



Johnston - Urbandale
Soccer Club
U15-U18

Coaching Curriculum

U15-U18 Topic Finder

Click topic and jump there.

Coaching Overview

#1 Dribbling to Keep Possession

#2 Dribbling – Running with the Ball

#3 Dribbling to Beat a Player

#4 Receiving

#5 Passing to Keep Possession

#6 Switching Play

#7 Forward Passing to Penetrate

#8 The Driven Pass and Lofted Drive

#9 Shooting and Finishing

#10 Defending Preventing Players Turning

#11 Defending 1st and 2nd Defender

#12 Combination Play – Give and Go

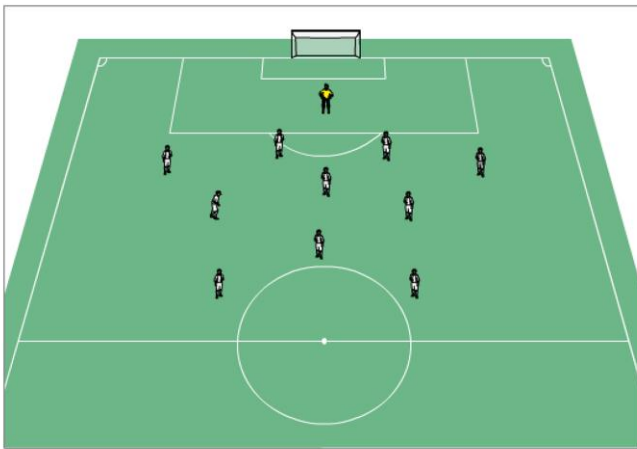
U15-U18 Coaching Overview

Here is a review of the U15-18. age groups playing system for our recreational teams. We have identified specific examples of what to look for in individual players during games although in all this information it is very important that coaches take the opposition and conditions in mind.

Systems of play and players roles

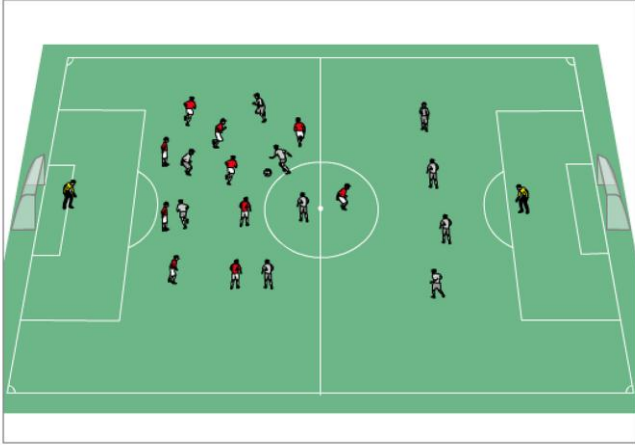
At the U15-18 age group we would recommend teams play either 4 – 4 – 2 with a diamond in midfield or 4 – 3 – 3.

The 4 – 4 – 2. system.

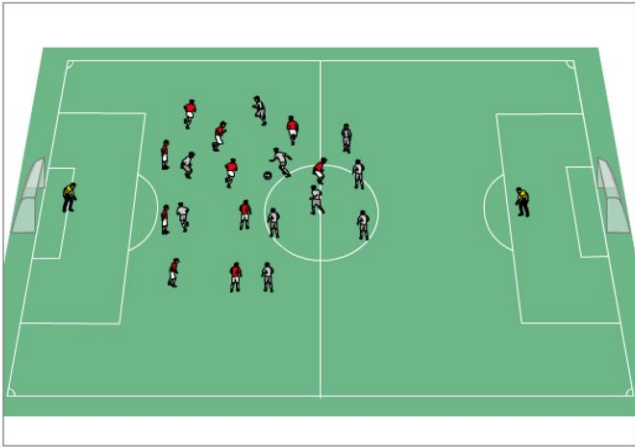


The 4 – 3 – 3 system.

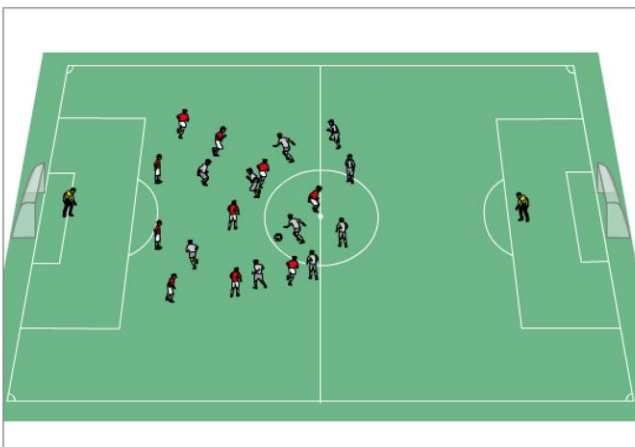




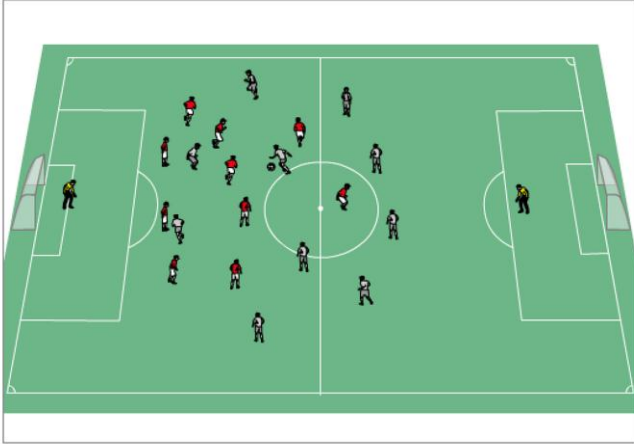
1. In this example the white teams four defenders are pushed **back far too deep and are effectively out of the game** both from an attacking and defensive point of view. Please try and encourage your defenders to push forward and get involved in the game. **This is not a good position for the defenders to take up.**



