

# **Training Program**

## **Under 16: Season Plan**

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# U.S. SOCCER - Numbering

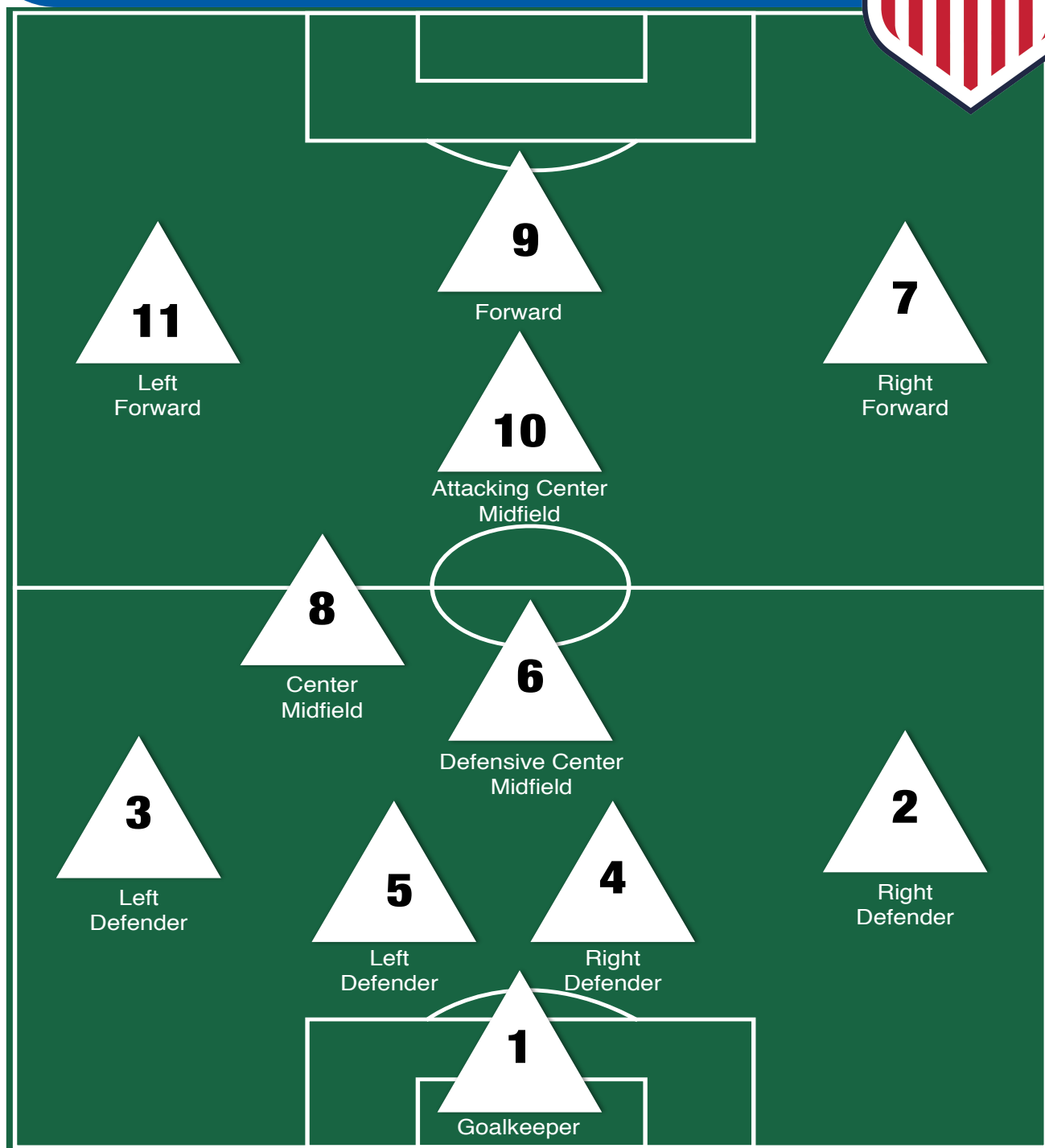
By Gary Stephenson



**US  
YOUTH  
SOCCER**



## U.S. Soccer's Numbering System (GK-4-3-3)





## Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

### Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

### Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

## Double 18 Shot Stopping

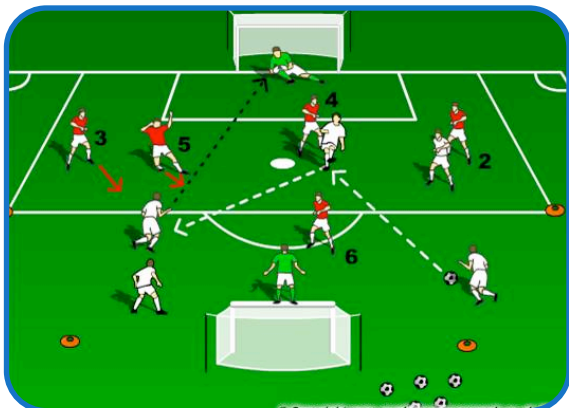
## TECHNICAL WARM-UP

**TRAINING AREA** = 44W x 36L. Build a "second" 18 yard box off the existing 18 yard box. Have the white 18 yard box line serve as the midline between the two zones. In (1) zone = K, #3,4,5,2 v (2) attackers; in the (2) zone = #6 v (4) attackers. Balls always start with white opposition in far grid with (4) attackers. Their objective is to strike on goal, or combine with their (2) attackers. If red team wins possession they can shot on goal, or combine with #6 to go to goal. ALL PLAYERS ARE RESTRICTED TO THEIR SPACE/ZONE

### Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection

