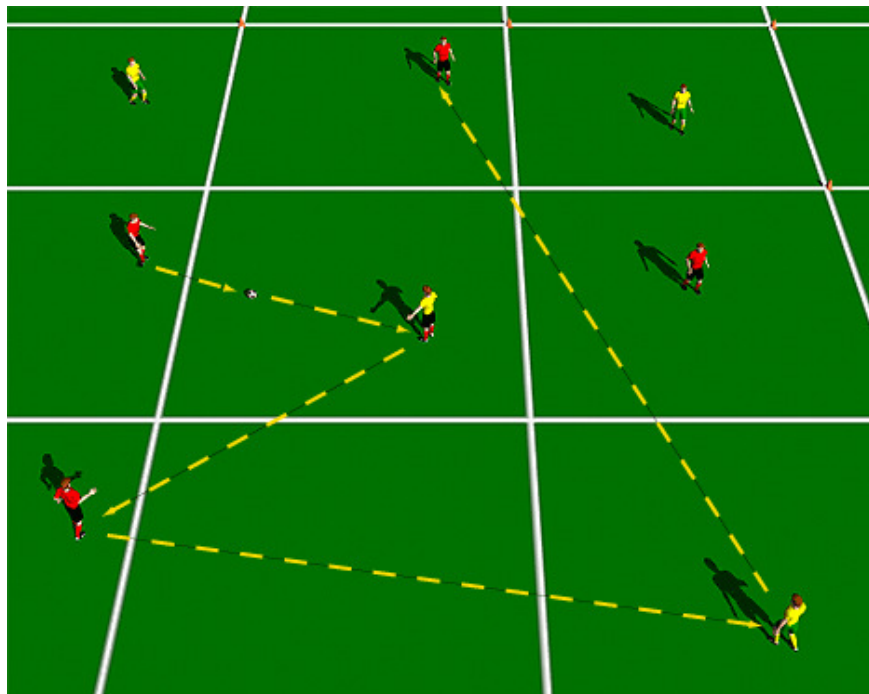
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

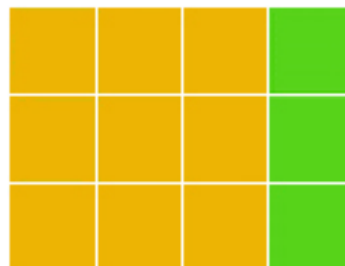
# 15 to 16 Years

## Week 4 Drill 1 - The Color Game



### Set Up

- ▣ 2 Groups of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 30 x 30 yards  
or 27 x 27 metres

### Coaching Points

This practice is designed to improve each player's vision when passing the ball.

An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "**Red Player - Yellow Player**" (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play.

Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

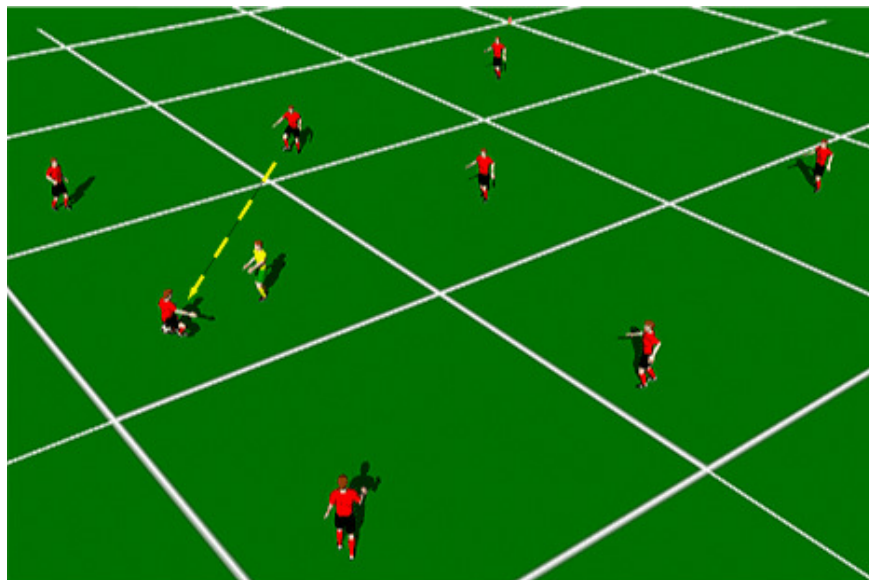
### Progression:

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the players feet. The play is continued with the "Red-Yellow" sequence until the coach calls another players name.



# 15 to 16 Years

## Week 4 Drill 2 - Sit on the Ball



### Set Up

- ▣ Group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 30 x 30 yards  
or 27 x 27 metres

### Coaching Points

This practice is designed to help players create space when passing as a group.

An area is marked out approximately 30 yards by 30 yards. Small Group, plus one defender are positioned within the grid.

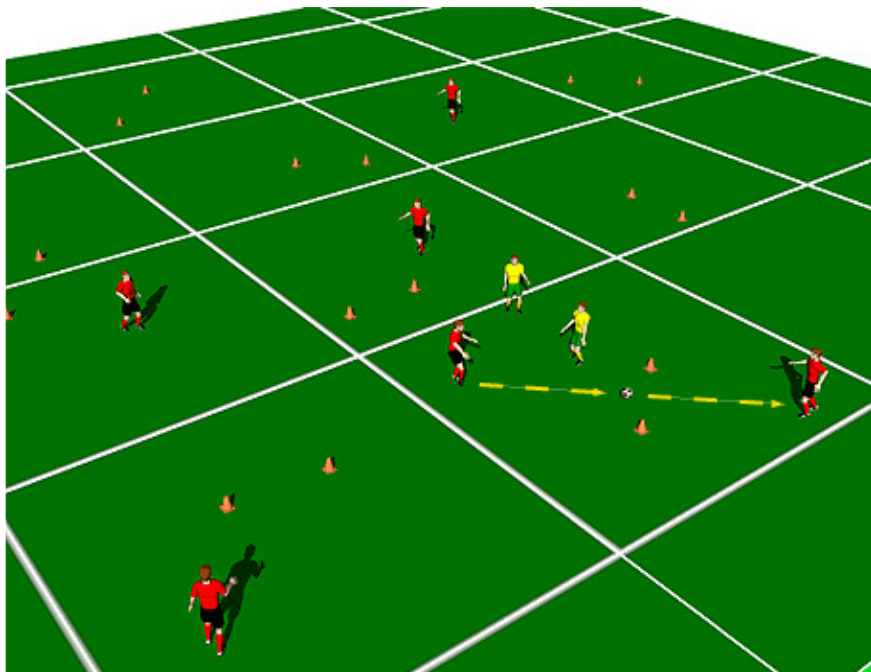
The players must attempt to keep possession from the defender within the grid. The team scores a goal each time a player can receive the ball in enough space to "sit on the ball". The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

Rotate working defender frequently to ensure high pressure.

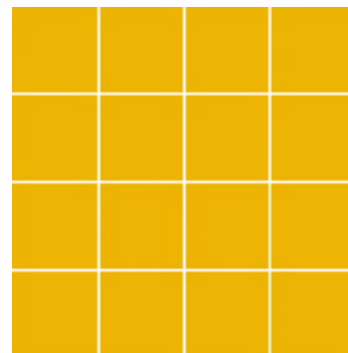
# 15 to 16 Years

## Week 4 Drill 3 - Through the Gate



### Set Up

- ▣ Group of players
- ▣ Large supply of cones
- ▣ 1 Ball



- ▣ Grid 40 x 40 yards  
or 36 x 36 metres

### Coaching Points

This practice is designed to encourage quality short range passing and good support off the ball.

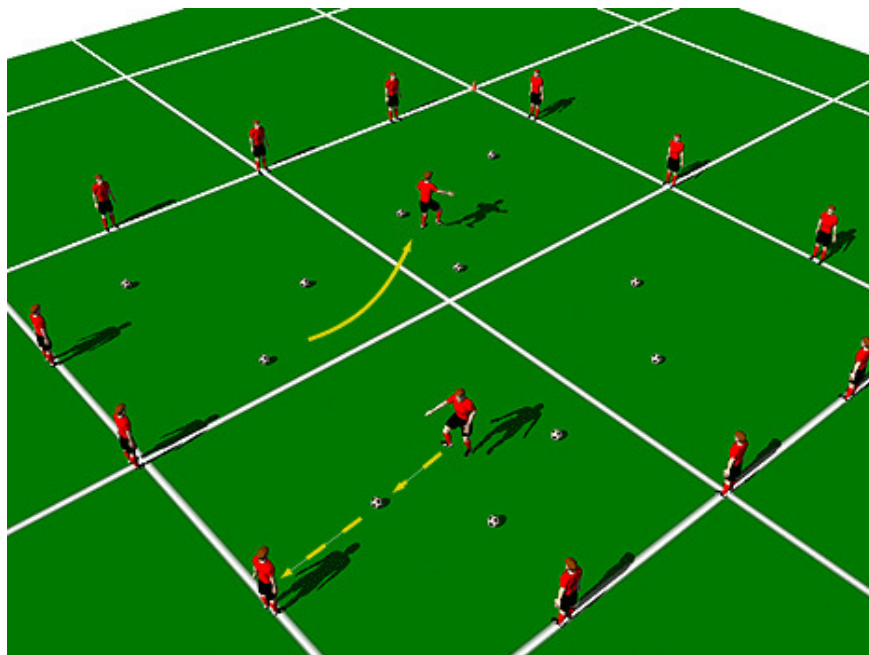
An area is marked out approximately 40 yards by 40 yards. A Small group and two defenders are positioned within the grid. Gates 1 yard apart are set up throughout the grid.

The object of this practice is for the group of players to keep possession of the ball and try to pass the ball through any of the gates. A goal is awarded for each pass through the gate. Players must be in a position to receive the ball through the gate. Passes made into space through the gate do not count. Players cannot score consecutively through the same gate. Players in possession are awarded one goal for 10 consecutive passes.

Defenders must try to prevent the players from passing the ball through the gates. Rotate players so each player performs the role of the defender.

# 15 to 16 Years

## Week 4 Drill 4 - Pressure Passing



### Set Up

- ▣ Group of players
- ▣ 4 Cones
- ▣ Large supply of balls



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

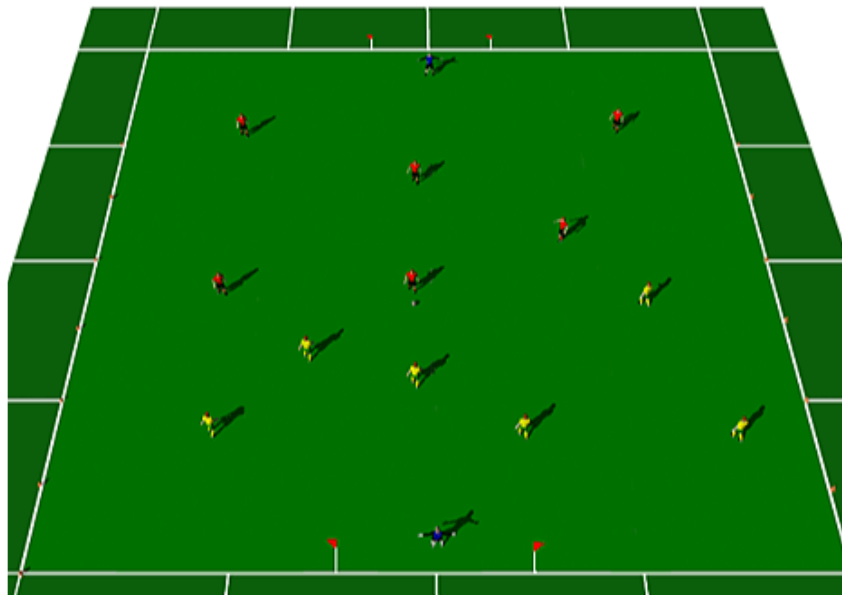
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

Two players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls is scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes. Rotate two middle players every two minutes.

