



**Developmental Step 4:
Advanced Stage - U15-U19**

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General Descriptions

- Players are developing quickly at these ages physically and mentally and the training environment should mirror this to challenge players.
- Players ability to process information and problem solve increases even more.
- Players are still developing technically and tactically.
- Systems of play as well as roles and responsibilities of players are important bench marks to understand.
- Be honest with feedback given to players, hold players responsible for their actions on the field.
- Feedback should be based around something that the players can improve. Don't just be critical - actually coach them!
- Use goal setting like in Step 3 to help players and the team set and reach goals. This will help them strive towards something and recognize the hard work that is needed to achieve their goals.

Important Training Priorities

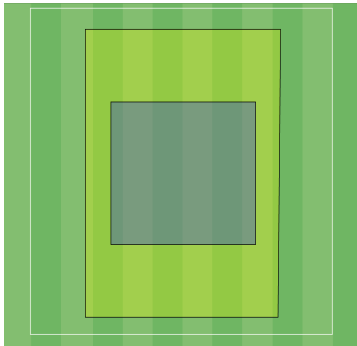
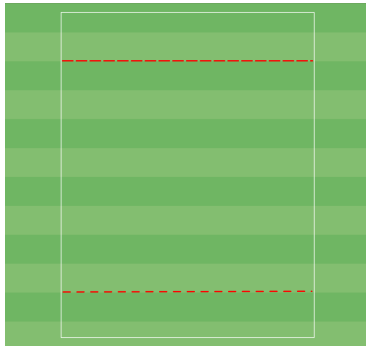
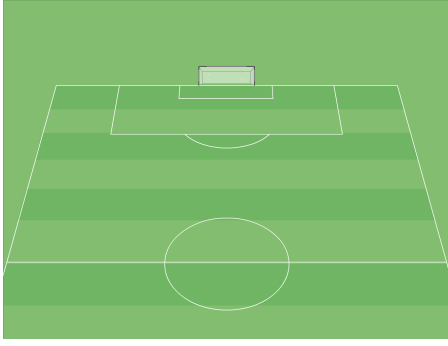
- Technical aspects should still be included in all training sessions - don't ignore technique just because players are older.
- Teams should be able to use different systems of play and know roles and responsibilities of differing positions.
- Warm ups and stretching should not be skipped. As players grow the need for this is more important to prevent injury.
- While learning different systems of play and roles and responsibilities players should begin to think when and why a certain system of play is being used.
- Focus should be on group tactics.
- Functional group tactics should revolve around the whole team and team tactics.
- Training should be competitive with a focus on problem solving and winning and losing.
- Players should be taught how the entire team and all three lines relate to one another.

Coaching Characteristics:

Coaches must understand the nuances involved with 11v11 and how to change tactics due to what the opponent is doing. Winning matches is not the be all end all, but players and coaches at this point should be in agreement that you play games to win. Knowing your players and where they can succeed on the field is essential. Being able to read the game and see where breakdowns are occurring (with your team and with the opponent) is essential to success. Try to see more than just the ball while watching the game.

In addition to tactical awareness coaches should understand that technique and tactics are connected. Should technique break down, tactics will soon follow. Do not ignore technique at training. Coaches must hold players to a high standard and accountable for their actions in games/training.

Recommended Field Dimensions and Layout

Technical Training Dimensions	40x30 / 50x40	Half Field
		
<ul style="list-style-type: none"> These dimensions should be used during phase 1 of your training session. 6x6 should be used when doing individual ball mastery. 15x12 can be used when doing 1v1 or 2v2 attacking or defending. 20x20 can be used when doing a small sided possession game with numbers up or down. 	<ul style="list-style-type: none"> 40x30 should be used in a 4v4 activity. Increased numbers in a tighter space will increase the technical demands of the players. End-zones are used to add direction to your activity. The match has a direction so therefore so should your activities. 	<ul style="list-style-type: none"> This should be used for your extended small sided game as well as your game at the end of the session. It is important that in those phases the field resembles the game. Allows players to have an actual feeling for the conditions in an actual game.

These dimensions are to be used as guidelines when starting your planning. As a coach is it important to make sure the players are having success. If these field dimensions do not work well for your specific group then adjust the size as you see fit for improved performance.

