

Key:

Running without the ball 

Running with the ball 

Pass 

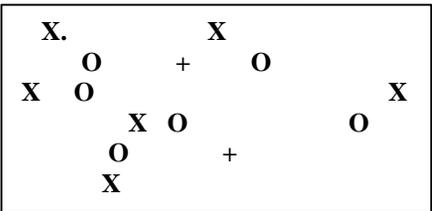
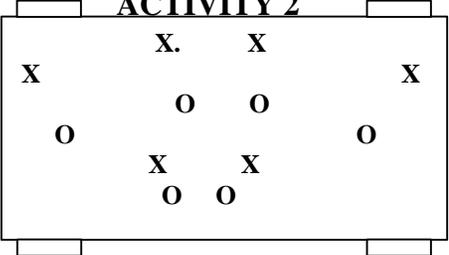
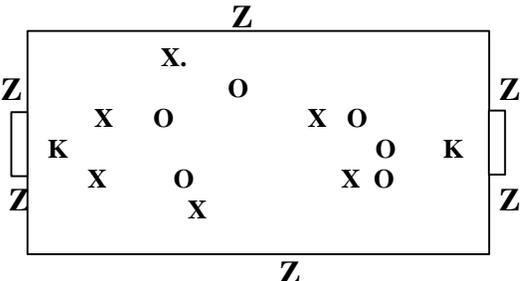
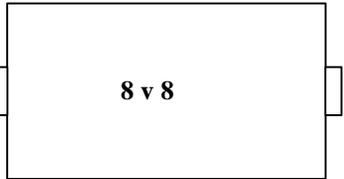
TOPIC: Training Games to Develop “Speed of Play”

U14-16’s

Coach Name: Kenny Lolla, Boys
Under 16 National Team Coach

All games are with competition

- Know strengths/weaknesses of opponent
- Know score/time of game
- Mentally aware/transition of game – keep balls available for restarting game.

<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>7 v 7 possession</p> <ul style="list-style-type: none"> • No restrictions, move to 2 touch <p>6 v 6 +2 possession – 2 touch</p>	<ul style="list-style-type: none"> ✓ Awareness of surroundings ✓ Head on a swivel – vision ✓ Be mentally alert when ball goes out of bounds ✓ Speed of thought ✓ Transition
	<p>6 v 6 + 2 Attacking and Defending a line</p> <ul style="list-style-type: none"> • Midfield line – play with off sides • 2 touches – combination play • no restrictions – 1 v 1 ability <p>6 v 6 + 2 with 4 goals</p> <ul style="list-style-type: none"> • 2 touch 	<ul style="list-style-type: none"> ✓ Team movement, always give the “BEST” angle ✓ Be alert ✓ Team shape when playing directional ✓ Changing the point of attack
	<p>6 v 6 + 6 to big goals</p> <ul style="list-style-type: none"> • Tight space • Z’s 1 touch for bumpers (Z’s movement along the long to give best angle) • 2 touch / no restrictions for field players 	<ul style="list-style-type: none"> ✓ Team shape in and out of possession ✓ Team movement
	<p>8 v 8 with GK’s to big goals</p> <ul style="list-style-type: none"> • The Game 	<ul style="list-style-type: none"> ✓ All of the above ✓ Adjust to game environment