

The U-19 Age Group

Development of Functional and Team Play

Fulfillment of a player's potential depends on his/her own efforts, the support of his/her teammates and the unselfish guidance of player's coach. Each player must be exposed to a playing and training environment, which extends technical, tactical, physical and psychological capabilities to the limit. A sound understanding of the game's principles and concepts are a must have. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and games are a must.

A. COACH

Charismatic, well informed, up to date, experienced, knowledgeable, articulate, disciplinarian, No doubts about coach authority; Managerial know-how.

Recommended License: "B" License or higher

B. TECHNIQUE:

Mastered skills leading to artistry: All at the speed under match conditions- Demanding excellence. Individual skill covered during warm –up and competitive situations.

C. TACTICS:

Increase tactical speed (decision making). Increased pressure and competition. Having the ability to change and adapt to game dynamics, up or down a goal, management of the clock and flow of the game.

Individual Tactics:

Attacking:

A good deal of time spent in functional training environments

Decisions based on thirds of the field

Comfort in playing in the different areas of the field/team (back, middle, front, center, and wide).

Confidence to hold possession as an individual and solve problems at the individual level.

Defending:

Clear understanding of how the quality of pressure affects the ability of the team to defend

Decisions based on thirds of the field.

Comfort at playing two different positions

Small Group Tactics:

Attacking:

Improvisation/deception encouraged

Advanced understanding of combination play and how to combine to break down a defense

Balance of possession and penetration with a purpose to score goals

Recognize opportunities to penetrate with by a variety of means

Attacking in groups of 3 (forwards, midfielders and defenders)

Defending:

Pressure, cover, balance
Control of the game's speed and direction due defending decisions
Recognition of double team opportunities
Defending in groups of 3 (forwards, midfielders, and defenders)

Team Tactics:

Understanding of lines and linkage. Positional and Team needs.

Attacking:

Comfort with direct and indirect styles of play
Combinational with tactical implications
Sustained possession as a means to break down the opponent's defense
Speed of play: the game is faster and more physical
Creativity, quality of final ball to beat backs
Understanding how and when to counter attack
Serving runners in the box
Organizing the box with runners (penetration, width and support)
Decisions based on thirds of the fields
Set plays (80% success rate: where we get: 1. Goal, 2. Shot on Goal, 3. Corner Kick)

Defending:

Comfort with "high pressure" and "delayed high pressure" styles
Understanding of zonal and man-to-man marking play
Goalkeeper as the last defender
Keeping good team compactness
Stopping the counter attack
Decisions based on thirds of the field and different systems of play
Pressing (when and where to pressure, channel, and dictate defensively)

D. PHYSICAL:

Fitness work with and without the ball
Flexibility-Static stretching after training/ matches
Dynamic Flexibility-partner stretching
Importance of discipline for warm-up and cool-down
Endurance-aerobic and anaerobic
Strength-upper and lower body. Core strength and stability
Balance
Nutrition-proper diet-pre-game, post-game, tournaments, etc...
Prevention and care of injuries
Importance of rest/recovery-schedule issues relative to the physical demands

E. PSYCHOLOGICAL:

Increased concentration
Leadership/increased player responsibilities
Discipline
Accountability

Goal setting

Respect for the game

Self confidence, self motivation-goal setting

Vary program-satisfy player's urge for competition

Will to win. Mental Toughness/competitive Mentality

Establish pre practice and pre game routine (as individuals and teams)

Encourage players/teams to watch professional and national team games on TV.

Playing numbers: 11 v 11 (with goalkeepers)

Recommended Formation: 4-4-2 or 4-3-3