*What* - Reading the body shape of the defense; *Who* – GK; *When* - The moment the defense forces the play central or wide; *Where* - In the defending half, as the ball enters shooting range for the opposition; *Why* - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



## SMALL-SIDED ACTIVITY

7v7 to 1 large goal, & 2 small goals.

**TRAINING AREA** = 60W x 55L. Place (1) large goal the end-line, and (2) small goals on the halfway line. Balls always start with white team in possession from the midline. White scores on large goal, red scores on small goals.

### Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection

*What* - Reading the body shape of the defense; *Who* – GK; *When* - The moment the defense forces the play central or wide; *Where* - In the defending half, as the ball enters shooting range for the opposition; *Why* - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



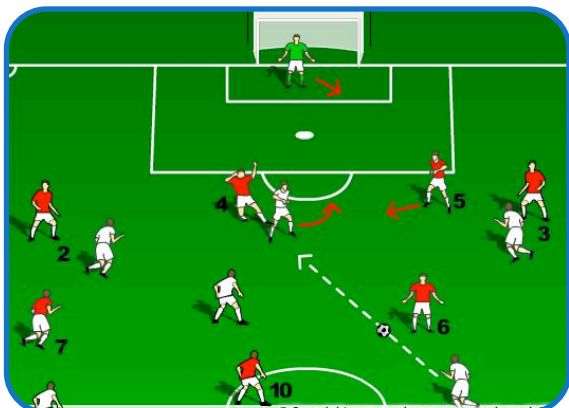
## EXPANDED SMALL-SIDED ACTIVITY

9 v 8 to large goals.

**TRAINING AREA** = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

### Coaching Points

*What* - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; *Who* – GK; *When* - The moment white is in possession; *Why* - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



