



U15/16- Development of Skill and Group Tactics



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

Coach:	<ul style="list-style-type: none">• Charismatic• Experienced• Knowledgeable• Articulate• Disciplinarian• Managerial Know How• Thoughtful Communicator
Technique:	<ul style="list-style-type: none">• Skills should be mastered leading to artistry• Technique should be trained on the move, done at speed all with opposition• Strike balls cleanly and maturely over distance with accuracy and pace and all under pressure
Tactics:	<ul style="list-style-type: none">• Increase Tactical Speed (decision making) <p>Group- 3v3, 4v4, 5v5, 7v7</p> <p>Attacking- Keep possession but with a purpose e.g. Direction. Combination plays and 3rd man runs. Penetration. Mobility/Creativity. Crossing with Pressure and Proper runs in to the box. Set Plays.</p> <p>Defending- Pressure-cover-balance. Compactness. Delay. Tracking back. Communication (how, efficient). Hunting the ball and winning back possession. Set plays.</p>
Physical:	<ul style="list-style-type: none">• Flexibility- before and after training/games• Agility- with and without the ball• Speed work• Endurance- aerobic and anaerobic• Strength- upper and lower body• Nutrition- proper diet, pre-game, post-game, tournaments, etc• Prevention and care of injuries
Mental:	<ul style="list-style-type: none">• Increased concentration• Goal setting• Relaxation techniques• Leadership/Player responsibilities• Discipline• Respect for the Game/Opponent• Watch high level matches



Team Organization U13+ 11v11



1-4-3-3 #6

Strengths

- Two attacking midfielders
- Natural width and rotations
- Lots of triangle passing options

Concerns

- Only one disciplined centre midfielder
- #8 & #10 not being close enough to #9



1-4-3-3 #10

Strengths

- Use of the full width of the pitch
- Two central midfielders
- Use of a roaming #10

Concerns

- #9 can be isolated if the #10 drops too deep
- Full backs must be able to defend 1v1



1-4-4-2 Diamond

Strengths

- Number of players in central areas
- Compact defence
- Movement in attack

Concerns

- Switches of play
- Midfield congestion
- Lack of natural width



1-3-5-2

Strengths

- Three solid centre backs
- Lots of players in midfield
- Two natural centre forwards

Concerns

- Centre backs can be pulled into wide areas to defend 1v1
- High work rate for the two wing backs



1-4-3-2-1 Christmas tree

Strengths

- Lots of players in central areas
- The movement & rotation of the full backs going high and 7/11 coming inside will disrupt the defence

Concerns

- Can lack width when attacking"
- Vulnerable to quick counter attacks
- Vulnerable to quick switches of play



1-3-4-3

Strengths

- Three centre backs split to play out
- Lots of attacking players
- Rotation and movement in wide areas will disrupt opponents defence

Concerns

- If teams sit deep then the pitch can be congested in attacking areas
- The centre backs can be pulled into wide 1v1 situations