



Guide to coaching U15s and U16s

What to Coach



Small-Sided Games

- Small-sided games: 1v1 to 11v11 (include unbalanced games)
- Continue to encourage players to play in different positions

- Decision-making in game scenarios



Ball

- Individual skills linked to playing position
- Quick combination play in tight areas
- Finding and using space

- No more than 30 mins heading practice per week/no more than 15-20 headers per player per week



Body

- Help players develop their aerobic ability
- Educate players on injury prevention methods
- Goalkeeper specific physical training



Tactics

- Learn how to play 11v11 using a game model
- Introduce systems of play in attack and defense

- Help players learn their role in attack, defense and transition
- Interchange of positions

How to Coach



Values and Beliefs

- Encourage player ownership and independence
- Allow players freedom to make more decisions
- Recognize individuals develop at different rates



Coaching Approach

- Focus on individual development in a team setting
- Involve players in planning for training and games

- Encourage group goal-setting



Communication

- Encourage players to communicate and solve problems
- Use key words to help players focus and refocus



Individual Player Focus

- Find different ways to include all players in each activity
- Support both early and late developers

Practice Design: Incorporate routines and practice structures

Each coaching guide builds on the content of the previous age-group.
Coaches should use a blend of activities and behaviors that meet the needs of the individuals in their group.