Training Structure / Environment

<h3>Phase 1: Technical Warm Up</h3>	<ul style="list-style-type: none"> Prepare the body for the physical and technical demands of training. Technical training - Under Pressure and On the Move <ul style="list-style-type: none"> <li style="width: 50%;">Ball Striking <ul style="list-style-type: none"> Driven over distance Bent over distance Crossing Finishing All surfaces <li style="width: 50%;">Receiving <ul style="list-style-type: none"> All surfaces Facing goal Back to goal Out of pressure Out of the air Dynamic Soccer Coordination <ul style="list-style-type: none"> Speed, agility, and quickness training should be used.
Main Part	<p style="text-align: center;">Phase 2:</p> <p style="text-align: center;">Small Sided Activity</p> <ul style="list-style-type: none"> Small Sided Activity Activity should focus on the basic phase of the Principles of Play and the functions of small group dynamics. Coaching points should be made once a breakdown occurs. The use of coaching demo should be used to show the players exactly what should be done. Create situations for player success but under appropriate pressure. Coaching points should be technical and tactical in nature. <ul style="list-style-type: none"> FIX THE TECHNIQUE Fitness should occur during this phase through the conditions you put on the activity. <ul style="list-style-type: none"> Soccer specific
	<p style="text-align: center;">Phase 3:</p> <p style="text-align: center;">Expanded Small Sided Activity</p> <ul style="list-style-type: none"> Extended Small Sided Activity Games should <i>always</i> have direction. <ul style="list-style-type: none"> Endzones Goals Rules should look like the game. <ul style="list-style-type: none"> Throw-ins Offsides Focus on the progression of the targeted Principle of Play with a attention to the relation of the players and how they effect each other. Fitness can still be done through game conditions and restrictions. <ul style="list-style-type: none"> Should be done while playing, not without the ball.
<h3>Phase 4: Training Match</h3>	<ul style="list-style-type: none"> The Match Players should freely play the game without restrictions All coaching should be done through the flow of the activity with only natural stoppages. Always a winner and a loser.
<h3>Cool Down</h3>	<ul style="list-style-type: none"> Dynamic stretching over static stretching.

Training Session Check List

When designing your training session each of these categories need to be addressed to provide for appropriate organization.

<p>Principles of Play</p> <ul style="list-style-type: none"> • Attacking • Defending 	<p>Objectives</p> <ul style="list-style-type: none"> • In relation to the principles of play. • What are you trying to accomplish? - Keep it simple • Do the activities bring out your objectives?
<p>Sub-Principle (Defending)</p> <ul style="list-style-type: none"> • Immediate Chase • Pressure • Cover • Balance 	<p>Activities</p> <ul style="list-style-type: none"> • Need to be age appropriate • Activities need to flow together from stage to stage • All activities and coaching points should reflect the topic of the session
<p>Sub-Principle (Attacking)</p> <ul style="list-style-type: none"> • Penetration • Support • Mobility • Width • Improvisation/Creativity 	<p>Field dimensions</p> <ul style="list-style-type: none"> • Always start bigger and decrease size if you need • Easier to decrease the size of the field than to expand • See previous page.

Model Training Session - Comfort with ball at feet - Introduction to turns and changes of direction

Name: Team:

Date: Topic:

TRAINING OBJECTIVE(S):

Improve a team's ability to press high in the attacking 3rd of the field and win the ball back (in a 1-4-2-3-1). Develop the relationship between the striker #9 and the MF players #7, #10, #11, #8 and #6 to all press high up the field in the attacking 3rd, win the ball, and go to goal quickly to score. Develop their ability to read critical cues on when to press high (ball played behind opponents back line, ball played backwards by opponent, during GK distribution, technical breakdown of building team, player weak in possession on opposing team, known tendencies of other team, deep throw in opponents defensive 3rd). Develop the ability of the primary players #9 and #7, #10, #11, #8, and #6 as well as secondary players #1, 2, 3, 4, 5, to stay connected and deny entry passes to the middle of the field, to establish a high LOC if attacking team is able to build, but also press higher when cues present themselves.

