

# RIO RAPIDS SOCCER CLUB

## U15-U19 Age Group Objectives

<b>Objectives</b>	<b>Technical</b>	Refine basic and advanced soccer techniques - both feet
	<b>Physical</b>	Develop strength, power, aerobic & anaerobic conditioning
		Understanding of recovery, warm up & cool down
	<b>Psycho-Social</b>	Self discipline & competitiveness
	<b>Tactical</b>	Understanding of collective decision making - technical & tactical
Understanding of roles and responsibilities		
<b>Organization</b>	<b>Players per team</b>	16-22
	<b>Sessions per week</b>	3 or 4
	<b>Training to game ratio</b>	3:1
	<b>Session time</b>	90 minutes
	<b>Game format</b>	11v11
	<b>Session structure</b>	Technical warm-up activity related to phase/theme/principle - 20 minutes
		Physical warm-up and injury prevention (dynamic stretching, FIFA 11+) – 10 minutes
		Whole activity focused on phase/theme/principle - 20 minutes
		Part activity focused on phase/theme/principle - 20 minutes
		Small sided game focused on phase/theme/principle - 20 minutes
<b>Recommended minimum playing time</b>	Determined by the coach	
<b>Recommended playing positions</b>	Primary role and functions	
<b>Recommended min. coaching license</b>	Premier Track-B License; Academy/Club Track-D License; Team Track-E License	



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### Attacking

Possession to Progress	Possession to Imbalance and Penetrate	Finishing
Playing shape - angles of support	Combination play	18 Yard box movement
Switching point of play	Runs from behind the ball	Crossing & service
Breaking and playing through lines	Runs from in front of the ball	Combination play
Threatening direct channel - narrowing opponent	Drawing & influencing defenders	Shooting
Stepping out of defensive line with ball - CD/OD	Switching point of attack	Finishing
Skipping midfield line - in build up play	Hold up play & link play	1v1 Attacking
Positive first touch & positive passing	1v1 Attacking play	2nd Phase attacking - following shots
Speed of play - ball movement	Disguised passes/reverse passes	2v1 Attacking
Individual space creation with & without ball	Attacking shape	
Collective space creation	Positional interchange	<b>Attacking Set Pieces</b>
Positional interchange		Delivery & service
	<b>Attacking Transition</b>	Organization & shape - shape behind ball
	Positive play - forward & central	Player movement & responsibilities
	Movement in front of ball	Second phase - organization
	Supporting runs	

### Defending

Defending to Deny Penetration	Defending to Deny Progression	Defending in Transition
Back 4 shape - zonal defending	Pressing mentality	Denying direct channel - central block
Back 6 shape - zonal defending	Pressing shape/organization	Lines of recovery & commitment to recovery
Back 8 shape - zonal defending	Cues to press	Rebuilding defensive shape
Horizontal & vertical compactness	Shape behind press & reactions	
Organization to defend central areas	Counter attacking play	
Organization to defend wide areas	Lines of recovery & resetting press	
Defending overloads - overlaps, inside out & outside in runs	Collectively limiting opponents playing space - locking play	
Goalkeeper role in defensive organization		
Midfield 4 shape - defending in 1 line or 2	<b>Defending Set Pieces</b>	
4-2-3-1, 4-1-4-1, 4-4-2	Shape/organization	
Role of holding midfield players	Principles of marking	
Roles when ball in behind midfield line	Clearances - heading & volleying	
Doubling down	Second phase organization	
Tracking runners from midfield areas	Counter attacking	