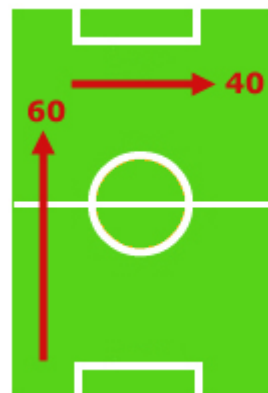
# 15 to 16 Years

## Week 4 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

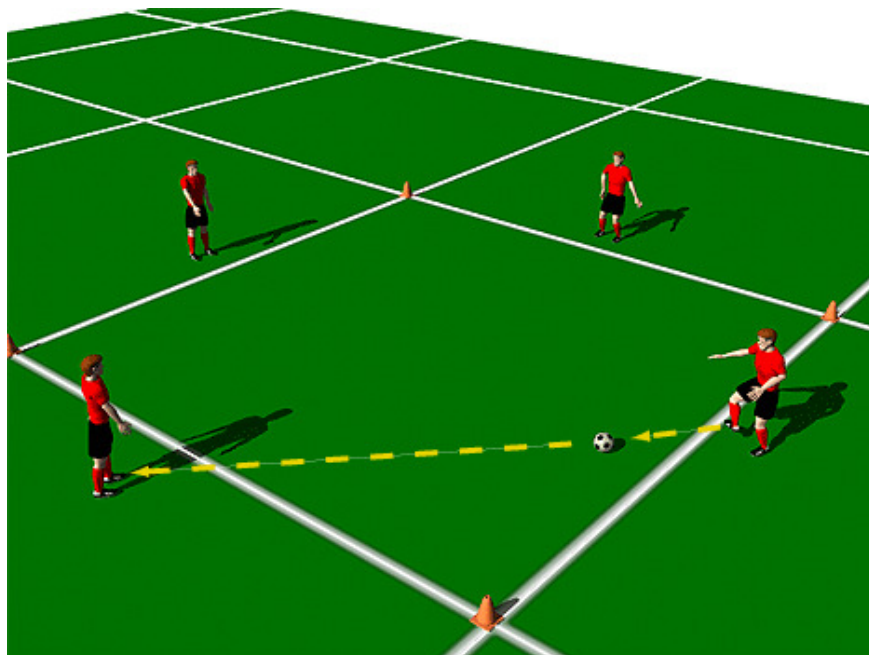
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

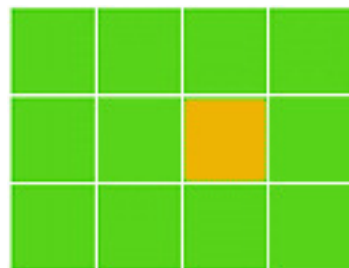
# 15 to 16 Years

## Week 5 Drill 1 - Passing and Support



### Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

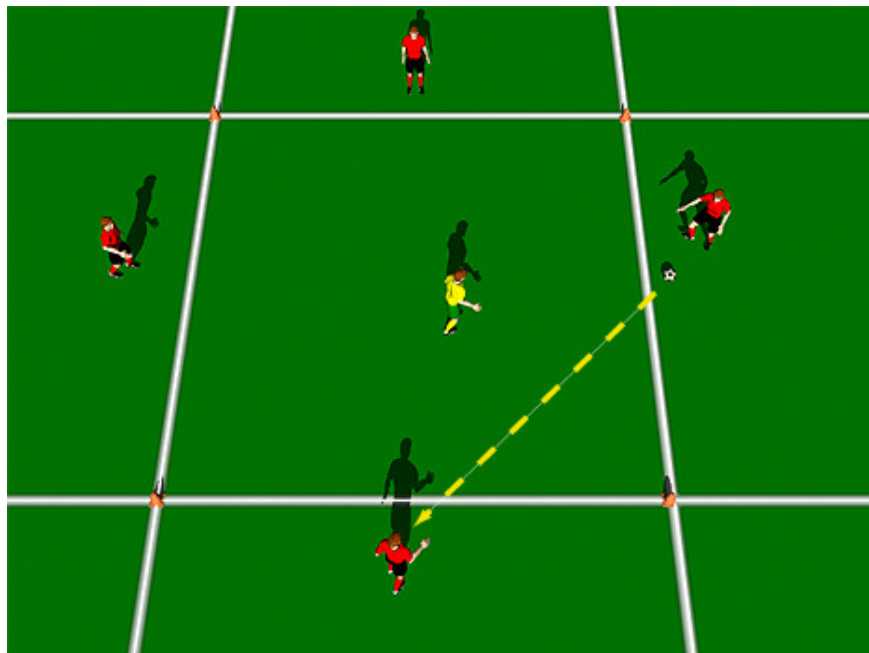
Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle.

Players should be constantly moving their feet and asking for the ball. Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.



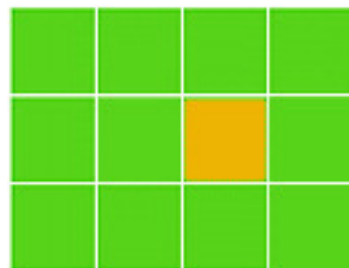
# 15 to 16 Years

## Week 5 Drill 2 - Pass outside the Grid



### Set Up

- ▣ 8 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace, accuracy and timing”.

A grid is marked off 10 yards by 10 yards. A player is positioned on each side of the grid. One defender is placed in the center of the grid. Two resting defenders are stationed outside the grid.

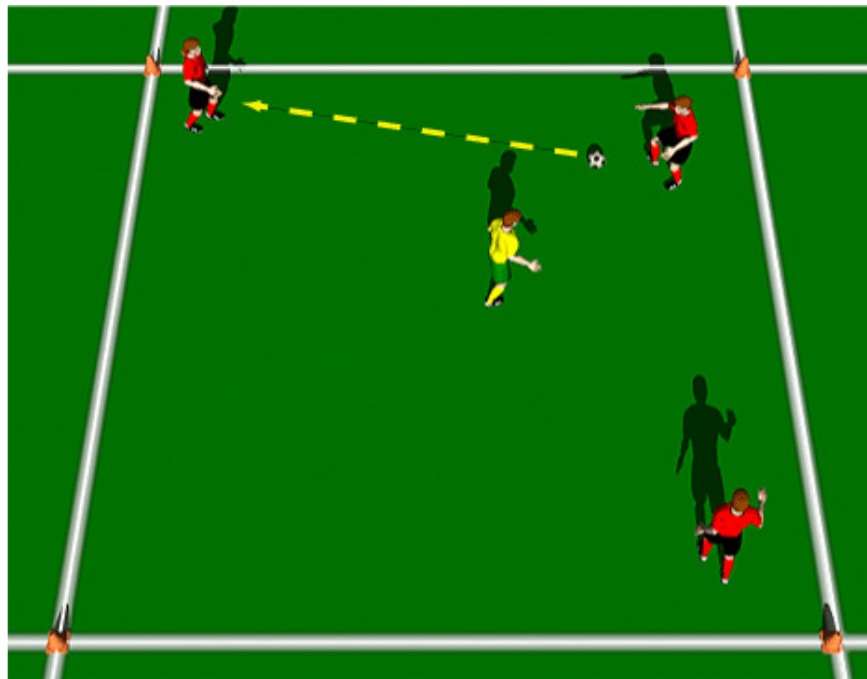
The object of the practice is for the four players on the outside of the grid to keep possession of the ball without it being intercepted by the center defender. The outside players cannot enter the grid and the pressurizing defender cannot leave the grid. The outside players receive a goal for eight consecutive passes. Increase the number of passes per goal to challenge players. Coach can also place a condition of one or two touch passing. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

#### The coach should emphasize the following coaching points:

- Players should always be alert and light on their feet.
- Disguise your intentions before passing the ball by using head fakes and body feints.
- Deliver quality accurate ground passes to feet.
- Deliver a pass your partner can hit first time.
- Consider the speed of the pass, not too hard and not too soft.
- Offer a good supporting angle once you have passed the ball.
- Communicate with the player in possession of ball.

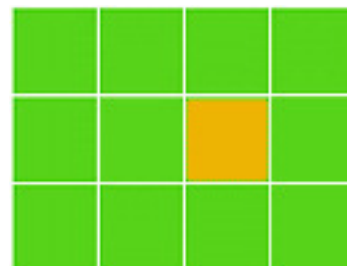
# 15 to 16 Years

## Week 5 Drill 3 - 3 v 1 Passing Under Pressure



### Set Up

- ▣ 6 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “disguise, pace, accuracy and timing”.

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to disposes the players in possession. The two supporting players must always work to offer the deepest and widest possible angles for the player in possession.

The supporting players should ask themselves two questions when supporting the player in possession:

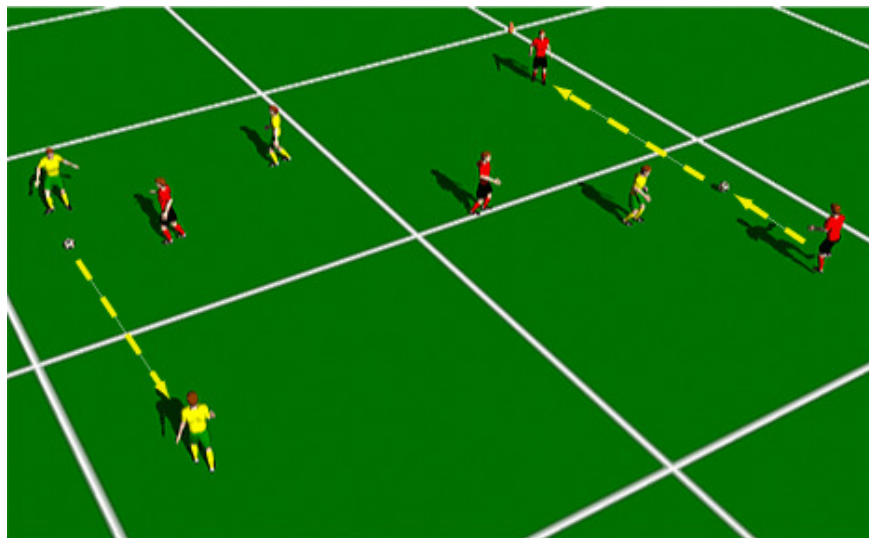
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes.

They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player. Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

# 15 to 16 Years

## Week 5 Drill 4 - 3 v 1 Swap Over



### Set Up

- ▣ 8 Players
- ▣ 6 Cones
- ▣ 2 Balls



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

An area is marked out approximately 20 yards by 20 yards. The grid is divided into two grids of 10 yards by 10 yards. Four players are positioned in each grid. Teams wear different colored vests. Players are numbered one through four on each team.

The practice starts with both groups of four players keeping possession playing one and two touch passes. The coach calls out a number one through four. When the players number is called, that player immediately runs to the opposite grid creating a 3 v1 situation and tries to win the ball. The first team to win the ball is awarded a goal. The defenders then return to their own grid and the practice is repeated with a different player defending.