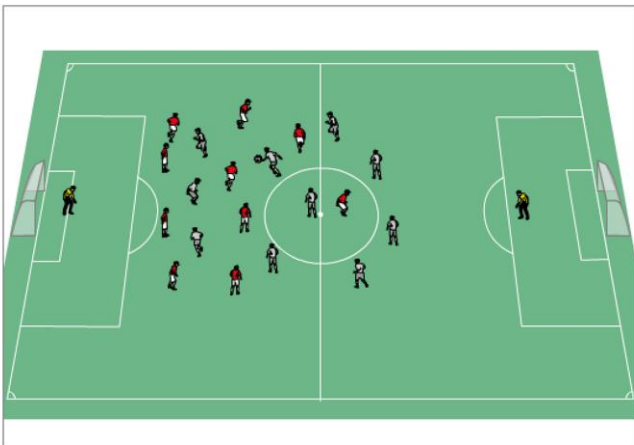
2. In this example the defenders are pushed further forward and are involved in the game. They are in a position to support the player in possession and can also defend further up the field. **This is a much better position for the defenders to take up.**



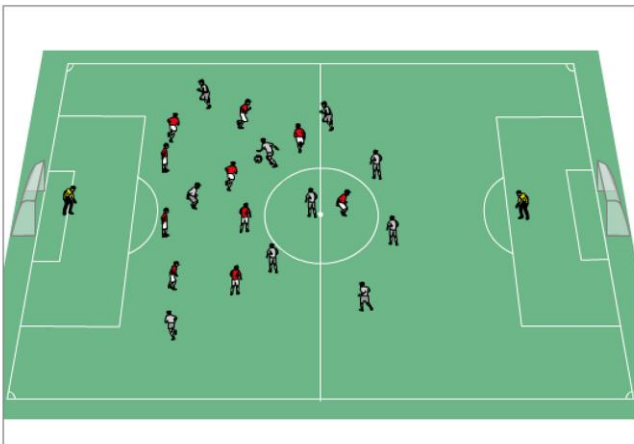
3. In this example the white team playing 4 – 4 – 2 **has not spread out as well as they could do** and the player with the ball has limited options in possession.



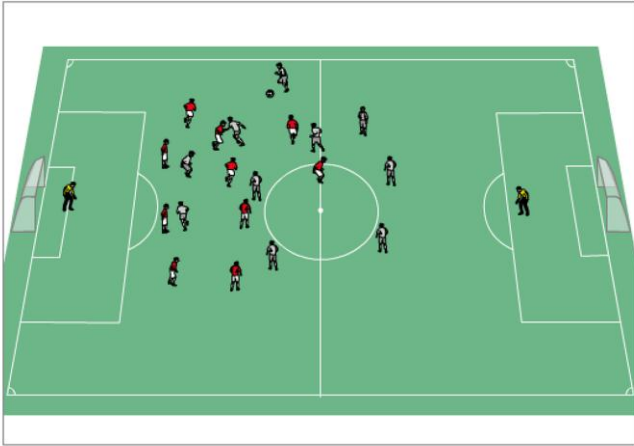
4. In the example below the attacking team playing 4 – 4 – 2 has spread out creating width and depth. Note the options the player in possession has and the space available relative to the previous example.



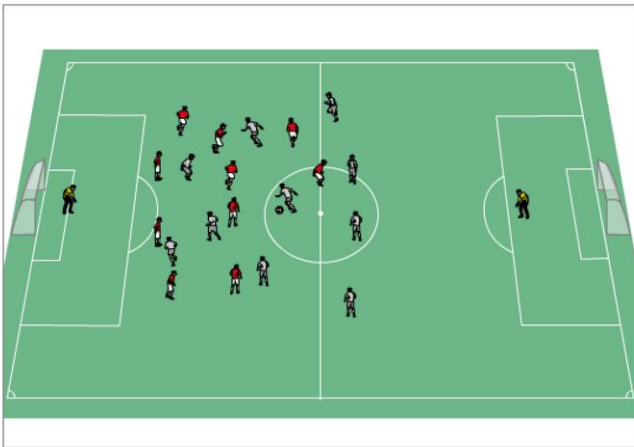
5. In this example the white team playing 4 – 3 – 3 **has not spread out as well as they could do** and the player with the ball has limited options in possession. The forwards are not getting wide enough so they are unable to stretch the opposition defense.



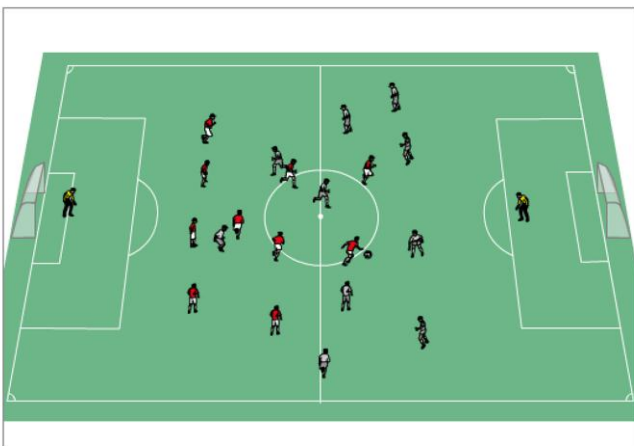
6. In the example below the attacking team playing 4 – 3 – 3 has spread out creating width and depth. Note how the white attacking players have spread out to create space and give more options to the player in possession.



