



U16 Victor Soccer Club Player Development Season Training Plan

What technical skills should I be teaching my players? When do I start teaching tactics to my team? What goals are realistic for my players to achieve by the end of the season? These are some of the biggest questions youth soccer coaches are confronted with at the start of a new season. Planning your training sessions for the week and for the entire season will help you deliver a more efficient training session on a consistent level. Properly preparing a training session will give the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. Every team and every player has different ability levels and it is extremely important that your practices and training exercises meet the needs of the players at their particular age groups. A good coach is a good planner and I hope both you and your players will benefit from the materials I have put together for you to use!

ORGANIZATION			
Sessions Per Week	2	Session Time	90
Players Per Team	22	Game Time	80
Structure of Training Session		Aspects That Will Help With The Organization Of The Practice	
Warm Up	15	Space – Keep the organization simple. Set your drills up ahead of time Time – Let the practice flow, make coaching points at the right time Rules – Use different rules to adapt the practices, make the exercises age appropriate Number of players – Practices should progress from smaller to bigger groups	
Technical	20		
Small Sided Game	25		
Scrimmage	25		
Cool Down	5		

U16 Season Objectives & Goals

Scrimmage	Development of possession and transition of the ball at speed and quick organization of zonal defending retreat and recovery
Tactical	Application of attacking and defending principles at speed
Technical	Focus on speed of passing and receiving technique as well as ball control in small and big spaces
Physical	Development of aerobic power, speed and explosive strength
Psychosocial	Commitment to teammates in accomplishing specific tasks

BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

Playing short passes at speed in small and big spaces

Coordination of tactical principle movements with teammates at speed

Show good fitness in mid/high demanding aerobic power practices

U16 Training Topic Chart

Using the training topic chart below will provide you with a better idea of what technical skills and tactical skills should be taught for particular age groups. The numbers 1-5 will designate the importance of coaching/teaching the different technical and tactical aspects of the game. For example, a number 5 in passing and receiving means that this element is extremely important to train at that age. **Emphasis Key: 5 = very high, 4 = high, 3 = mid, 2 = low, 1 = very low, 0 = none**

TECHNICAL FOCUS AREAS	
Passing and Receiving	5
Running with the Ball	1
Dribbling	2
Turning	4
Shooting	5
Ball Control	3
Heading	4
1v1 Attacking	3
Shielding the Ball	2
Receiving to Turn	4
Crossing and Finishing	4
1v1 Defending	4

TACTICAL FOCUS AREAS	
Attacking Principles	5
Possession	5
Transition	5
Combination Play	5
Switching Play	4
Counter Attacking	4
Playing out from the Back	5
Finishing-Final Third	5
Defending Principles	5
Zonal Defending	5
Pressing	4
Retreat & Recovery	5
Compactness	3

Sources:

- USYS Player Development Curriculum
- US Soccer Curriculum
- Massachusetts Youth Soccer Curriculum