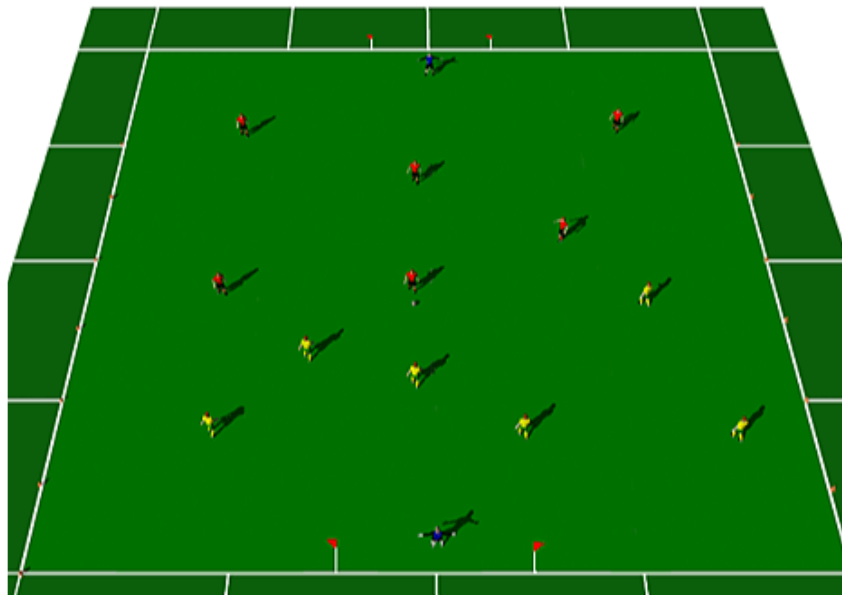
The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.

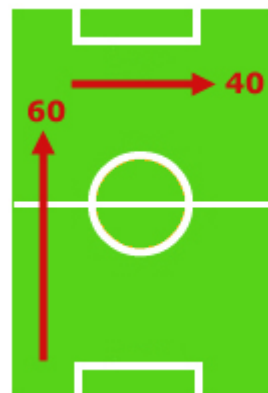
# 15 to 16 Years

## Week 5 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards  
or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

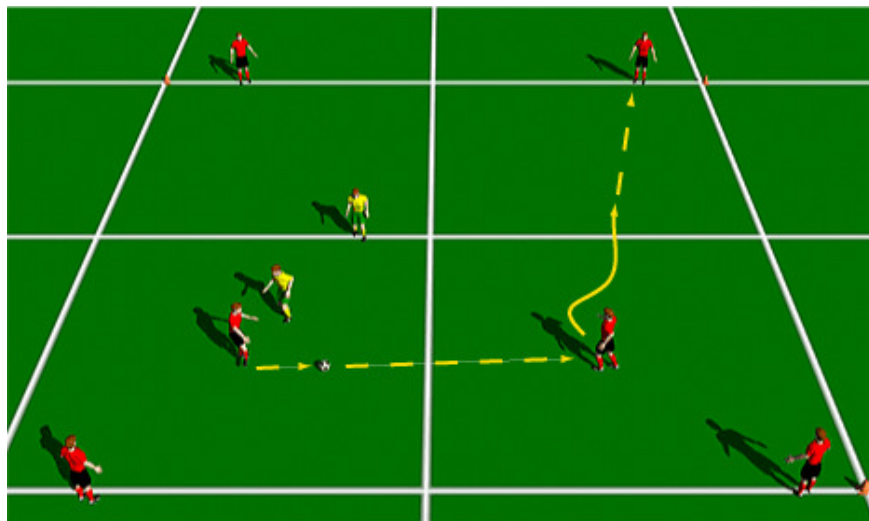
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 6 Drill 1 - 2 v 2 Passing Under Pressure



### Set Up

- ▣ 8 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards or 18 x 18 metres

### Coaching Points

This practice is designed to improve the tactical understanding of the 2 v 2 situation with an emphasis on “disguise, pace, accuracy and timing”.

Eight players are positioned in a grid 20 yards x 20 yards. A player is positioned at each corner of the grid. Four players are positioned inside the grid, in teams of two. The practice starts with a ball played from one of the end players to either of the pairs in the grid. Whichever pair wins the ball must try to turn and play a pass to the players at the opposite end of the grid. If the same pair are successful they then receive the ball back from the end player and try to repeat the practice to the opposite end of the grid.

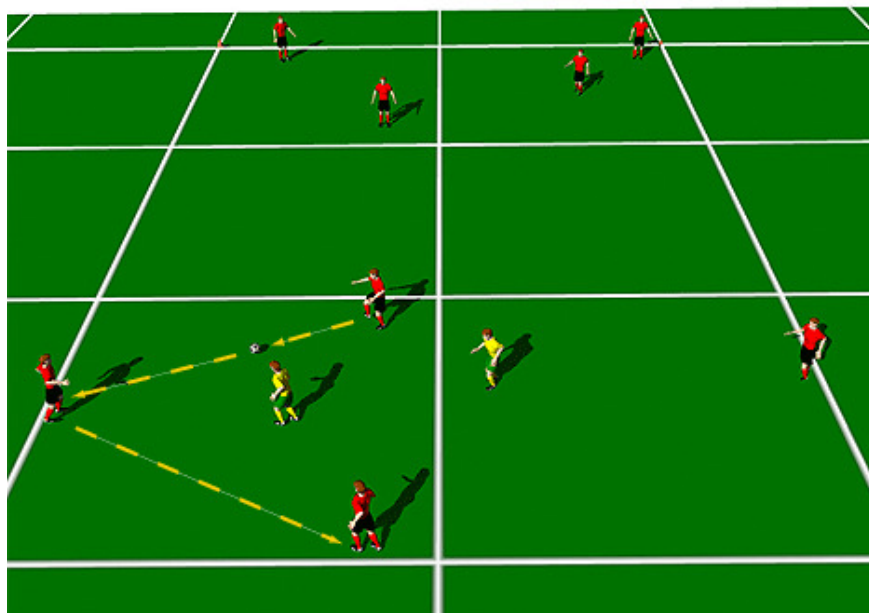
The two players not in possession must try to win the ball and find one of the corner players with a pass. A goal is scored for each successful pass. A goal cannot be scored in succession from the same side. Back passes can be made.

Players in the center should work for approximately 5 minutes then rotate with players in the corners. The four players in the corners of the grid should constantly be looking for passes from the central players. When passing a ball to a central player he should tell the player to “hold the ball, turn, man-on or play the ball back”.



# 15 to 16 Years

## Week 6 Drill 2 - 4 v 2 Both Sides



### Set Up

- ▣ 10 Players
- ▣ 8 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 30 yards  
or 18 x 27 metres

### Coaching Points

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

An area is marked out approximately 20 yards by 30 yards. Three inner grids are marked 10 yards long and 20 yards wide. Four players are positioned in each of the end grids. Two defenders are placed in the center grid. Defenders must wear different colored vests.

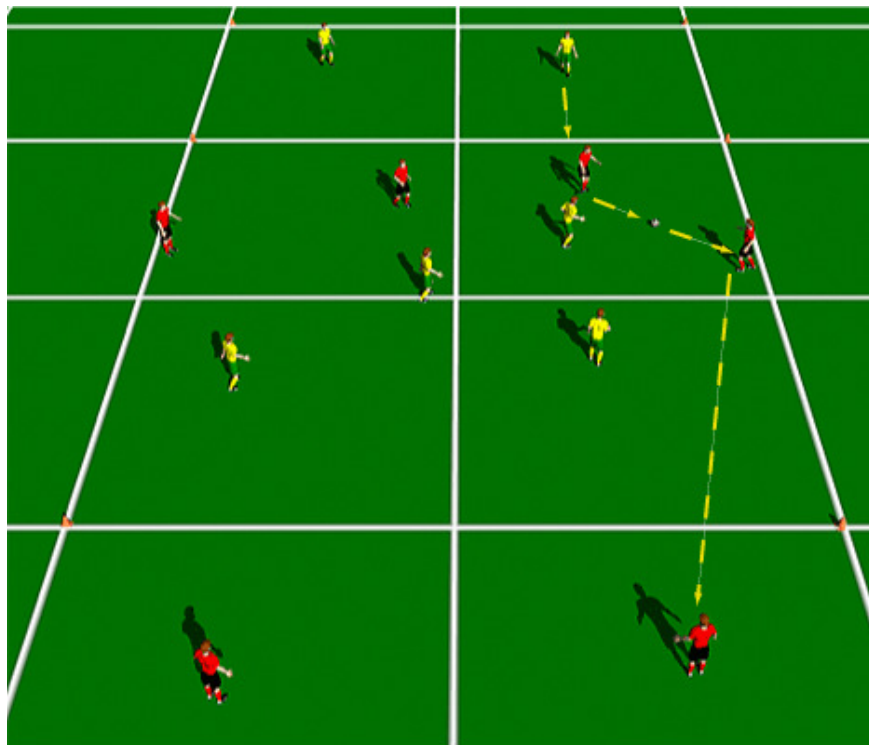
The practice starts with one group of four players keeping possession from the two defenders. The four players must obtain a minimum of four consecutive passes then pass the ball to the opposite team. The two defenders must try to win the ball. Rotate players so each player performs the role of the defender. The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.

# 15 to 16 Years

## Week 6 Drill 3 - 4 v 4 Passing Under Pressure



### Set Up

- ▣ 12 Players
- ▣ 8 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 40 yards  
or 18 x 36 metres

### Coaching Points

This practice is designed to improve “forward” passing for players.

Use two teams of six players. Four players in each team are positioned and restricted to the center grid. Two players on each team act as “target players” and are placed in the end grid on the same side as their team. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

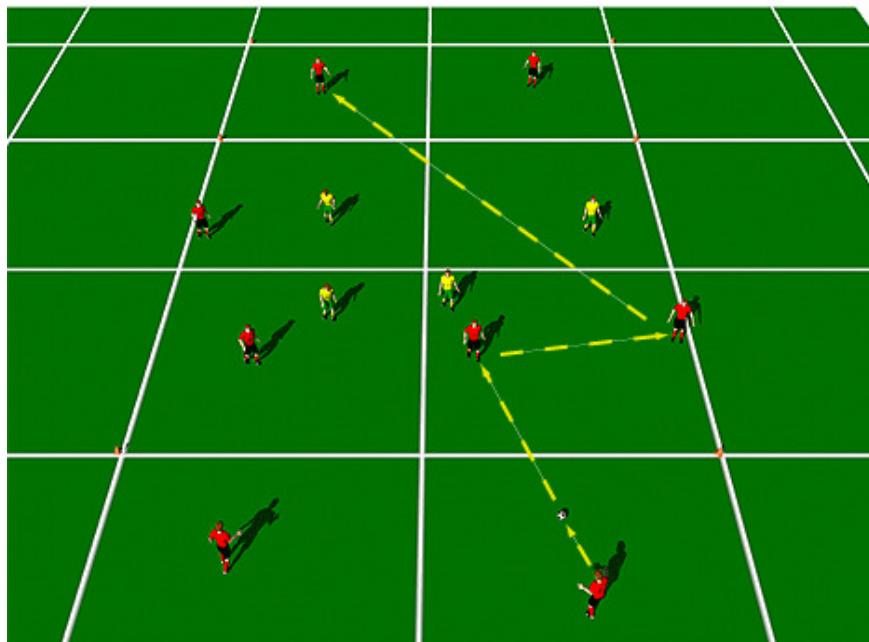
The coach begins the practice by serving a lofted ball into the center grid. Both teams fight for possession. Once a team has possession the object is to play the ball forward to one of the two “target players” as quickly as possible using the minimum amount of passes. A goal is scored by successfully passing the ball to the target player’s feet.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. The coach should keep the service rapid as soon as a goal is scored.