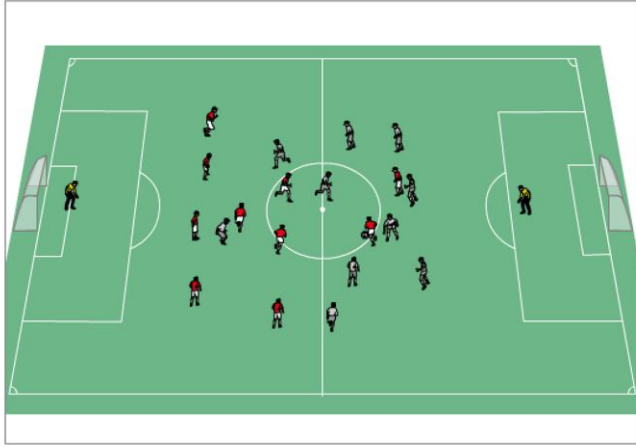
7. We need to encourage the full backs to get forward in support and in possession whenever they have the opportunity as in this illustration below. Note the position of the white teams right full back.



8. The white team are in possession in midfield. Note the diamond shape the midfield players form with the holding player at the base of the diamond. This is a good shape to give the team balance.



9. The white teams defenders are not compact enough and have too much space between them. **This is not a good position for the defending team.**



10. The white teams defenders are much more compact and have allowed very little space between them. Note the comparison with the example given above. **This is a good position for the defending players to take up.**

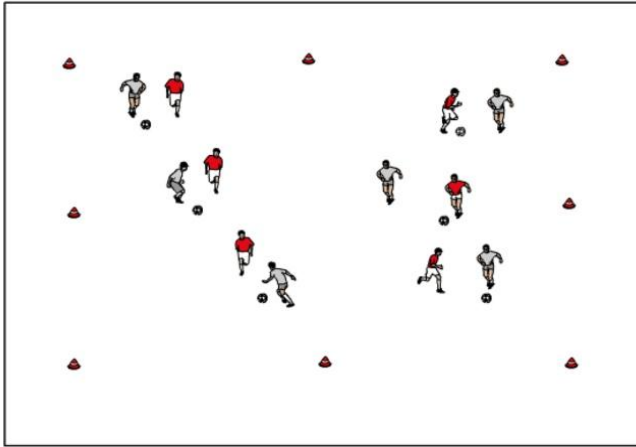
U15-U18 Training Session 1.

Dribbling to Keep Possession

Coaching points:

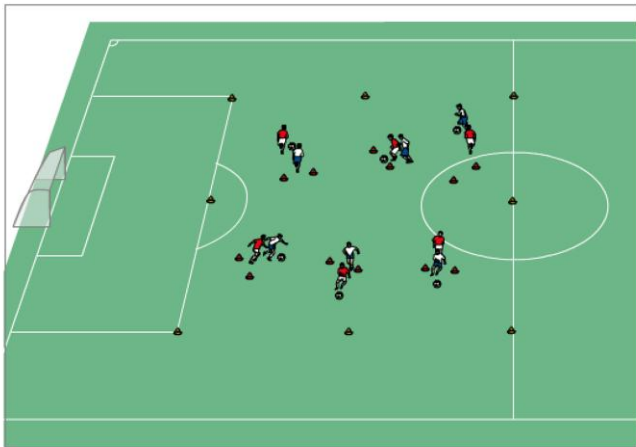
- Keep control of the ball
- Play with your head up
- Change direction and speed
- Shielding the ball
- Dribble away from pressure

Phase #1 { 15 - 20 minutes }



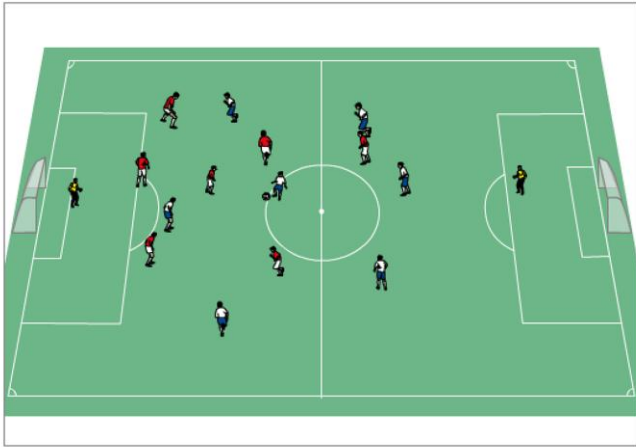
The players are in two teams and pair up with an opposition player with one ball between them. On the coaches instruction the players compete for the ball and aim to maintain possession of the ball. If the ball goes out of play the player who played the ball out must collect and return it to their opponent. The player in possession at the end of the game is the winner and wins a point for their team. The team with the most points is the winner. Play each game for 20 – 30 seconds and repeat a number of times.

Phase #2 { 15 – 20 minutes }



Setup a field of 30 x 30 and a number of small goals 2-3 yards wide. The players are in two teams and play 1 v 1 for a period of 30 seconds. The player in possession wins a point for their team every time they dribble through one of the small goals. Add the points up and the team with the most points wins the game. Switch partners after each game.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. **Condition the players to take a minimum of 2 touches in possession** and encourage them to play with a purpose at all times.

U15-U18 Training Session 2.

Dribbling: Running with the Ball

Coaching points:

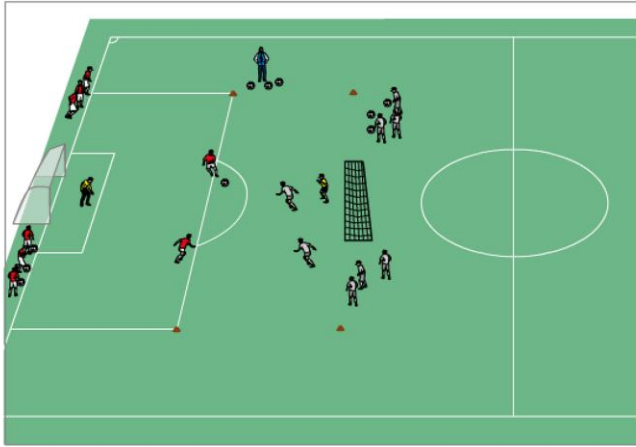
- Keep your body over the ball
 - Make contact with the laces with toe pointed down
 - Play with your head up
 - Maintain control of the ball
 - Recognize situations when you can take longer touches and accelerate into space
-

Phase #1 { 10 - 15 minutes }



The teams are in three teams and stand 35–40 yards apart. The players dribble and perform a takeover with the next player in line who dribbles in the opposite direction. Encourage the players to take 3–4 touches. Concentrate on the correct technique for the first few minutes and then introduce an element of competition by making it a relay race with each player completing two runs.