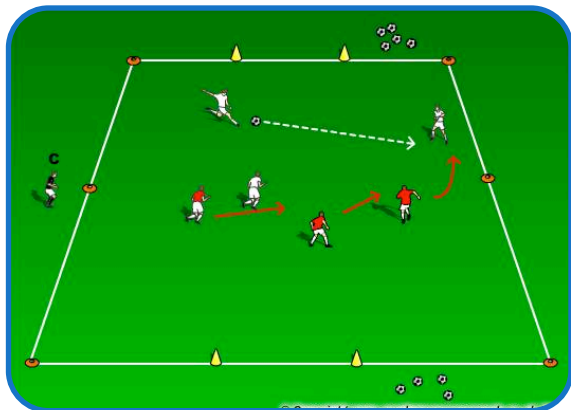
## TECHNICAL WARM-UP

### GK & Back 4 + #6 in Shadow Play

**TRAINING AREA** = Half of an 11v11 field. 6v5 shadow play Play with K, #2,3,4,5,6 in a K-4-1 White team passes the ball around, and "holds" the ball for 3 seconds before they pass until their teammates (Check for correct positioning of Red defenders)

#### Coaching Points

Technical Application of Defensive pressure (angle, distance, speed)  
Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 \*When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



## SMALL-SIDED ACTIVITY

### 7v6 - 6 Goal Game

**TRAINING AREA** = 60W x45L. Place (2) cones on each endline 3 yards apart, making (6) goals for teams to defend & attack. Red team play with K,#2,3,4,5,6,10 Teams score goal by passing/shooting through gate/goal

Technical Application of Defensive pressure (angle, distance, speed)

#### Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 \*When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



## EXPANDED SMALL-SIDED ACTIVITY

### 9v8 to 1 Large goal, and 2 small goals

**TRAINING AREA** = 60W x 80L. Set up (1) large goal on one end line, and on the opposite end play (2) cones 3 yards apart at each end of the endline making two goals. Red team play with K, #2,3,4,5,6,10,9. Red team attack small goals, white team attack large goal

Technical Application of Defensive pressure (angle, distance, speed)

#### Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 \*When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

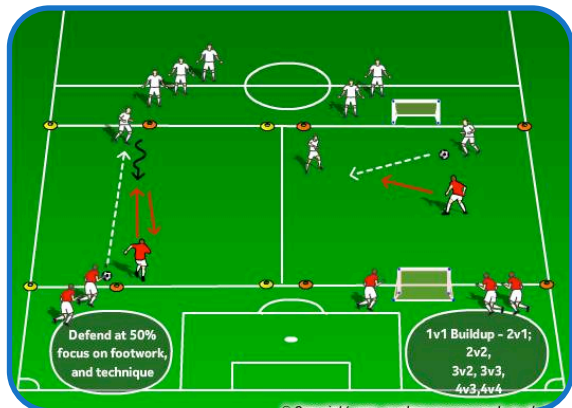




# U16 Week 3

By G Stephenson, Technical Director

Coach team to defend against counter attack once possession has been lost



## Overload Build Up

## TECHNICAL WARM-UP

**TRAINING AREA** = 30W x 30L. Place (1) goal on each end line. Organize 4v4 in each area. Start with 1v1 and progress to 4v4. A new player comes on the field: after a goal, or ball out of bounds. 1v1-2v1-2v2-3v2-3v3-4v3-4v4. Red & white teams score by passing the ball into the goal

### Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support ; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender



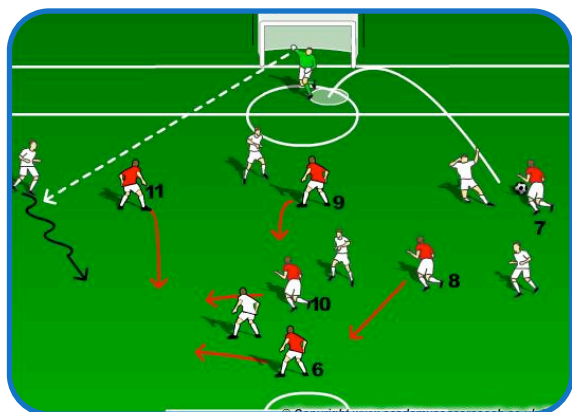
## 6v6 - Big Goal & Small Goals

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 60W x 70L. Place (2) cones in each corner 3 yards wide making (2) goals above the mid-line. Place (1) goal on the opposite end line. Play 6v6 to goal. When red scores, White (server) immediately plays ball back into white team. Red defends, denies penetration, and delays while teammate recovers defensively. Red scores by dribbling through cone goals, white scores by passing/shooting the ball in the goal.

### Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support ; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender; All other defenders recovery run = Behind the ball, preferably behind pressuring defender



## 7v7 - Big Goals

## EXPANDED SMALL-SIDED ACTIVITY

**TRAINING AREA** = 60W x 70L. Place (1) goal on each for the teams to score on. Red & white score by passing/shooting the ball into the goal

### Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Reinforce tactical supporting & recovering defensive movements above



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

# U16 Week 4

By G Stephenson, Technical Director

Coach the #7,#9,#11 to high press up the field



## TECHNICAL WARM-UP

### 3v3v3 High Press Transition

**TRAINING AREA** = 20W x 30L. Build "3 zones" - 20W x 12L 20W x 6L 20W x 12L Coach plays ball into zone for team to retain possession. Functional lines pressure the ball as a group. Defense should win possess and play the ball to the opposite team/grid. The team who loses possession transitions to defend. Team in possession looks to play 10 TOTAL "1-touch" passes while under pressure for a point.

#### Coaching Points

Technical Application of Defensive pressure (angle, distance, speed) When - As the ball travels to the opposition; Why - To limit the options for the player with the ball or receiving the ball



## SMALL-SIDED ACTIVITY

### High Press in Final 1/3

**TRAINING AREA** = 60W x 70L Red team scores on the large goal, the white team scores by passing the ball through the (3) counter goals (flags)

#### Coaching Points

Angle, Speed, and Distance of pressure on the ball AND Angle, Speed, and Distance of support on ball; Who - 1st & 2nd defenders; Where - Above 18 yard box in the final third



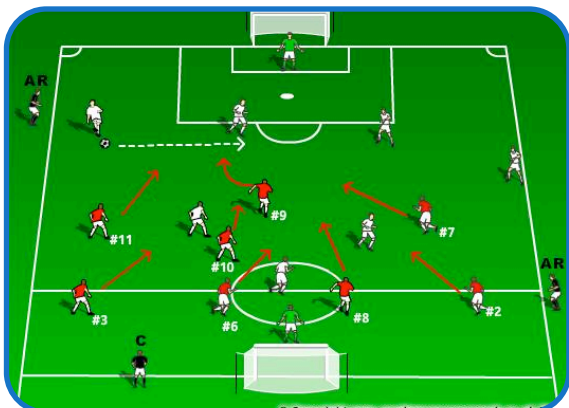
## EXPANDED SMALL-SIDED ACTIVITY

### High Press in Final 1/3

**TRAINING AREA** = 60W x 80L Red & white teams try to score on the large goals. Red team play K-2-3-3 White team play K-4-2-1

#### Coaching Points

What - Angle, Speed, and Distance of support from midfield (3) - #10,#8,#6; Who - #10,#8,#6 \*Where - In support of 1st defender in midfield 1/3; When - As the ball travels and the 1st defender applies pressure



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

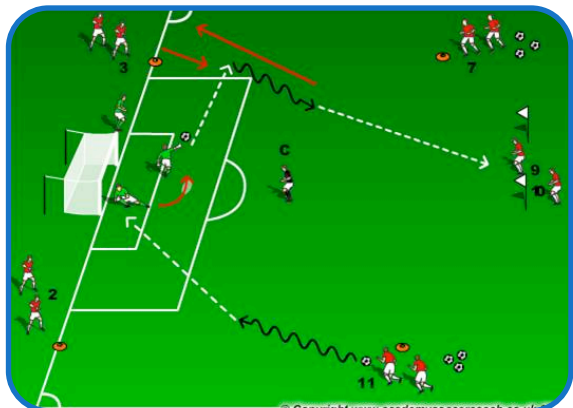


### TECHNICAL WARM-UP

#### Technical Handling & Distribution

**TRAINING AREA** = 60W x 40L. Place (2) cones 40 yards from the goal in the flank area. Place (2) more cones on the end-line in the flank area. Place (2) flags in the center of the space 40 yards from goal. Position #11,7,2,3,10,9 accordingly. Number #11,7 dribble in flank area and provide cross/service to GK. GK makes the save and distributes to the opposite #2/3. #2/3 dribble and make a penetrating pass to targets #9,10. Repeat on each side