Rotate target players with two central players every five minutes.

# 15 to 16 Years

## Week 6 Drill 4 - 4 v 4 Play from the Back



### Set Up

- ▣ 12 Player
- ▣ 8 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 40 yards  
or 18 x 36 metres

### Coaching Points

This practice is designed to improve “forward” passing for players.

Eight players are positioned within the center grid. The four players are marked by four defending players and restricted to the center grid. The attacking team has two supporting defenders and two target players, both restricted to their respective grids. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

The practice begins from the defensive zone. The two defensive players must play the ball to an attacking player and support the ball. The defensive players may interact with each other and pass the ball back and forth when they have possession.

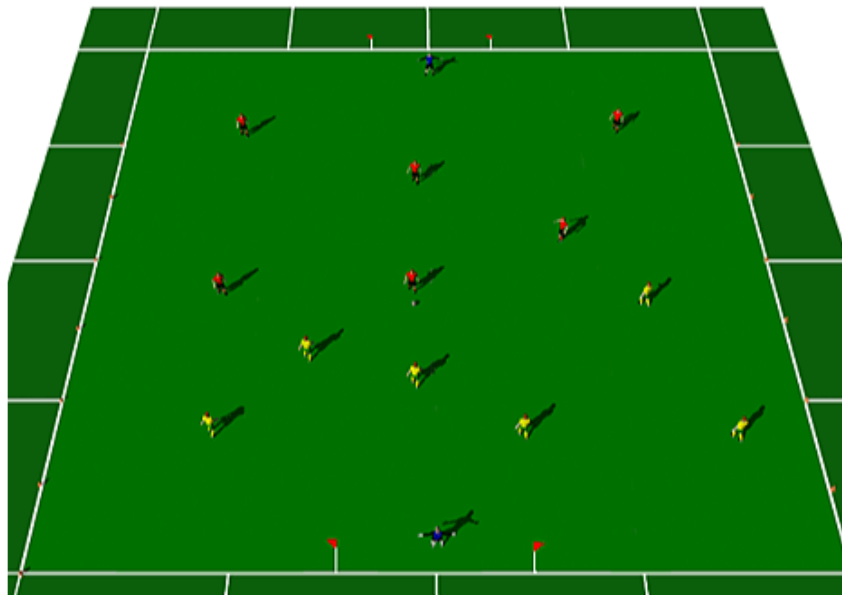
Once the attacking midfielders have possession the object is to play the ball forward to one of the two “target players” as quickly and possible using the minimum amount of passes. Defensive players must try to win the ball.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. A goal is scored by successfully passing the ball to the target player’s feet. Once the target receives a pass, they now become the defensive players and start play from that side.

Rotate center players with supporting players at the appropriate time.

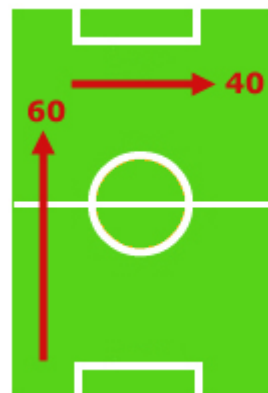
# 15 to 16 Years

## Week 6 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

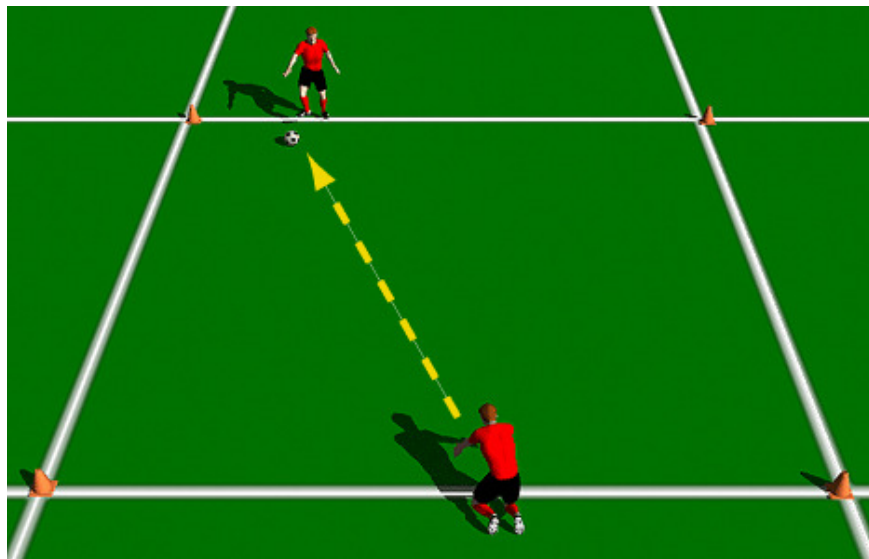
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 7 Drill 1 - Getting behind the Ball



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

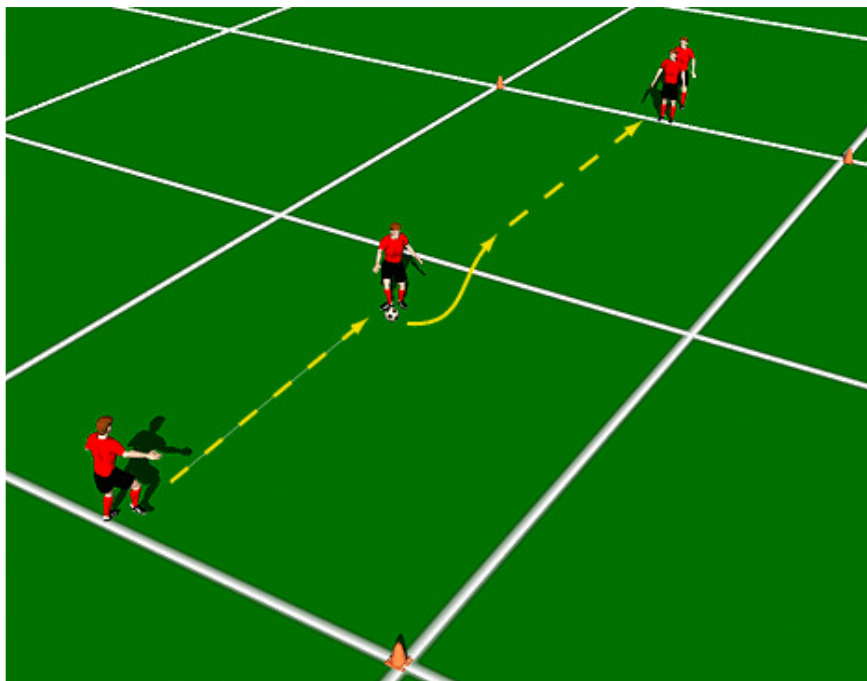
This practice is designed to improve each player's ability in "ball control". The emphasis is placed on getting behind the flight of the ball early, so the player is composed and comfortable when controlling the ball.

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner.

The speed of the service should be increased gradually. Ensure that the ball is not rolled too close to the receiving player. Have the server aim for the inside of the cones. The earlier the player gets behind the flight of the ball, the more time that player will have to control it. Swap roles so each performs the drills.

# 15 to 16 Years

## Week 7 Drill 2 - Pass and Receive



### Set Up

- ▣ Small Group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's ability to control a pass played on the ground.

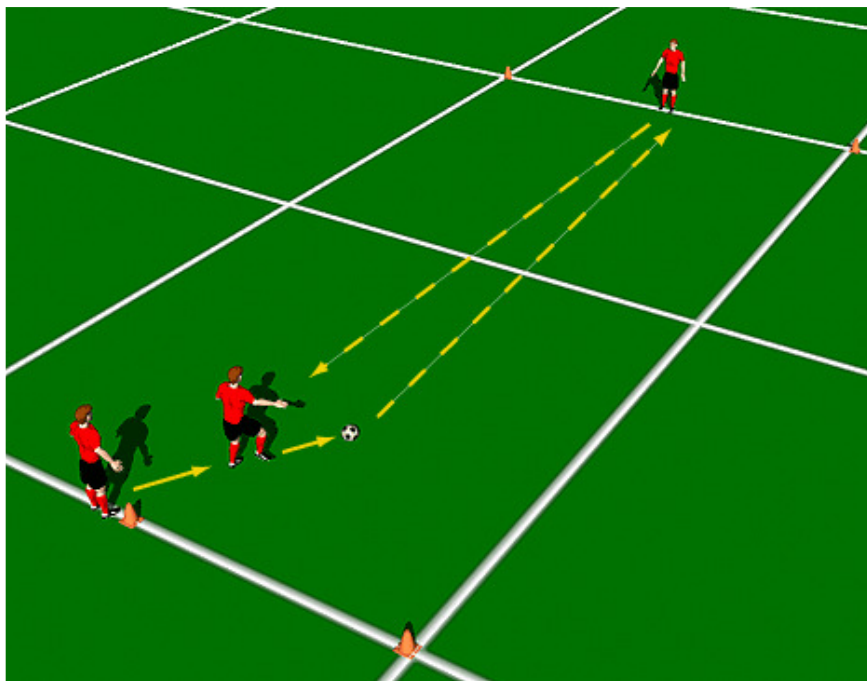
Small group of players per grid, using one ball. The grid should be 10 yards x 20 yards. The players are positioned at one side of the grid facing the server. The player with the ball starts the practice by passing the ball to the server. The player follows the pass and receives a return pass from the server. The receiving player must control the ball as economically as possible, turn and pass to the next player in sequence. The player then returns to the starting position and the practice is repeated. The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Demand the ball from the server. Call for the pass.
- Control and turn using either the inside or outside of the foot.
- Turn quickly and get the ball out of the feet.
- Try to turn and pass in two touches.

# 15 to 16 Years

## Week 7 Drill 3 - Wedge Control Relay



### Set Up

- ▣ 3 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's ability to master the Wedge Control technique.

Three players per grid, using one ball. The grid should be 10 yards x 20 yards. Two players are positioned at one side of the grid facing the server. The first player runs towards the server and receives a pass into feet. The player must redirect the ball out of their feet on their first touch and pass the ball back to the server on their second touch. After passing the ball the player returns to their starting position. The practice is repeated with the next player. The speed of the practice should be increased gradually.

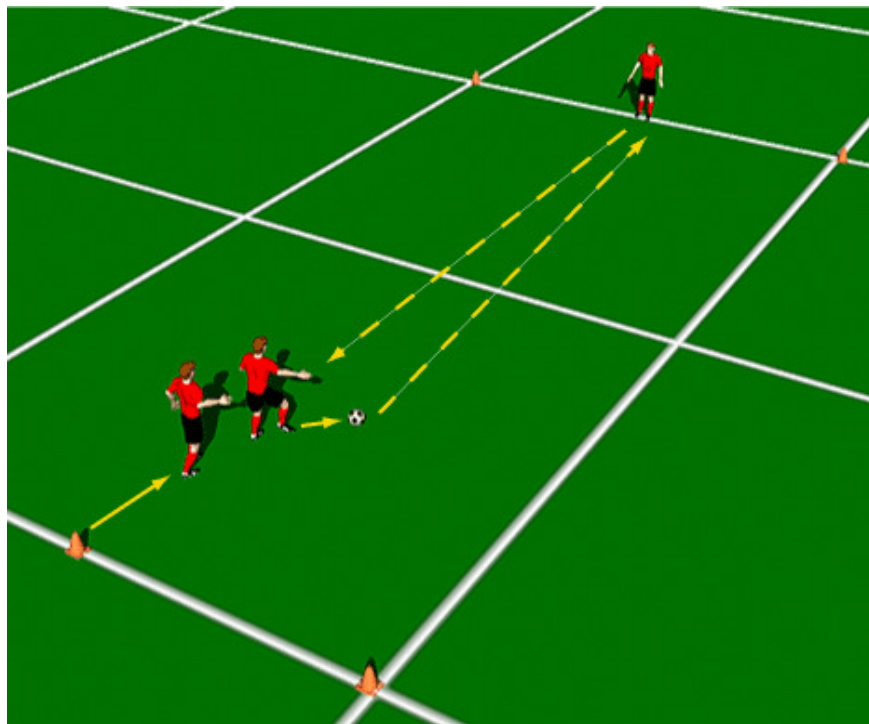
**The coach should emphasize the following coaching points:**

- Demand the ball from the server. Call for the pass.
- Redirect the ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to pass comfortably on the second touch.
- Get the head up and scan the play as the ball is directed out of the feet.