Phase #2 { 20 – 25 minutes }



Setup a field of 35 x 30. The players are in two teams and line up to the side of the goal. The coach calls out one of the teams and they become the attacking team. The teams play 2 v 2 with one player from each line joining in as an attacker or a defender. If one team has a shot at goal they stay on the field but become defenders. The next two players in line on the other team become the attacking team and can dribble forward as soon as the shot is taken. If the ball goes out of play the players return to their lines and the coach calls out the next attacking team. The first team to score 5

goals wins the game. Progress to play 3 v 3 and 4 v 4.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. Encourage the players to recognize situations in the game when they can dribble forward with the ball in space.

U15-U18 Training Session 3.

Dribbling to Beat a Player

Coaching points:

- Encourage players to take on defenders in 1 v 1 situations
 - Keep control of the ball
 - Play with the head up
 - Change direction and speed
 - Recognize where the space is to attack
-

Phase #1 { 10 - 15 minutes }



Setup cones 25 yards apart. The players dribble towards each other and perform an assigned dribbling move, such as the inside cut or the Matthews as they meet the player opposite in the center.

Phase #2 { 20 – 25 minutes }



Setup two fields of 40 x 30. Each player is given a number with a player on the opposite team having a corresponding number. The coach calls out a number and the respective players come out and play one on one until a goal is scored or the ball goes out of play. After 5 minutes start calling out numbers at intervals so you have two or three games going on at the same time. The first team to score 5 goals wins the game.

Phase #3 { 35 - 40 minutes }



Setup two fields of 40 x 30. Teams play 3 v 3 with goalkeepers or 4 v 4 with small goals.. Condition the players to play 2 touch minimum and encourage them to take players on in one v one situations. Rotate the teams every 8-10 minutes.

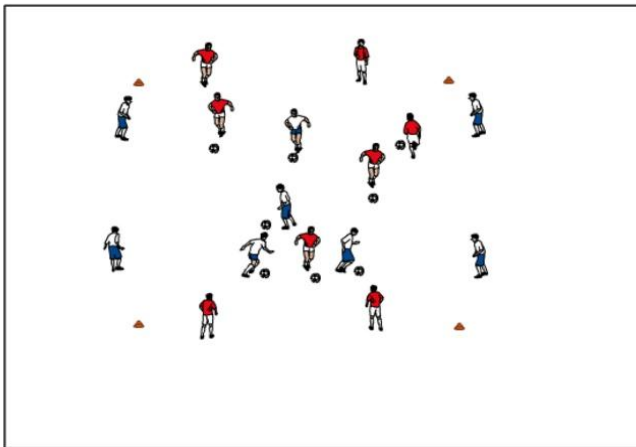
U15-U18 Training Session 4.

Receiving with the Inside of the Foot

Coaching Points:

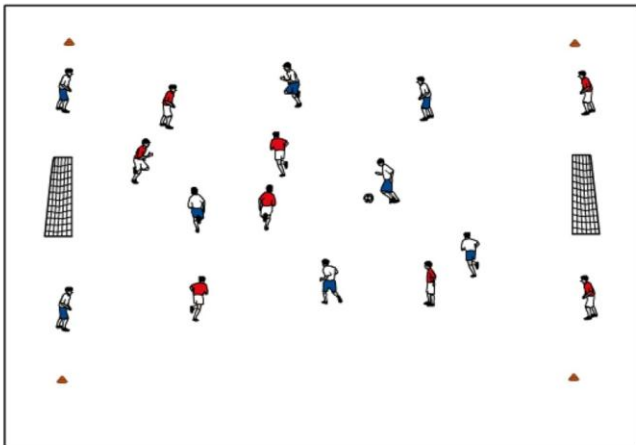
- Players need to be on their toes
- Get the body in line behind the ball
- Select the controlling surface
- Relax the controlling surface upon impact
- Look to take your first touch away from pressure
- Look to play the ball forward with your 1st touch

Phase #1 { 10 – 15 minutes }



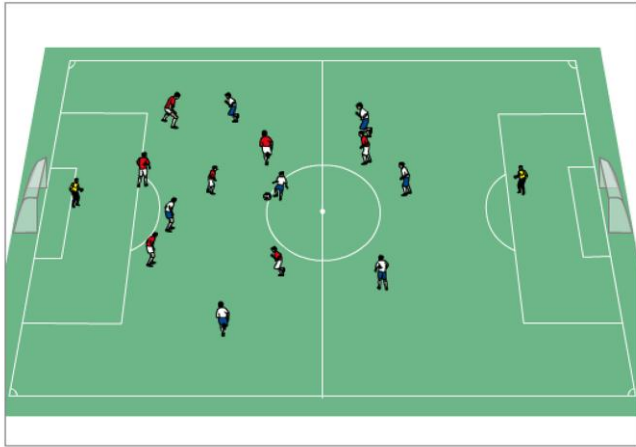
Setup a field of 30 x 30. The players are divided into two teams and two groups. The players in the center have a ball each with target players on the outside of the field. The players pass to their team mates on the outside who return the ball to them. The players open up and then look to pass to the target players opposite. Play for 90 seconds and then switch roles.

Phase #2 { 20 – 25 minutes }



Setup a field of 50 x 40. The teams play 6v6 with two target players at each end. The teams have to pass to one of the two target players before they can score a goal. Restrict the target players to 2-3 touches and switch them every 5-6 minutes.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. Condition the players to take a minimum of 2 touches in possession and encourage them to play forward when they have the opportunity.

