

**THE U-16 PLAYER**  
**THE FERVID PHASE (THE DEDICATION)**

- DEVELOPMENT OF SKILL AND GROUP TACTICS.

This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. Players tend to be mentally tough, self confident, but with a need for attention and security. There is a need for team spirit, leadership, and discipline within the team.

**COACH:** Charismatic; Experienced; Knowledgeable; Articulate; Disciplinarian; Managerial know how; Thoughtful persuader. Should possess a NSCAA Advanced Regional and/or USSF "D" or higher.

**TECHNIQUE:** Skill should be mastered leading to artistry (All under match conditions).  
Individual skill covered during warm-up.  
Increase technical speed.  
Strike balls cleanly over distance with accuracy under pressure.

**TACTICS:** Increase tactical speed (Decision-making). Group tactics (3v3, 4v4, & 7v7).

**ATTACKING:** Keep possession with a purpose. Width; Depth; Support. Combination play (wall pass, takeover, overlap, double pass, third man running). Penetration. Mobility. Creativity. Crossing with proper runs into box. Set plays.

**DEFENDING:** Compactness. Delay. Tracking back. Communication (Who, What, When, Where). Teach to enjoy possession of the ball. Set plays.

- A GREAT DEAL OF COACHING WITHIN 7V7 GAMES.

**PHYSICAL:** Fitness work with and without the ball.  
**FLEXIBILITY:** Static stretching before and after training/matches.  
**AGILITY:** With and without the ball.  
**ENDURANCE:** Aerobic and Anaerobic.  
**STRENGTH:** Upper and lower body. Weight training.  
**NUTRITION:** Proper diet. Pre-game, Post-game, Tournaments, etc.  
**INJURIES:** Prevention and care.

**PSYCHOLOGICAL:**

- Increased concentration.
- Leadership
- Player responsibilities.
- Discipline.
- Respect for the game.
- Goal setting.
- Vary program (Satisfy player's urge for competition).
- Encourage to watch higher level soccer.

**THE GAME:** 11V11.