# 15 to 16 Years

## Week 7 Drill 4 - Wedge Control Under Pressure



### Set Up

- ▣ 3 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's ability to master the Wedge Control technique while under pressure.

Three players per grid, using one ball. The grid should be 10 yards x 20 yards. Two players are positioned at one side of the grid facing the server. The first player runs towards the server and receives a pass into feet. The second player follows the receiver and defends behind him. The first player must redirect the ball out of their feet on their first touch and pass the ball back to the server on their second touch. After passing the ball both players return to their starting position and reverse roles. The practice is repeated with the next player.

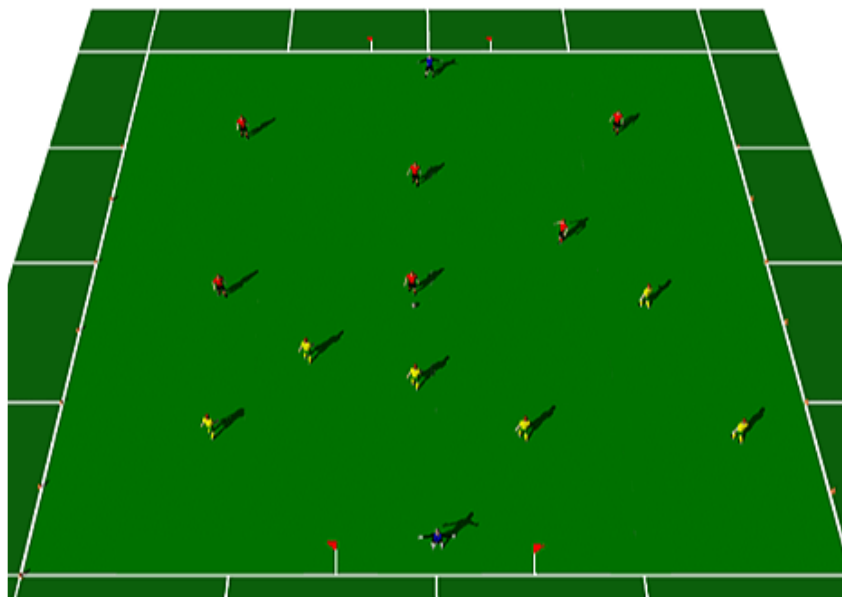
The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Demand the ball from the server. Call for the pass.
- Redirect the ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to pass comfortably on the second touch.
- Get the head up and scan the play as the ball is directed out of the feet.
- Defender must be passive at first, then gradually increase pressure on the receiver.

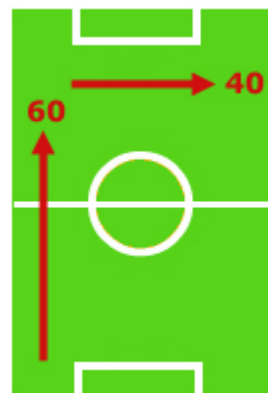
# 15 to 16 Years

## Week 7 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 8 Drill 1 - Control and Turn in the Grid



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve each player's controlling technique while turning with the ball.

Two players are positioned in a grid 10 yards x 10 yards. Each player has a ball. The first player starts the practice by playing the ball into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. Their partner then repeats the practice.

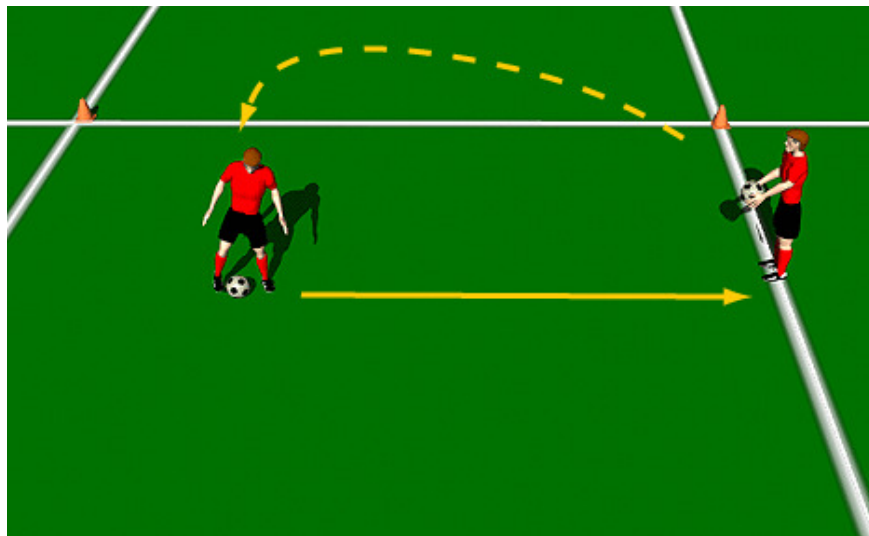
The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Pass the ball firmly into the center of the grid.
- Control and turn ball using either the inside or outside of the foot.
- Get the ball out of the feet far enough to enable to run comfortably in the intended direction.
- Get the head up and scan the play as the ball is directed out of the feet.

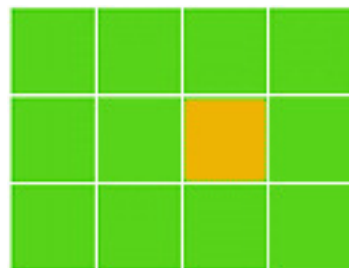
# 15 to 16 Years

## Week 8 Drill 2 - Wedge Control Turn in the Grid



### Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve each player's Wedge Control technique while turning with the ball.

Two players are positioned in a grid 10 yards x 10 yards. Each player has a ball. The first player starts the practice by throwing a looped serve into the center of the grid. The player follows the pass, controls and turns as quickly as possible and returns to their starting position. His partner then repeats the practice.

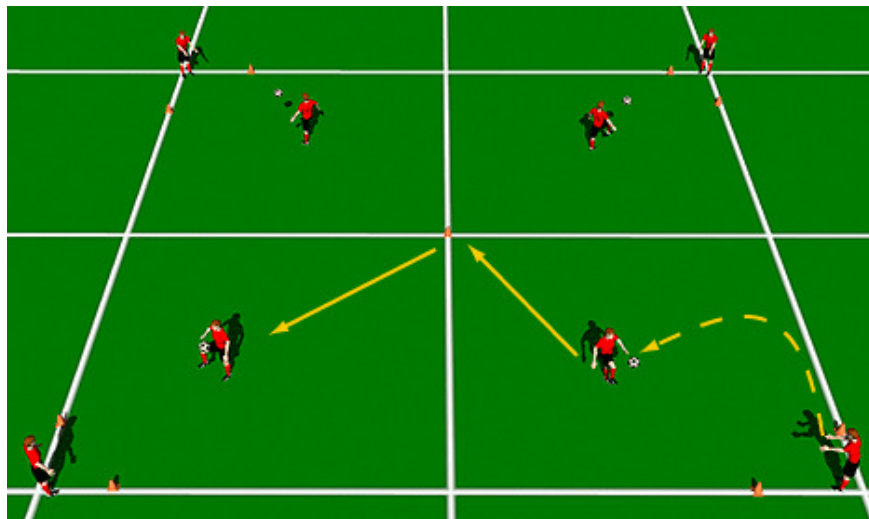
The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Throw the ball high enough to make the practice challenging.
- Decide by the flight of the ball which surface of the foot is to be used in the wedge control (inside or outside of the foot).
- The ankle of the controlling foot should be firm and not relaxed.
- Immediately on impact, redirect the ball away from the body and into available space. Do not withdraw the ball into the body. The ball should be redirected, not cushioned.
- Get the ball out of the feet far enough to enable to run comfortably in the intended direction.
- As the player is redirecting the ball on impact, the head and upper body should be over the ball.
- Get the head up and scan the play as the ball is directed out of the feet.

# 15 to 16 Years

## Week 8 Drill 3 - Rotary Thigh Drill



### Set Up

- ▣ 8 Players
- ▣ 9 Cones
- ▣ 4 Balls



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

This practice is structured to improve the technical ability of the "Cushion Control using the Thigh".

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers. The players in the center of the grid receive a high looped throw from the server. The player must prevent the ball from hitting the ground using the Cushion Control with the Thigh. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right.

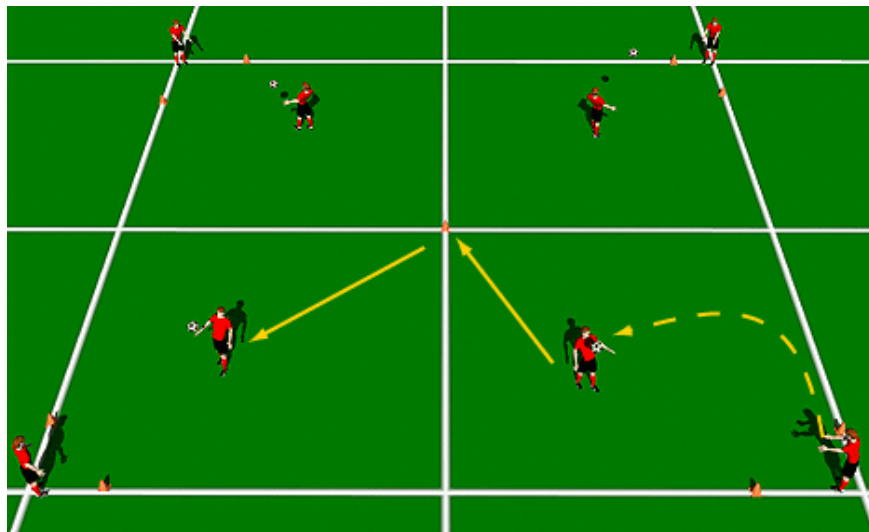
The players continue for approximately 3 minutes.

Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant.

A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.

# 15 to 16 Years

## Week 8 Drill 4 - Rotary Chest Drill



### Set Up

- ▣ 8 Players
- ▣ 9 Cones
- ▣ 4 Balls



- ▣ Grid 20 x 20 yards  
or 18 x 18 metres

### Coaching Points

This practice is structured to improve the technical ability of the "Cushion Control using the Chest".

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers. The players in the center of the grid receive a high looped throw from the server. The player must prevent the ball from hitting the ground using the Cushion Control with the Chest. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right.