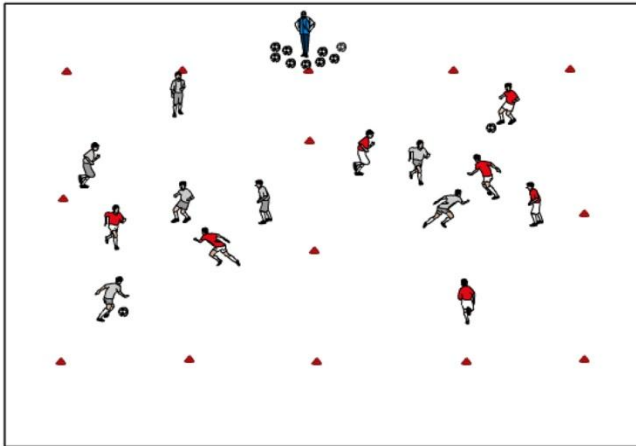
U15-U18 Training Session 5.

Passing to keep possession

Coaching points:

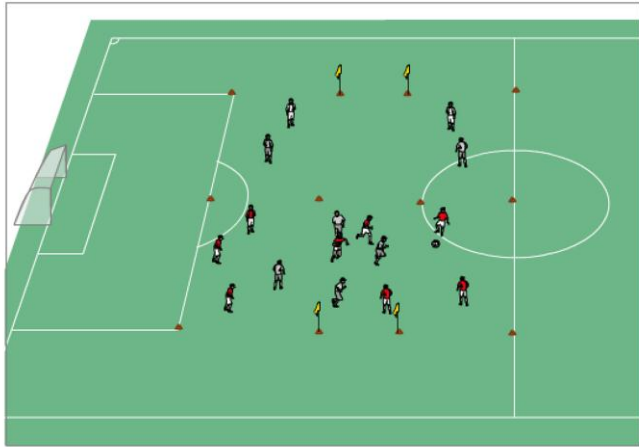
- Play with your head up
 - Good first touch
 - Good passing technique
 - Accuracy and weight of pass
 - Play away from pressure
 - Create space as a team, width and depth
-

Phase #1 { 15 - 20 minutes }



Setup two fields of 30x20. The players are in two teams, play 5v2 or 6v2 on each field and must stay on their half of the field. The defending players aim to win the ball and pass it to the teammates on the next field. If a ball is kicked out of play the coach passes a ball back into play immediately to the team in possession. When a team gains possession of both balls they win a point with the first team to three points winning the game. Rotate the defending players and repeat a number of times.

Phase #2 { 15 – 20 minutes }



Setup two fields of 30 x 20 as in Phase 1. The teams play 8v4 in one half of the field with 4 players in the opposite half. The team in possession aim to complete 5 passes before they can score in the goal on the end line. If the defending team gets possession they pass the ball to the players in the other half and move over with 4 defending players to play 8 v 4. Encourage different players to step in as defenders.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. Condition the players to complete 2 passes before they can score a goal for the first half of the game.

U15-U18 Training Session 6.

Switching Play

Coaching points:

- Play with your head up
 - Good 1st touch, open body position
 - Good passing technique, accuracy and weight of pass
 - Create space, width and depth
 - Look to play away from pressure, recognize where you have numbers up
-

Phase #1 { 10 – 15 minutes }



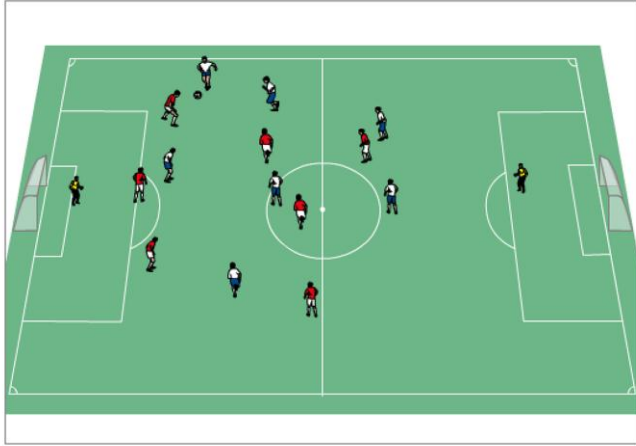
Setup a field of 60x55. The players are in one half of the field and serve the ball to a supporting player on the opposite side of the field. Look for good technique in the passing and encourage the players to pass the ball at game tempo.

Phase #2 { 25 - 30 minutes }



Teams play 8 v 8 on a field 60 x 55 with 3 small goals at each end. The teams must complete one pass and be in the opposition half to score a goal. Encourage the teams to be patient in possession.

Phase #3 { 35 - 40 minutes }



Teams play 8 v 8 on a field 70 x 55. Have both teams play 3 – 3 – 1. Encourage the players to switch play when they can get numbers up on one side of the field.

U15-U18 Training Session 7.

Forward Passing to Penetrate

Coaching points:

- Play with your head up
 - Good first touch, open body position
 - Good passing technique
 - Accuracy and weight of pass
 - Creating space, width and depth
 - Recognize when you can pass with penetration
-

Phase #1 { 15 - 20 minutes }



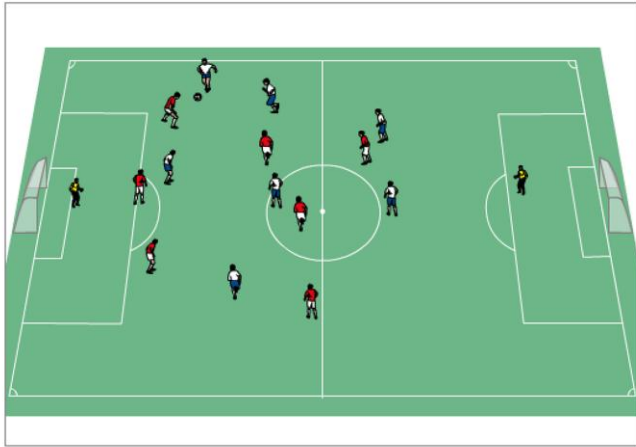
Set up two fields of 40 x 30 with an end zone { 10 x 40 }. The teams play 4 v 4. The aim of the game is to pass the ball into the other team's end zone for a teammate to run onto. The players either the attacking or defending team are not allowed to go into the end zone until the ball has been played there. Play for 5-6 minutes and rotate the teams so that they all get to play each other.

