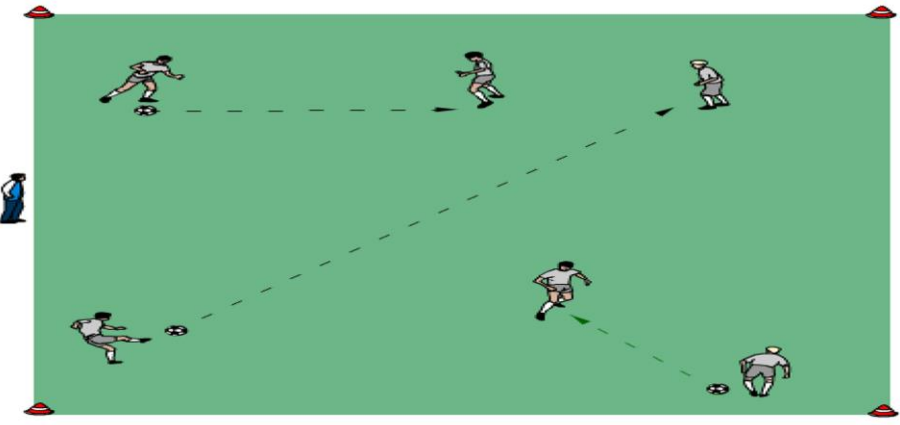
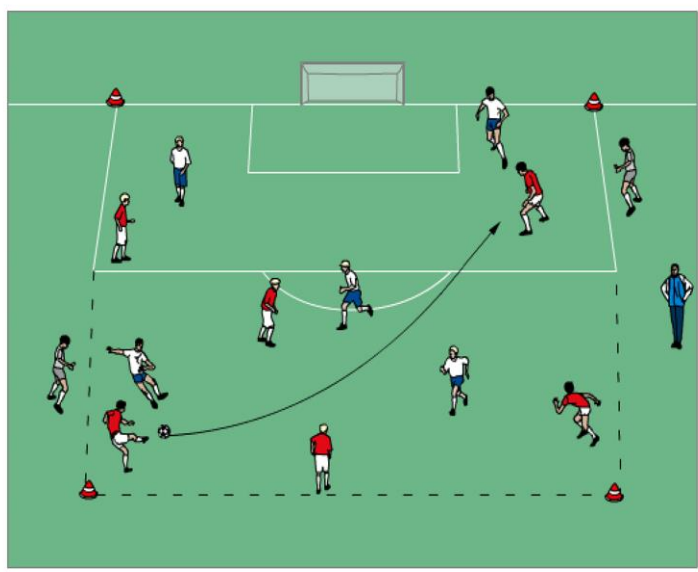


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-Up</p> <p>Any activity involving running and striking the ball with the laces and instep.</p>			<ul style="list-style-type: none"> ~ toes of the kicking foot pointed down ~ ankle of the kicking foot locked ~ swing the kicking leg from the hip ~ strike through the center of the ball for a straight flight
<p>2 6 v 5 to Goal</p> <p>Space: 44 x 36</p>	<p>2 support players (grey) outside area. Opportunities to combine midfield players with strikers and wide players in and around the box. Attack (red) plays 4 (mf) – 2 (for) Defense (blue) plays 3 (mf) – 2 (def)</p> <p>5 passes from defense to targets = goal</p> <p>First to 3 goals wins round.</p> <p>Offside is top of penalty area</p>		<ul style="list-style-type: none"> ~Keep shape in MF ~Use (2) support players when necessary ~Circulate the ball to penetrate centrally or on the flank

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Coaching Advisor



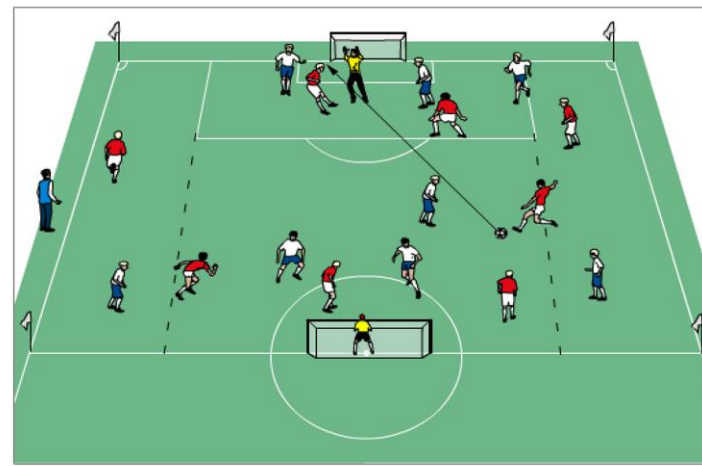
Topic: Wing Play

Age: 16U

3 9 v 9

Field size: 44
+ channel x
half field
Offside 18
from each
goal

Outside defender responsible for wide players (initially)
Outside players responsible for each other (progression)
Goals can be scored at any time within open play
Central MF players should stay central
No one is limited to playing in the channel (it is a guide, only)
Wide defenders should support the wide players
Wide players can attack the goal any way the game presents

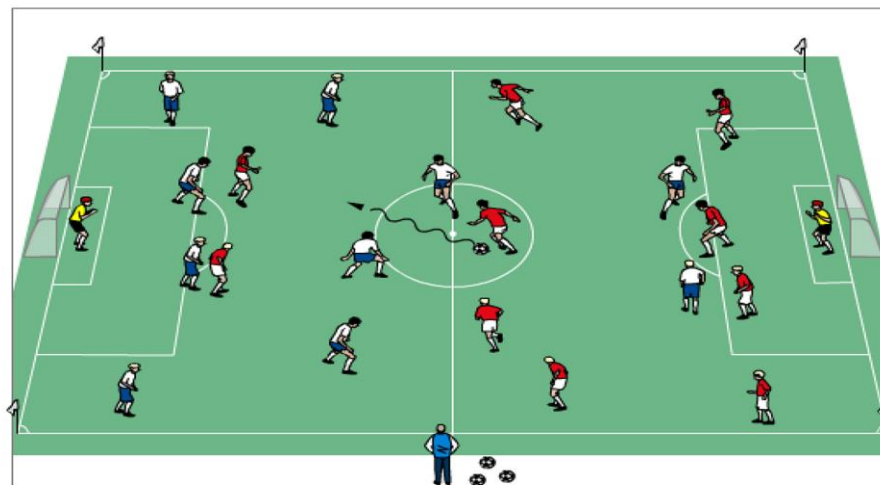


~Wide players get balls to feet or into space behind defender
~Strikers can combine with teammates or turn and beat opponent
~Shape and timing of runs in the penalty area
~Finishing mentality

4 Match

Appropriate
U16 full field

Play an 11-a-side match according to FIFA Laws.



~Balance of central midfield pair when attacking the penalty area
~Speed of play / vision / patience

5 Cool-Down

Light jog / walk

Attend to any injuries

Fluid replacement

Static stretching