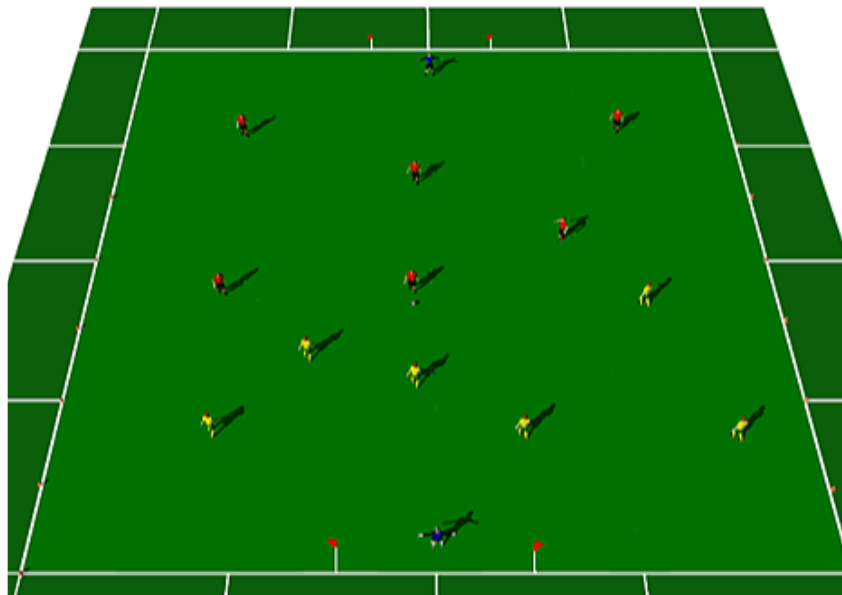
The players continue for approximately 3 minutes.

Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant.

A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.

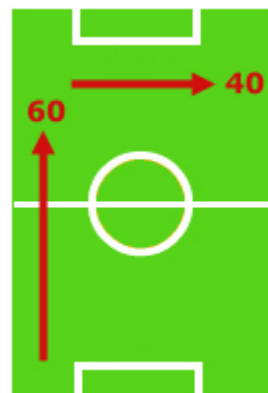
# 15 to 16 Years

## Week 8 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

### Record Score

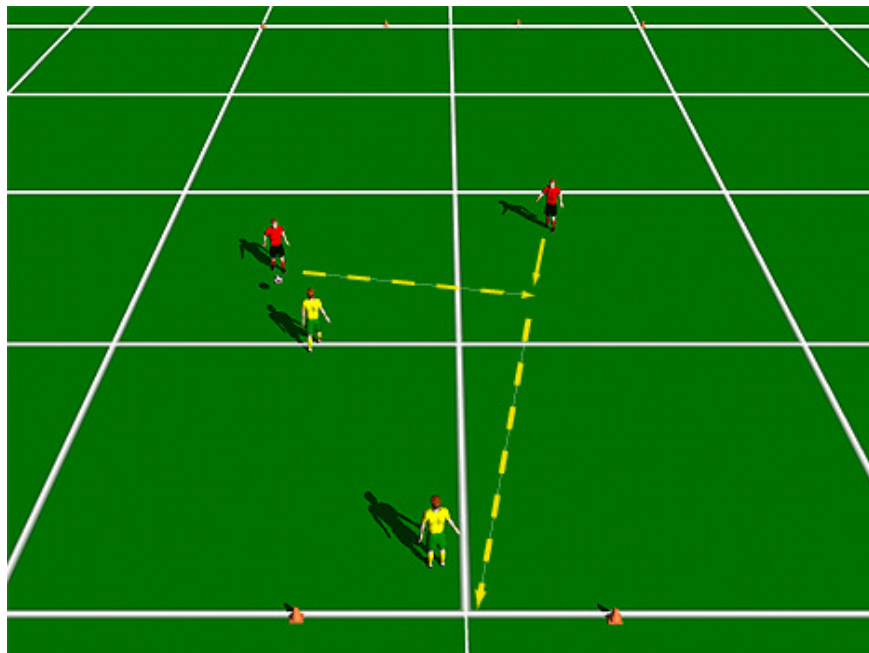
Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.



## 15 to 16 Years

## Week 9 Drill 1 - Shooting 2 v 1 Running Goalkeeper



## Set Up

- ▣ 4 Players
- ▣ 8 Cones
- ▣ 1 Ball



- Grid 20 x 40 yards  
or 18 x 36 metres

## Coaching Points

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Two pairs of players are positioned in a grid 20 yards x 40 yards. Each team starts from their goal. One team on offense starts with the ball, the other team on defense. The offensive team attacks with two players and attempts to score a goal. The defensive team plays with one defender and one goalkeeper. Only the goalkeeper may use his hands.

If the attacking team scores, one attacker becomes a defender, the second must run behind the cones and into the goal to act as a goalkeeper.

If the defending goalkeeper catches the ball, they now become the offensive team.

If the defending player wins the ball, they now become the offensive team.

When possession changes, the offensive team must counter as quickly as possible.

The team, who scores the most goals in 10 minutes wins, rotate groups to compete against different players.

# 15 to 16 Years

## Week 9 Drill 2 - Shooting - Central and Wide Angles



### Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ Large supply of balls
- ▣ Goal with nets



- ▣ Penalty area

### Coaching Points

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal.

One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass at an angle from the goal, for the shooter to strike. After taking both shots, the shooter returns to his starting position and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

**The coach should emphasize the following coaching points:**

- The emphasis should be placed on "accuracy" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

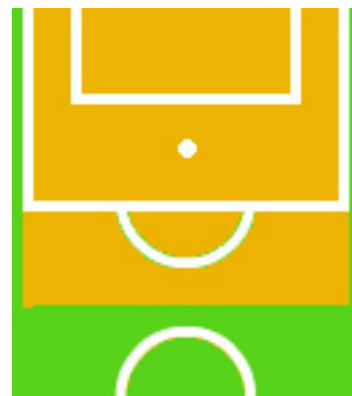
# 15 to 16 Years

## Week 9 Drill 3 - Give, Go and Finish



### Set Up

- ▣ Small group of players
- ▣ 2 Cones
- ▣ Large supply of balls
- ▣ Goals with nets



- ▣ Penalty area extended

### Coaching Points

This practice is designed to improve the player's technical ability in a variety shooting techniques with an emphasis on the "Give and Go".

A small group of players are placed at the side of each goal. Two target players are positioned in the middle of the area. The first player in line passes the ball to the target player for a return pass. The target player returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the opposite side and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

**The coach should emphasize the following coaching points:**

- The emphasis should be placed on "accuracy" and not power.
- Change pace after receiving the return pass from the target player.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

# 15 to 16 Years

## Week 9 Drill 4 - World Cup Shooting Game



### Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ Large supply of balls
- ▣ Goal with nets



- ▣ Penalty area

### Coaching Points

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

A group of players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers.

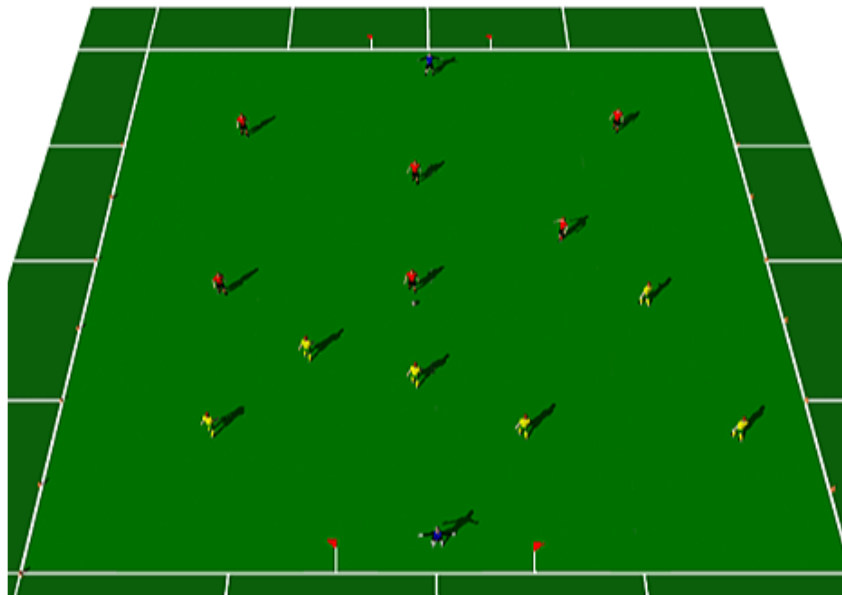
Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones.

Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.

The emphasis should be placed on "accuracy" and not power. Players should time their runs so that they do not have to break stride when striking the ball.

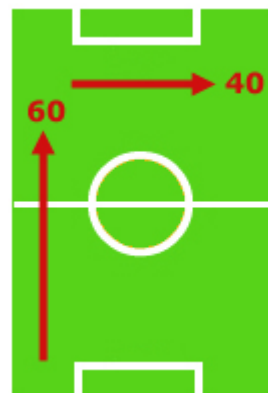
# 15 to 16 Years

## Week 9 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

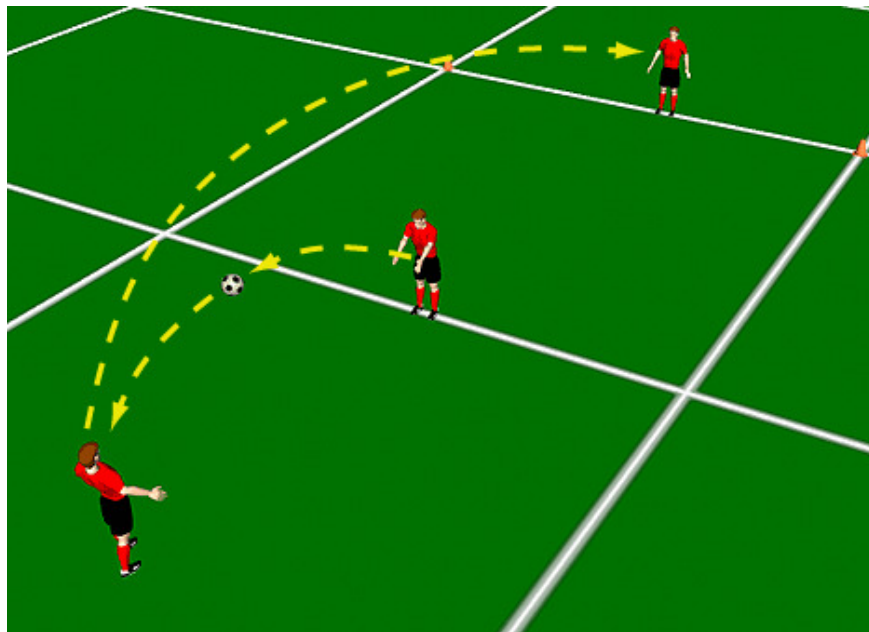
### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 10 Drill 1 - Heading for Distance



### Set Up

- ▣ 3 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve the mechanics involved when heading for distance.