Phase #2 { 20 – 25 minutes }



Setup a field of 60 x 45 with a 10 yard end zone at each end. The teams play 6 v 6 and score a goal by passing the ball into the end zone for a teammate to run onto as in Phase 1. The players either the attacking or defending team are not allowed to go into the end zone until the ball has been played there.

Phase #3 { 35 - 40 minutes }



Teams play 8v8 on a field 70x55. Have both teams play 3 – 3 – 1. Encourage the players to recognize situations in the game when they can pass the ball in behind opponents to penetrate.

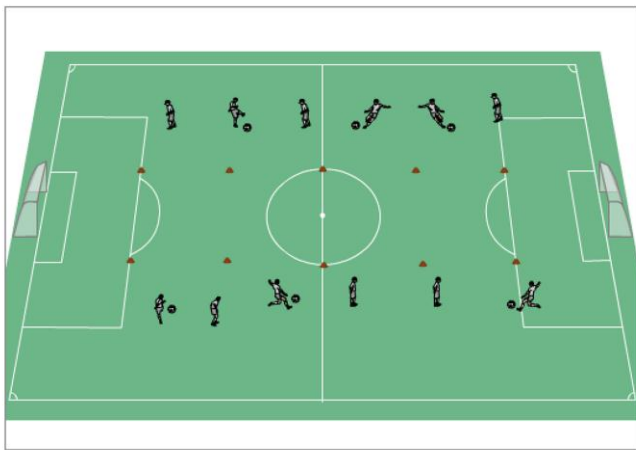
U15-U18 Training Session 8.

The Driven Pass and the Lofted Drive

Coaching Points:

- First touch out of your feet
 - Head up
 - Angle of approach, position of non kicking foot, wider angle for the lofted drive
 - Contact through the center of the ball, through the bottom half for the lofted drive
 - Ankle locked knee over the ball, leaning back slightly for the lofted drive
-

Phase #1 { 15 - 20 minutes }



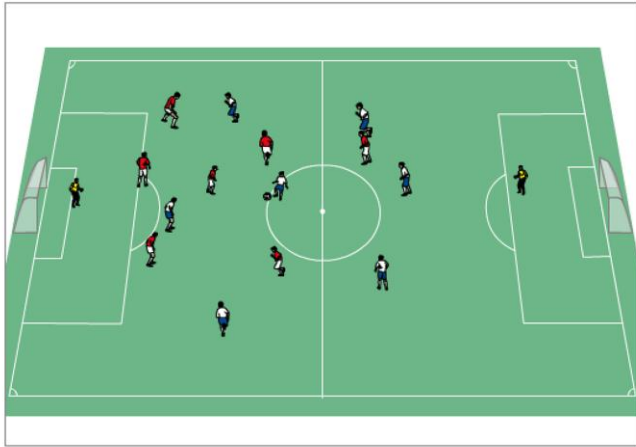
Setup cones 50 – 60 yards long and 15 yards apart. The players in pairs drive the ball to a partner taking no more than 3 touches to control and then deliver the ball. Encourage the players to keep the ball moving and to play at game speed if they have good technique. After 5-10 minutes introduce an element of competition and have the players get a point every time they can clear the central zone with a pass that stays in play.

Phase #2 { 15 – 20 minutes }



Setup a field of 60 x 40 with two end zones and a middle zone of 20 x 40. The players are in two teams with the passing team in the two end zones and a defending team in the middle zone. The passing team starts with a ball each and get a point every time they complete a pass from one end zone to the other. If the defending team intercepts a pass they keep possession of the ball.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. Encourage the players to look for opportunities to play longer passes forward or to switch the point of attack.

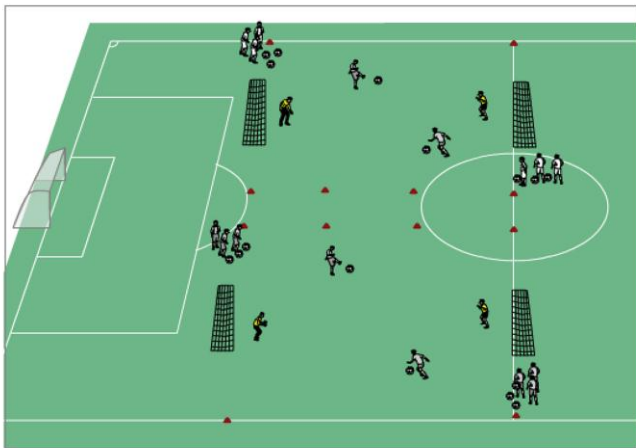
U15-U18 Training Session 9.

