

U-16 TRAINING PRIORITIES

DEVELOPMENT OF GROUP SKILLS/TACTICS.

HIGH PRIORITY: DEVELOPMENT OF INDIVIDUAL SKILL SHOULD BE COVERED IN THE WARM-UP.

➤ **UNDERSTANDING OF COMBINATION PLAY:**

1. SUPPORT
2. TAKEOVERS
3. WALL PASS
4. THIRD MAN RUNNING
5. OVERLAP

DO NOT GIVE THE BALL AWAY!!!

⇒ ONE SESSION IN THREE DEVOTED TO 3V3'S, 4V4'S, AND 5V5'S

➤ **DEVELOP AN UNDERSTANDING OF:**

1. DEPTH-ROLE OF STRONG SIDE DEFENDERS.
2. BALANCE-ROLE OF WEAK SIDE DEFENDERS
3. COMPACTNESS
4. COMMUNICATION-WHO, WHAT, AND WHEN.
5. FUNCTIONAL PLAY.
6. TEAM PLAY.
7. SET PLAYS.

□ ALL ACTIVITIES SHOULD BE CHALLENGING, MOTIVATING, AND INVOLVE **TRANSITION!!!**