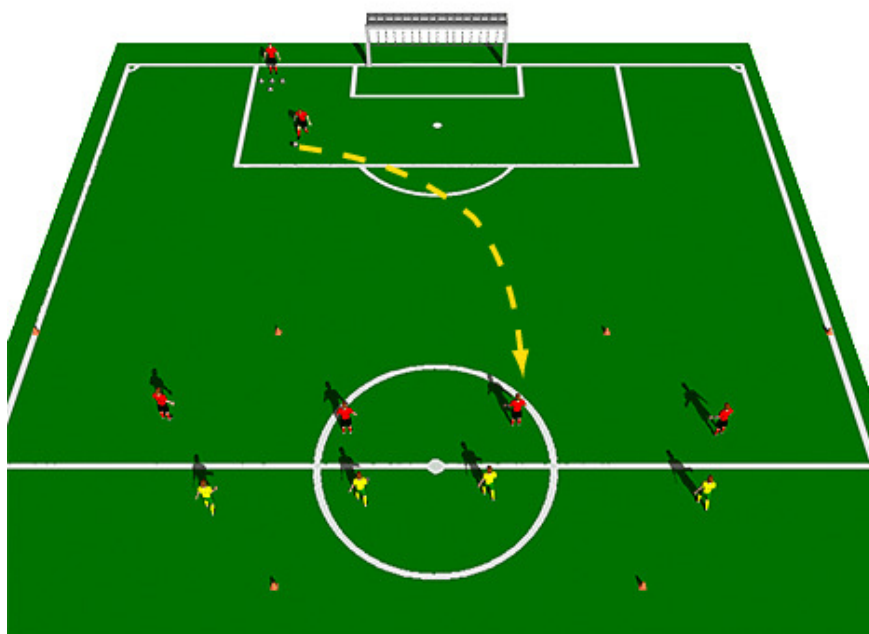
Three players are positioned in a grid 10 yards x 20 yards. One player is placed on each side of the grid with the server positioned in the center. The server starts the practice by throwing the ball for one of the receivers to head. The receiver heads the ball above and beyond the server to the player at the opposite side of the grid. The second receiver heads the ball back to the servers hands to repeat the practice from their side.

**The coach should emphasize the following coaching points:**

- Ensure that the server delivers quality throws for heading.
- Attack the ball; don't wait for the ball to come to you.
- Get under the flight of the ball as early as possible for good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Immediately on impact, the player should swing the upper body forward quickly and make contact on the ball with the center of the forehead.
- The player should redirect the ball to the player with height and distance. Do not tilt the head too far back or the ball will skim from the head.

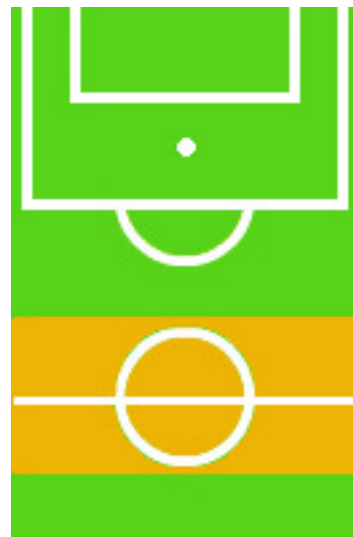
# 15 to 16 Years

## Week 10 Drill 2 - Heading Midfield Battles



### Set Up

- ▣ Group of players
- ▣ 8 Cones
- ▣ Large supply of balls



- ▣ Half field

### Coaching Points

This practice is designed to improve defensive and offensive heading techniques in the midfield third.

Two groups of four players are positioned in the middle third of the field. Mark the middle third with cones. One group acts as defenders, the second as attackers. Two servers are placed in the six-yard box. The servers alternate playing long lofted passes into the middle third of the field.

The object of the practice is for both groups to challenge and win the header. The defensive team must head the ball back towards the servers and past the cones to win a point. The offensive team must try to “flick” the ball over the defenders and past the end cones to win a point. Change roles of groups so each group practices defensive and offensive heading.

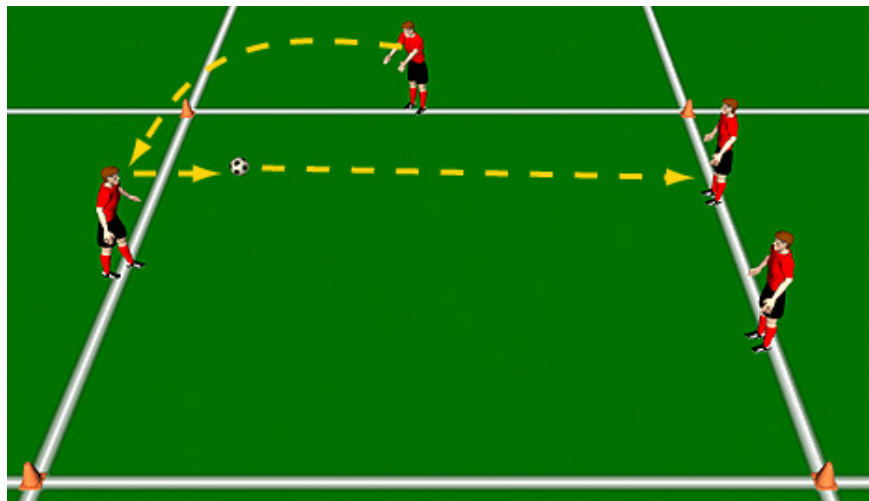
**The coach should emphasize the following coaching points:**

- Ensure that the server delivers quality high lofted passes into the middle third.
- Attack the ball; don't wait for the ball to come to you.
- Get under the flight of the ball as early as possible for good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.



# 15 to 16 Years

## Week 10 Drill 3 - World Cup Heading 2 v 2



### Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 8 x 7 yards  
or 7 x 6 metres

### Coaching Points

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

Four players are positioned in a grid 8 yards x 7 yards, using one ball. The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players.

The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal. The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal. The players must always keep the correct sequence; no player may have two headers in succession.

If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on. After the server throws the ball to his partner he must quickly return to his goal line to defend the goal.

A supply of balls should be placed alongside the grid to maintain a high tempo. Encourage the players to attempt "Diving Headers" at goal when the opportunity presents itself.

# 15 to 16 Years

## Week 10 Drill 4 - World Cup Heading at Goal



### Set Up

- ▣ 2 Groups of players
- ▣ 4 Cones
- ▣ Large supply of balls
- ▣ Goal with nets



- ▣ Penalty area

### Coaching Points

This practice is designed to improve the player's technical ability in "Heading".

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving.

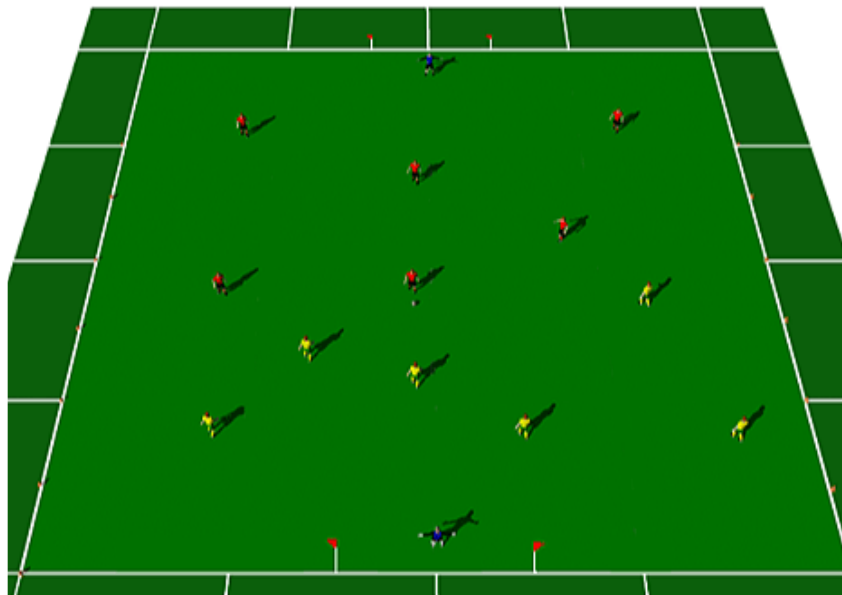
Players recovering the balls must always ensure there is a ready supply of ball for the servers.

Players heading must receive a throw from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in a three-minute period. After the three-minute period, all goals are totaled and groups alternate.

The emphasis should be placed on accuracy and power. Players should time their runs so that they do not have to break stride when heading the ball.

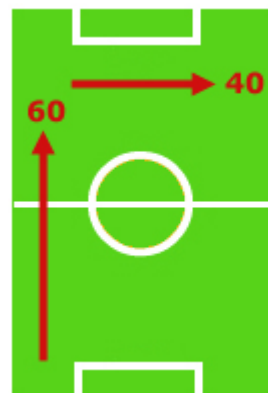
# 15 to 16 Years

## Week 10 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

# 15 to 16 Years

## Week 11 Drill 1 - Defending 1 v 1



### Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's one on one defending skills.

Two players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid. After passing the ball, the player immediately must defend the player receiving the ball. The player in possession must reach the opposite end line to score a point. The defender must win the ball to score a point.

The next two players repeat the practice from the opposite side.

The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Pass the ball firmly to the receiving player.
- Gain as much ground as possible as the ball is traveling.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Make the direction of the play predictable.
- Timing of the tackle is important, wait for the forward to make their move.
- Quality tackling is as much an attitude as it is technique. Players must develop an aggressive and savvy attitude towards winning the ball.

# 15 to 16 Years

## Week 11 Drill 2 - Defending 1 v 2



### Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's one on two defending skills.

A small group of players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first two players at the opposite side of the grid. After passing the ball, the player immediately must defend against the two attackers. The attackers must reach the opposite end line to score a point. The defender must win the ball to score a point. Players repeat the practice from the opposite side.

The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Pass the ball firmly to the receiving player.
- Gain as much ground as possible as the ball is traveling.
- Keep both attackers in view at all times.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Make the direction of the play predictable.
- Timing of the tackle is important, wait for the forward to make his move.
- Quality tackling is as much an attitude as it is technique. Players must develop an aggressive and savvy attitude towards winning the ball.

# 15 to 16 Years

## Week 11 Drill 3 - Defending 1 v 1 Swap Grid



### Set Up

- ▣ 2 Players
- ▣ 6 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve the player's one on one defending skills.

Two players are positioned in a grid 10 yards x 20 yards. The grid is divided into two smaller grids. To start the practice both players pass the ball around one of the grids. After several passes, one player plays the ball into the opposite grid for their partner to chase, control and turn. The player with the ball becomes the attacker and the other becomes the defender.

To score a point the attacker must get past the defender and stop the ball at the opposite end of the grid. The defender scores a point by winning the ball and running with it to the attackers end of the grid. The practice is repeated, alternating roles each time. The speed of the practice should be increased gradually.

# 15 to 16 Years

## Week 11 Drill 4 - Defending 1 v 1 around the Box



### Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ Supply of balls



- ▣ Penalty Area

### Coaching Points

This practice is designed to improve the player's one on one defending skills in and around the penalty area.

One defending group is positioned at the junction of the six-yard box and the end line. The attacking group is placed on the sideline approximately 25 yards from the corner flag. The practice starts when the first defender passes the ball to the first attacker. The defender must follow their pass and prevent the attacker from scoring a goal. A goal is also awarded each time the defender can successfully dispossess the attacker. After the play is completed, both players return to their starting positions. The next players in line repeat the practice. Players should alternate the roles after frequently. The speed of the practice should be increased gradually.

