



Guide to coaching U17s+

What to Coach



Small-Sided Games

- Small-sided games: 1v1 to 11v11 (include unbalanced games)



Ball

- Game-based scenarios with small groups of players
- Individual skills linked to a playing position

- Individual skills linked to strengths/areas for improvement
- No more than 30 mins heading practice per week/no more than 15-20 headers per player per week



Body

- Help players understand their own body and how to look after it
- Healthy lifestyle education



Tactics

- Develop understanding of 11v11 game using a game model
- Help players develop tactical awareness
- Prepare players to deliver a game strategy

How to Coach



Values and Beliefs

- Help players lead their own development
- Help develop emotional awareness
- Prevent fall-outs between teammates



Coaching Approach

- Use a variety of practice types including individual positional training and game-based scenarios

- Help players to develop a winning mindset and learn how to win



Communication

- Engage in conversations about tactics
- Help players reflect on the game and their role



Individual Player Focus

- Support players to specialize in one or two positions

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.