Shooting and finishing

Coaching points:

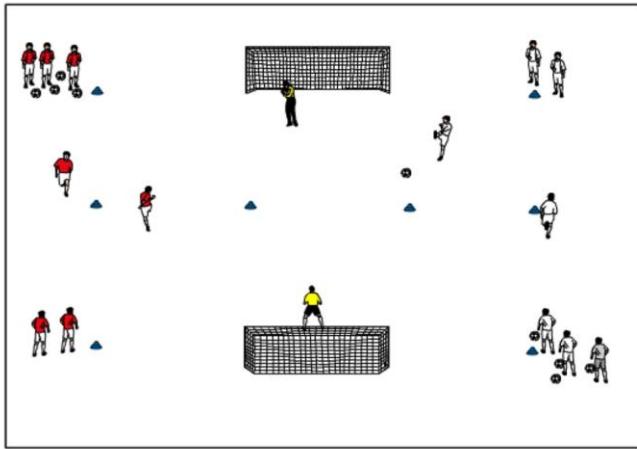
- Encourage the players to shoot when they can.
 - Place the non-kicking foot next to the ball.
 - Open body position when receiving.
 - Keep the ankle locked, strike through the ball.
 - Keep the knee over the ball.
 - Team to create width and depth.
-

Phase #1 { 15 - 20 minutes }



Setup one or two fields of 35 x 30. The players dribble from opposite corners and shoot at goal. After each shot, they join the back of the line opposite. Encourage the players to keep a record of the number of goals they score.

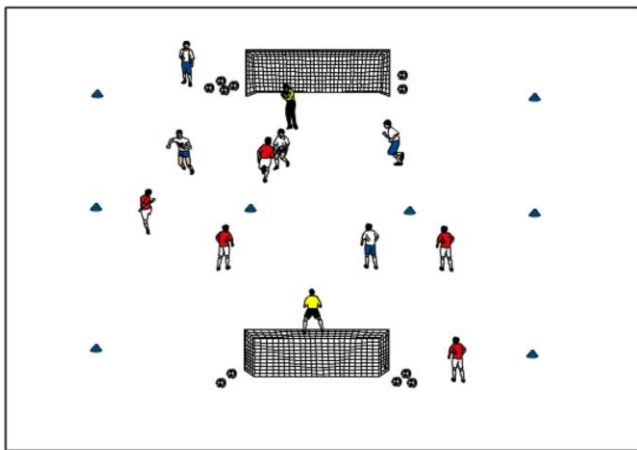
Phase #2 { 25-30 minutes }



Setup a field of 30 x 30. The players are in two teams lined up on the corners of the field facing their team mates. The players on the opposite corners have a ball each. The first players in line serve the ball to their team mates and run to the line opposite while the shooting players takes one touch before shooting at goal. The shooting players then run to the back of the serving line. If the shooting players miss the target they collect the ball before returning to the serving line. Both teams play at the same time. After 10 minutes switch the servers to opposite corners so

players are shooting with their left foot.

Phase #3 { 35 - 40 minutes }



Setup a field of 30 x 30. The players are in two teams and play 3 v 1 or 4 v 1 in each half of the field. The players have to stay in their designated half but anyone can score. Switch the players every game so they get experience shooting from different distances and positions. The first team to score 3 goals wins the game. Encourage the players to shoot at every opportunity. If you have extra players you can have three teams with one team sitting out. If one of the resting team catches a shot allow that team to re enter the game.

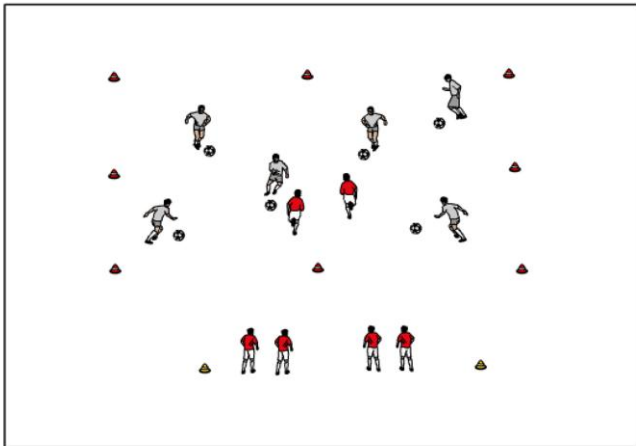
U15-U18 Training Session 10.

The 1st Defender, Winning the Ball, Preventing Players Turning

Coaching points:

- Positive aggressive attitude
 - Communication, identify yourself as the 1st defender
 - Speed and angle of approach run
 - Good body position, low and touch tight
 - Recognize any opportunity to win the ball
-

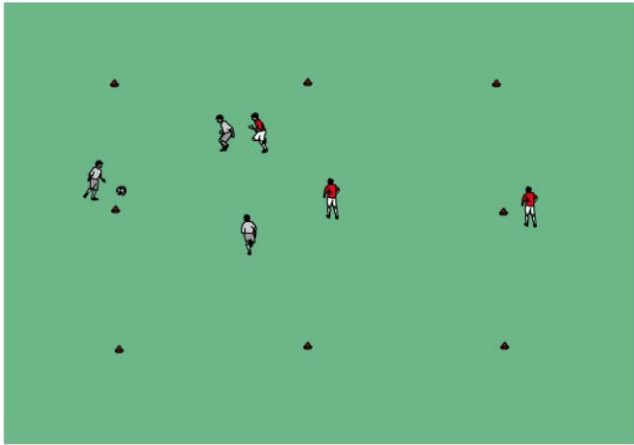
Phase #1 { 10 – 15 minutes }



Setup a field of 25 x 20. The players are in two teams. The players on one team have a ball each with the other team lined up on the outside of the field. As the game starts the defending team in teams of two run onto the field and aim to kick three balls out of play. If a player's ball is kicked out of play they bring it back on to the field and continue dribbling. The defending players when they have finished, tag the next two players in line. The coach times the game and stops the watch when the last group have finished. The teams switch roles with the team dribbling the ball the

longest winning the game. Repeat a number of times.

Phase #2 { 20 – 25 minutes }



Setup a couple of fields of 15 x 20. The teams play 2 v 2 with one or more target players at each end. The players get a point every time they play the ball to the target player opposite. The players switch between attacking and defending each time a goal is scored or the ball goes out of play. Encourage the defenders to close their opponents down and stop them turning when possible.

Phase #3 { 35 - 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. Look for players to win the ball when they can and to stop opponents from turning and playing forward.