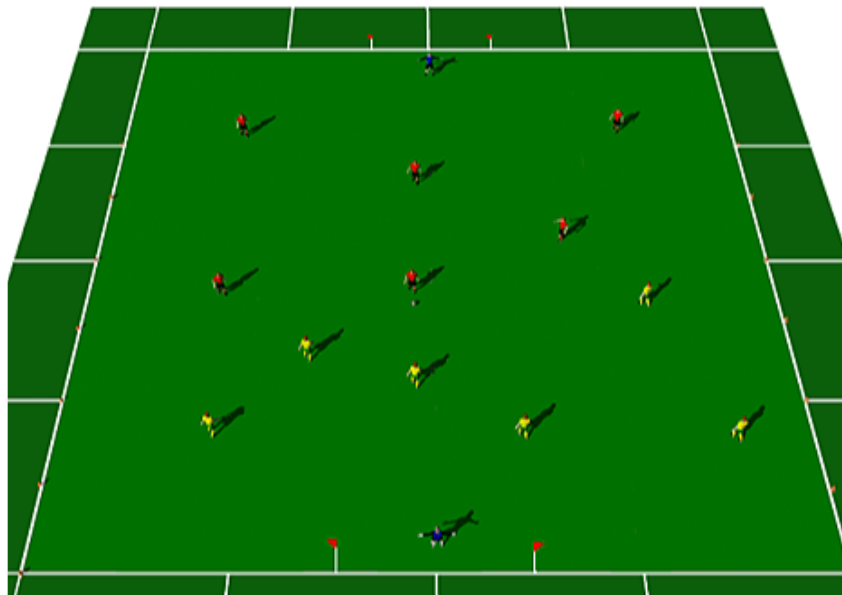
**The coach should emphasize the following coaching points:**

- Pass the ball firmly to the attacking player's feet.
- Gain as much ground as possible as the ball is traveling.
- Keep between the ball and the goal.
- Slow down on the last 2 yards. Get low with knees bent.
- Adopt a "side on" position.
- Make the direction of the play predictable (away from the goal).
- Timing of the tackle is important, wait for the forward to make his move.
- Quality tackling is as much an attitude as it is technique. Players must develop an aggressive and savvy attitude towards winning the ball.



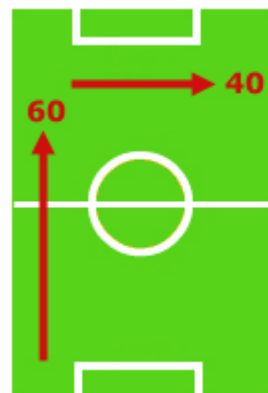
# 15 to 16 Years

## Week 11 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.

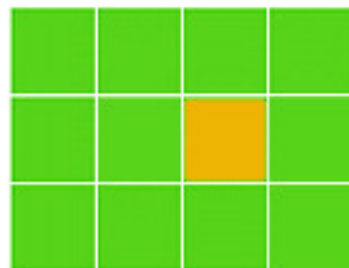
# 15 to 16 Years

## Week 12 Drill 1 - Explosive Body Movements



### Set Up

- ▣ 2 Players
- ▣ 2 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves.

Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball.

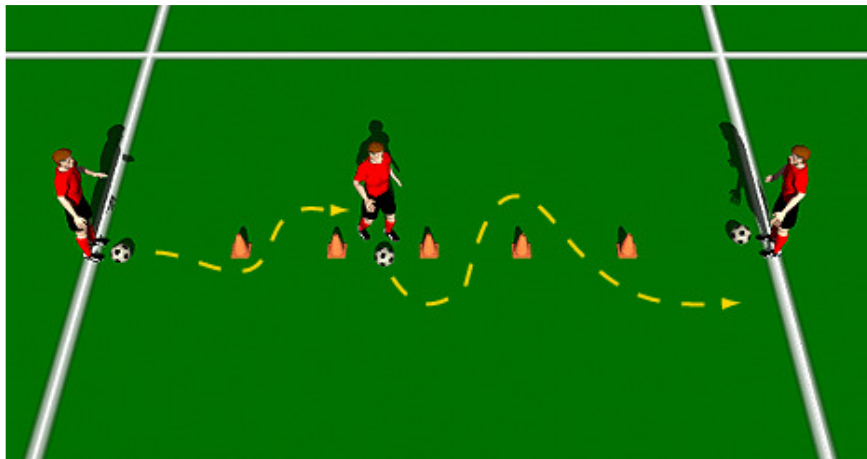
The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling players knee's should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times.

The defensive player can prevent the dribbling player from scoring a goal by placing their foot in front of the cone the player is attacking.

The defender may not tackle or cross over the imaginary line. Players should alternate every 3 minutes. Score should be kept to determine winner.

# 15 to 16 Years

## Week 12 Drill 2 - Dribbling Slalom through Cones



### Set Up

- ▣ 3 or more players
- ▣ 5 Cones
- ▣ 1 Ball per player



- ▣ Grid 10 x 10 yards  
or 9 x 9 metres

### Coaching Points

This practice is designed to develop close control while running with the ball.

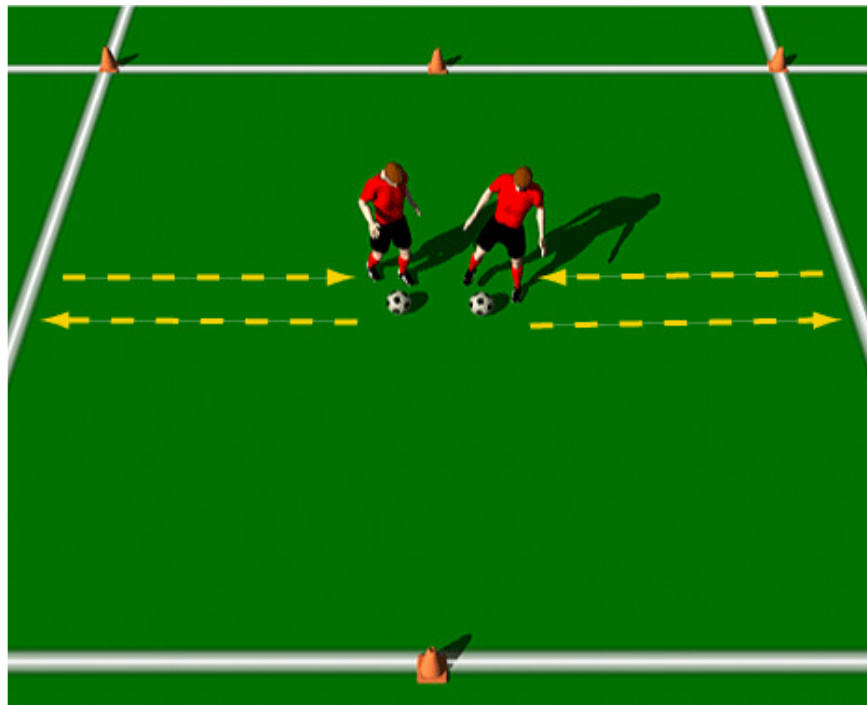
Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

# 15 to 16 Years

## Week 12 Drill 3 - Dribble, Turn and Escape



### Set Up

- ▣ 2 Players
- ▣ 6 Cones
- ▣ 1 Ball per player



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to develop close control while running and turning with the ball.

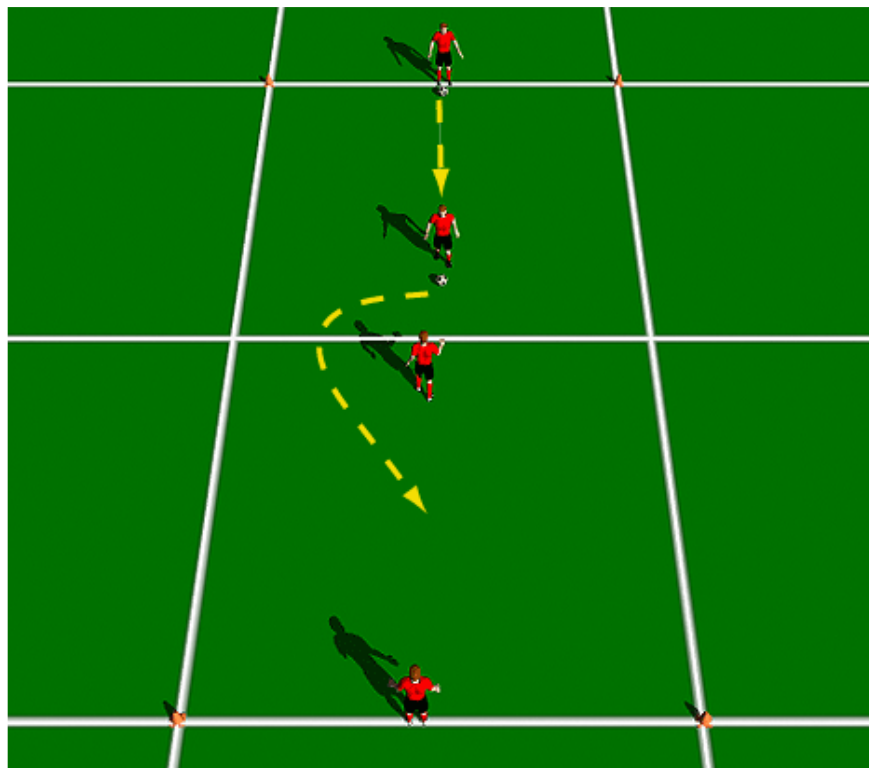
Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players turn and dribble back to their starting positions. Players should accelerate after turning.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.
- Use a change of speed and explode away from the player.

# 15 to 16 Years

## Week 12 Drill 4 - Dribbling 1 v 1



### Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grid 10 x 20 yards  
or 9 x 18 metres

### Coaching Points

This practice is designed to improve each player's one on one dribbling skills.

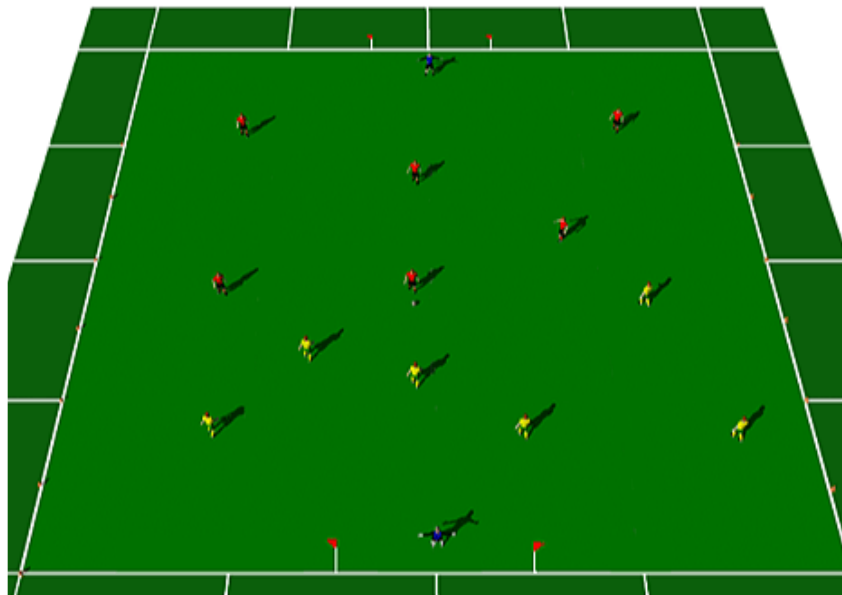
Two players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid. After passing the ball, the player immediately must defend the player receiving the ball. Using a variety of dribbling techniques the player in possession must reach the opposite end line to score a point. The next two players then repeat the practice from the opposite side. The speed of the practice should be increased gradually.

**The coach should emphasize the following coaching points:**

- Control the ball quickly.
- Attacker the defender with speed. Don't delay the attack.
- Commit the defender by running at him.
- Disguise your intentions through body fakes, head feints and moving the ball.

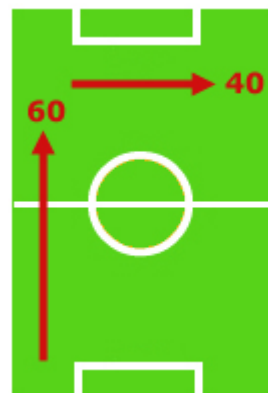
# 15 to 16 Years

## Week 12 - Small-Sided Game (with goalkeepers)



### Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 40 x 60 yards or 36 x 54 metres

### Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 40 yards x 60 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

### Record Score

Team 1 \_\_\_\_\_ v Team 2 \_\_\_\_\_

At the end of your session, review all coaching points made during the practice.