	<p>I. WARM-UP Intensity: <input type="text" value="HIGH"/> Activity Time: <input type="text" value="1"/></p> <p>Duration: <input type="text" value="12"/> Intervals: <input type="text" value="4"/> Recovery Time: <input type="text" value="2"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Passing pattern with defending 1v1. Follow your pass to keep rotation. Defenders stay for a set number of turns (3-4). Use #9s as defenders to start first rotation then rotate to using #7, #11 (second rotation), #6, #8 (third rotation) and #10s (fourth rotation). Progress to give and go and short short long pattern with passes. Always end with a 1v1 to goal. Progress to allow attackers to go to both goals while both defenders have to defend-3v2 (using middle player on middle cone from pattern). <i>Low intensity through passing-high intensity at 1v1 to goal. Rest is built into rotation of players.</i></p> <p>COACHING POINTS / KEY CONCEPTS</p> <p>*Initial pressure on the ball. *Can defender force ball one direction (outside at first in this activity). *Angle of pressure-technical application of initial pressure-get low, move feet, don't over commit. *Goal is to win possession of the ball.</p>
	<p>II. SMALL-SIDED ACTIVITY Intensity: <input type="text" value="MED"/> Activity Time: <input type="text" value="3"/></p> <p>Duration: <input type="text" value="20"/> Intervals: <input type="text" value="4"/> Recovery Time: <input type="text" value="2"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>6v7(+GK)-Blue attacks big goal (#6, 8, 10, 11, 9, 7). Red attacks red gates (#1, 2, 3, 4, 5, 6, 8, 10). Full width of field. Counter goals just behind midfield. Establish high LOC when Red team is building attack. Key groups are strikers and midfielders (#9, 11, 10, 7, 6, 8) to pressure and provide cover while balancing the field. <i>High intensity when cues present themselves to win ball back high in attacking 3rd.</i></p> <p>COACHING POINTS / KEY CONCEPTS</p> <p>*Deny entry to middle of field. Show players wide when pressing high. *Angle of approach *Initial pressure needs to be from closest person to ball. *Make play predictable by taking away half of field (#9 pushing forward between two center backs for Red). *Visual Cue of #9 pressing for #11, 10, 8, 6 to press closer to the players near them denying them the turn/ball to feet-weakside #7 drops in toward middle of park compressing team. *Compactness between the Strikers and Midfielders. *Communication between #3 and #11, #4/5 and #6, 8, 10, and #2 and #7 is crucial to stay organized.</p>
	<p>III. EXPANDED ACTIVITY Intensity: <input type="text" value="MED"/> Activity Time: <input type="text" value="8"/></p> <p>Duration: <input type="text" value="30"/> Intervals: <input type="text" value="3"/> Recovery Time: <input type="text" value="2"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>10v10 to big goals (1 goal on top of 18). Blue plays 1-3-2-3-1 (#1, 2, 4/5, 3, 6, 8, 10, 7, 11, 9) Red plays 1-4-2-3 (#1, 2, 3, 4, 5, 6, 8, 7, 10, 11 potential to add #9). LOTG apply. AR needed for off-sides-Looking for Blue to keep their compactness through all three lines but specifically #9, 7, 10, 11, 6, 8 when in the attacking 3rd and trying to win the ball back. <i>High intensity for short times when cues present themselves to win ball back high in attacking 3rd.</i></p> <p>COACHING POINTS / KEY CONCEPTS</p> <p>*Compactness between entire team including #1 GK. *Can #9 cut field in half and make play predictable? *Can MF #7, 11, 10, 8, 6 support the #9's attempt and step up to press closest attacking player without the ball/space. *Can defending players #2, 4/5, 3 step up to press and keep whole team compact and compressed. *If beat, can we establish new LOC at location of ball? *Pressure of players that may have been beaten in recovery? #9, 10, 8, 6, 7, 11 do not let attack build up with entry pass into the attacking team's #6, #8, #10.</p>
	<p>IV. GAME Intensity: <input type="text" value="MED"/> Activity Time: <input type="text" value="8"/></p> <p>Duration: <input type="text" value="30"/> Intervals: <input type="text" value="3"/> Recovery Time: <input type="text" value="2"/></p> <p>ORGANIZATION (Physical Environment / Equipment / Players)</p> <p>Red add #4/5 and play 1-4-2-3-1. Blue add #9 and play 1-4-2-3-1. Full field 11v11. LOTG apply. No restrictions. <i>High intensity when cues present themselves to win ball back high in attacking 3rd.</i></p> <p>COACHING POINTS / KEY CONCEPTS</p> <p>*LOC established very high up the field. Recognize cues from objectives on when to press and how to press high, while denying space (penetration) inside and keeping all three lines compact and high. Important relationships between #9 (strikers) and #7, 10, 11, 6, 8 (midfielders) to keep attacking team under pressure while balancing the field. Recognition of cues from above, mentality when trying to win the ball back.</p>

Use session to the left as an example of how to set up your training session using stages 1-4 from above.

- I. Warm up
- II. Small-Sided Activity
- III. Expanded Activity
- IV. Final Game