**Application of technique** – collection the ball, distribution, and footwork to position for collection; When - As #11/7 dribbles into the channel, shift position & angle to make the save. Then recover to distribute to #2/3; Why - Distributing to the opposite side of the penetration by the offense will allow for increased possession, and opportunity to build from the back.



### SMALL-SIDED ACTIVITY

#### 9v8 to 1 goal & 3 goals

**TRAINING AREA** = 60W x 75L. Place (3) goals on the end-line below the half way line. Place (1) goal on the opposite end-line. Red (9) v White (8). Red scores on (3) small goals, white scores on (1) large goal.

#### Coaching Point

What - Keeping possession by building from the back through the GK; Who - #1 GK & #2,#3,#4,#5 \*Where - #2,#3 push high and wide when GK is in possession. #4,#5 split the 18 yard box when GK in possession; When - As the ball travels to the GK while the opposition is in possession



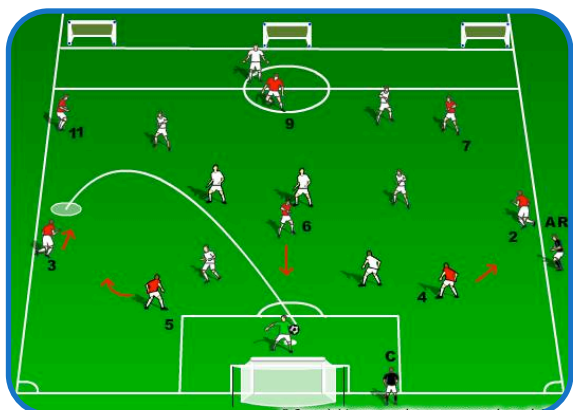
### EXPANDED SMALL-SIDED ACTIVITY

#### 9 v 8 to large goals.

**TRAINING AREA** = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

#### Coaching Points

What - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; Who – GK; When - The moment white is in possession; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



### GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3





# U16 Week 6

By G Stephenson, Technical Director

Develop the ability to recognize when & where to penetrate v possess #6,#8,#10

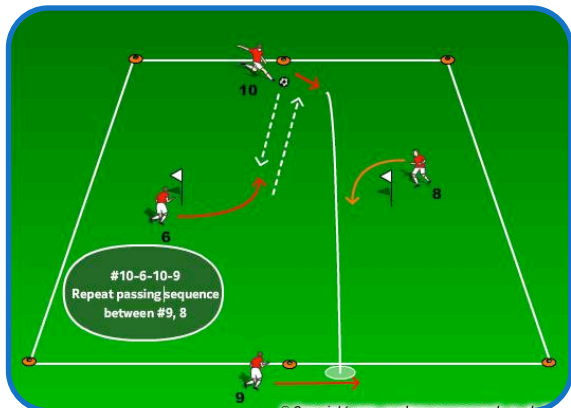


## TECHNICAL WARM-UP

### Penetration & Possession Passing

**TRAINING AREA** = 20W x 30L. Place (2) flags, poles, cones, etc. at the midway point of the space. Place (2) cones at the end of the vertical space. Position 4 players at each marker. Combinations #10-6-10-9. Repeat the pattern with #9-8. Vary the touch restrictions on possession passes, and type of service on the penetration - drive, lofted, curled, instep, etc

**Technical application** of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9 \*When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession



## SMALL-SIDED ACTIVITY

### 6v6 (1) large goal & (2) counter goals

**TRAINING AREA** = 60W x 70L. Play with #6,8,10,7,11,9. Red attacks large goal, white attacks (2) counter goals. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

#### Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal



## EXPANDED SMALL-SIDED ACTIVITY

### 8v8 to (2) large goals

**TRAINING AREA** = 60W x 80L Play with #K,4,6,8,10,11,7,9. Red attacks 1 large goal, white attacks other large goal. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

#### Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal



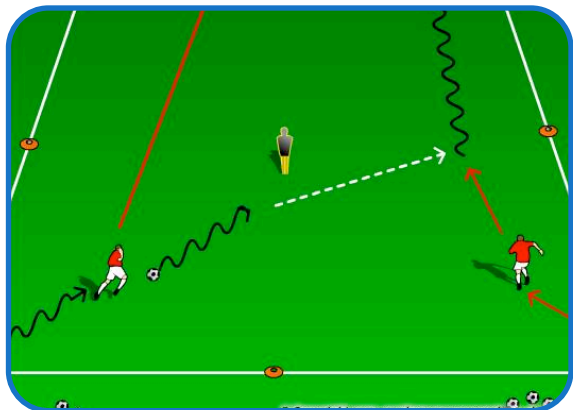
## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3





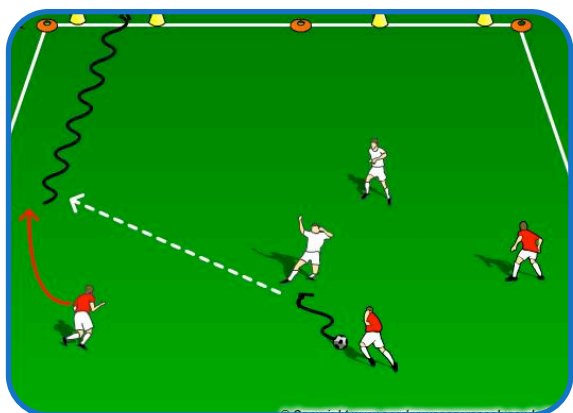
## Technical Combinations

**TRAINING AREA** = 70W x 70L. Place (3) cones across the 18yd box for players (#2,3,4,5,7,11). Position (2) flags centrally in the center circle for players (#6,8,10,9) on either side of the center circle. Place a "gate" of poles 5 yards wide on either side of the half-line & center circle. -Develop various combination patterns to move flank players into attacking areas with & without the ball. The activity on each half, should always focus on the wide players moving through the "gates" through combinations with the central players.

## Coaching Points

Technical application of technique (passing, receiving, supporting the ball); Who - Wide players in K-4-3-3 (#2,3,7,11); When - As the ball travels to the central players (#6,8,10,9); the wide players should initiate their movement without the ball into wide areas

## TECHNICAL WARM-UP



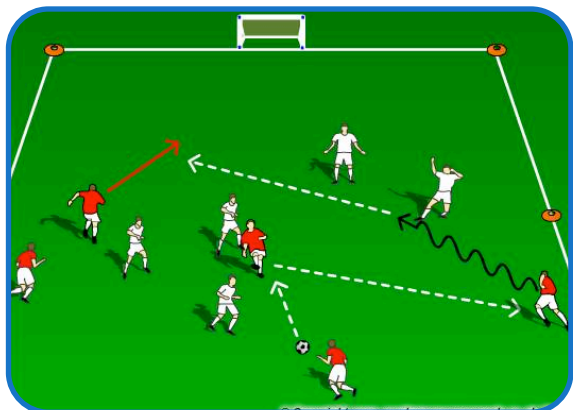
## 3v1; 3v1 +1

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 70W x 60L. Place cones across the mid-line to reinforce the transition from Defensive half to Attacking half. Place (3) Defenders (#4/5,2,3) in the Defensive half, and (1) player in the attacking half (#10 or 9). #8 is able to join throughout the space. Place (2) goals on each side of the end-line making (4) goals total. Each team attacks (2) goals. Points are scored by passing into the goal. Game variations - Wide player can join attack: 1) Dribble penetration from Defensive - Attacking Half 2) Passing penetration from Defensive - Attacking Half 3) Attacking runs penetration from Defensive - Attacking Half

## Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combining with central players and space is available



## EXPANDED SMALL-SIDED ACTIVITY

## 8v8 to 1 large goal.

**TRAINING AREA** = 70W x 70L. Extend the 18 yard box with cones. Place (1) large goal one each 18 yard box. Play 8v8 (no restrictions).

## Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combining with central players and space is available



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

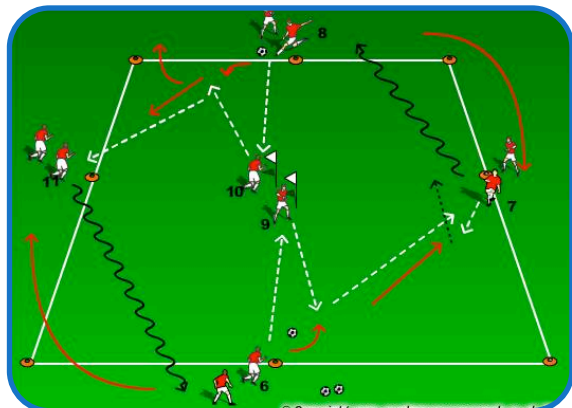
## TECHNICAL WARM-UP

### Front 6 - (#6,#8,#10,#9,#11,#7) Combinations

**TRAINING AREA** - 20W x 30L. Place (4) cones on each side of the space making a diamond. Position (2) flags/poles in the center of the space - offset. Assign positions to players based on attacking direction related to function in game. Possible Combinations: #6-7-6-7-8 #8-10-8-11 #6-7-9-7-8 #8-11-10-11

#### Coaching Point

\*What - Passing, Receiving, and Supporting movements \*Who - #6,#8,#10,#9,#7,#11 \*When - Without the ball as it travels \*Where - At an angle to support the ball, or forward into space for passing options



## SMALL-SIDED ACTIVITY

### 6v5 four goal game

**TRAINING AREA** = 60W x 50L. Play with 25+ yards either side of the halfway line. Position (2) small goals on each end-line in the wide areas, on both sides making a total of (4) goals. Red (6) v white (5). Each team scores by passing the ball into the goals

#### Coaching Point

What - Supporting movements forward, back, and to the side \*Who - The player(s) without the ball \*Where - Defending half - Attacking Half \*When - As the ball travels, before the player receives it



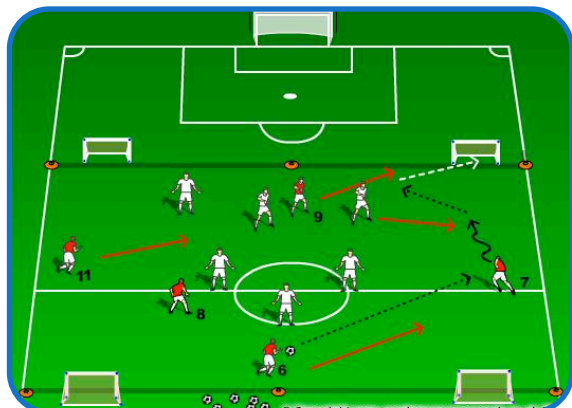
## EXPANDED SMALL-SIDED ACTIVITY

### 8v7 to 1 large goal, and 2 small goals

**TRAINING AREA** = 60W x 70L. Place (1) large goal on the endline, and the (2) small goals on the opposite end line. Red (8) score on large goal, and white (7) score on small goals. GK for red defends (2) goals.

#### Coaching Point

\*What - Penetration v Possess passes \*Who - The player with the ball \*Where - Mid 1/3 - Attacking 1/3 \*When - There is no pressure on the ball and space behind (penetrate), if there is pressure on the ball, and no space behind (possess) \*Why - Maintaining possession effectively in the Mid 1/3 - Attacking 1/3 will help enable more successful chances on goal



## GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