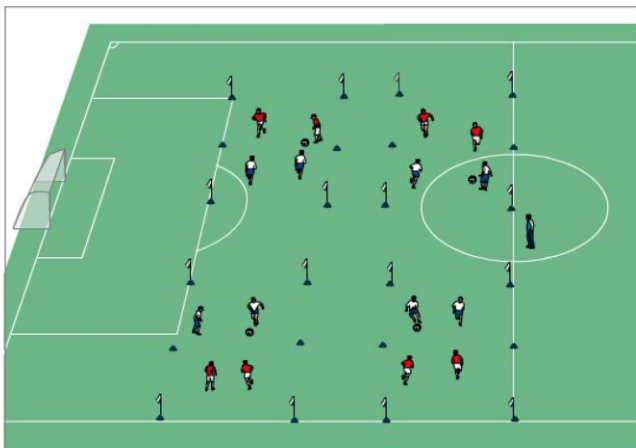
U15-U18 Training Session 11.

1st and 2nd Defender

Coaching points:

- Communication, identify the 1st defender
 - 1st defender, pressuring the ball, making the play predictable
 - 2nd defenders, supporting position
 - Winning possession, in the challenge or intercepting the ball
 - Compact defensive shape
-

Phase #1 { 15 - 20 minutes }



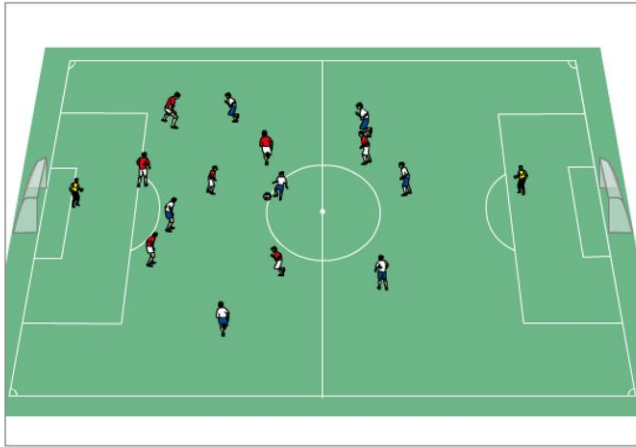
Setup a number of fields 20 x 15. The teams play 2v2 and the aim is to dribble across the opponent's end line. Play for 3-4 minutes and then rotate the teams. Encourage the teams to defend as a unit and win the ball when they have the opportunity.

Phase #2 { 20 - 25 minutes }



Setup two fields of 40x30. The teams play 3v3 with a goalkeeper and play for 5 minutes. Rotate the teams after each game. Encourage the teams to defend as a unit with one pressuring defender and two supporting defenders.

Phase #3 { 35 – 40 minutes }



Setup a field of 70 x 55. The teams play 8 v 8. Look for players to win the ball when they can and to double up in support.

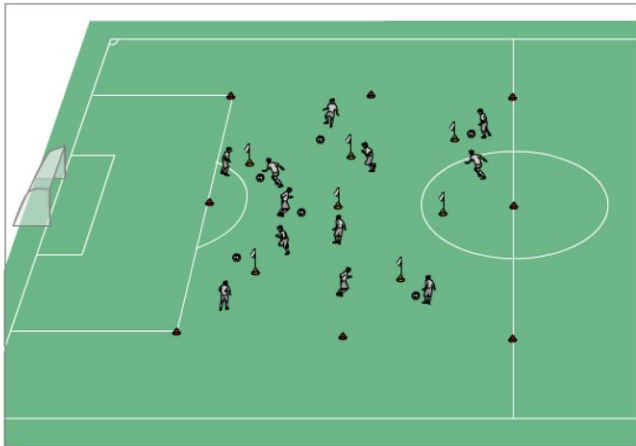
U15-U18 Training Session 12.

Combination Play - Give and Go

Coaching Points:

- Dribbling player. Accuracy and weight of pass to feet
 - Dribbling player. Use of the outside of the foot, disguise
 - Dribbling player. Timing of the pass, commit the defender
 - Dribbling player. Acceleration into space behind defender, after the pass
 - Receiving player. Get into an open body position, on your toes
 - Receiving player. Timing and weight of pass into space
-

Phase #1 { 10 – 15 minutes }



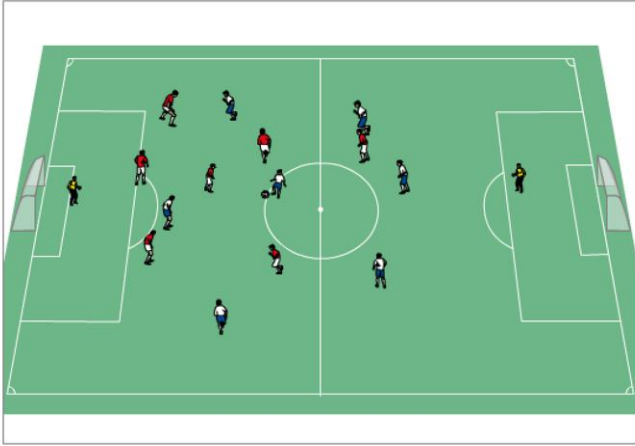
Setup a field of 30 x 30. Give half the players in the group a ball with the other players as support players. The players have to combine to play a give and go around the cones or flags with the support players continuing to move into a different position. Emphasize the correct technique and when the players look comfortable introduce an element of competition. The players have to complete as many give and go's in a one minute period.

Phase #2 { 20 – 25 minutes }



Setup a field of 40 x 30. The teams play 4v4 in the center with 4 target players from each team on the outside. The players must complete 2 passes with either a teammate or a target player before a goal can be scored. The target players are limited to 1-2 touches. Encourage players to combine with their teammates and play a give and go whenever possible. Rotate the target players every 5-6 minutes.

Phase #3 { 35 – 40 minutes }



Setup a field of 70 x 55. The teams play 8v8. For the first 20 minutes condition the players to complete 2 passes before a goal can be scored