

# U14 - 17 Coaching Guide – Tips to help for training

Insert LOGO  
here!

## Welcome

5 mins

## PASSING PRACTICE

10 mins

1. Welcome the players, an arrival activity such as a small game that uses the skill of the week is a great idea!
2. This is where the theme of the session is used to stimulate the physical and mental side of your players, include elements of decision-making with no 'stop-start coaching'.

**Coach is:** Encouraging      **Players are :** Warming Up and playing

## POSITIONING GAME

20 mins

1. Focus on support play to create options for the player on the ball, triangles, include anticipation and communication.
2. Think about how you can you provide positive verbal feedback, while giving lots of repetition.

**Coach is:** Guiding      **Players are:** Learning and playing

## GAME TRAINING

20 mins

1. Let them play! Set up a real small-sided game, maybe play another team next to you?
2. As coach, step back and observe whether your players are enjoying themselves maybe even trying the skill you practiced earlier. Relax and enjoy!

**Coach is:** Observing      **Players are:** Playing and having fun!

## TRAINING GAME

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1. Let them play! Set up a real small-sided game, maybe play another team next to you?
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**Coach is:** Observing      **Players are:** Playing and having fun!

## Wrap Up

5 mins

### S

**SAFE** (Physically & Emotionally)  
Field safe? Lightning? Over 32°? Try new things? Bullying?

### O

**ORGANISED**  
Are you prepared? Session plan? Setup prior? Gear?

### C

**COACHING STYLE**  
Coach on the run, feedback in breaks, ask questions

### H

**HOW YOU SCORE / WIN**  
Use a demo to explain, increase chances to score

### A

**AREA**  
Increase / decrease size or shape of playing area

### N

**NUMBERS**  
Use different team numbers, 6 vs 4 or use jokers

### G

**GAME RULES**  
Number of passes or touches before a shot or pass

### E

**EQUIPMENT**  
Bigger / smaller goals, more goals

### I

**INCLUSION**  
Everyone involved, engage players in modifying session

### T

**TIME**  
Reduce / extend the time to increase motivation

# U14 – U17 Coaching Guide – Tips to help on Game Day

Insert LOGO here!

## PRE - GAME

1. Try an activity or exercise you have played or practiced at training with everyone involved
2. Encourage players to try things you have practiced at training, i.e. dribbling or passing or support play

## HALF - TIME

1. Let them have a quick drink and rest
2. Highlight positive player actions and efforts such as “Jesse, I loved the way you dribbled into the space”  
“Olivia, you are trying really hard today”  
“Lets see how well we can play as a team”

## DURING GAME

1. Encourage all the players to be involved, and to try their new skills. Little to NO coaching from the sideline, allow players to make their own decisions.
2. Let them play! – Be positive or be quiet!

## AFTER GAME

1. 3 cheers for the referee and other team, shake hands, reinforce the great effort players made, also noting players trying new positions, Goal Keeper!
2. Remind them when training is next, who is on oranges / snacks next week?

1

### CONTROL the BALL

Away from the defender, don't kick the ball – pass it!

2

### PLAYER ROTATION

Players to play different positions across the season

3

### EQUAL GAME TIME

Equal game time for all players should be the goal

4

### CPR for Football

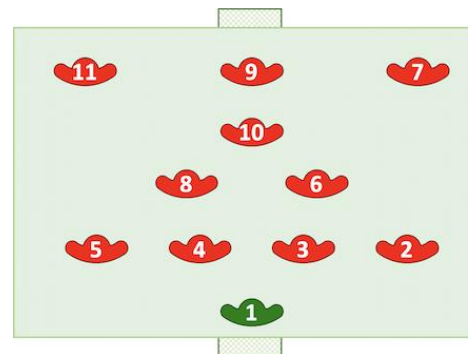
Encourage the players to **Control – Pass – Run**

5

### PLAYING OUT FROM THE BACK

Importance of the goal keeper and building up play

### 11 vs 11 (1-4-3-3)



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2. This is where the theme of the session is used to stimulate the physical and mental side of your players. Look to include elements of decision-making with no 'stop-start coaching'.

**Coach is:** Encouraging      **Players are :** Warming Up and playing

## POSITIONING GAME

20 mins

1. Gradually increase opposition to challenge your players in a realistic football game scenario.
2. Think about how you can you provide positive verbal feedback, while giving lots of repetition.

**Coach is:** Guiding      **Players are:** Learning and playing

## GAME TRAINING

30 mins

## Wrap Up

5 mins

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**Coach is:** Observing      **Players are:** Playing and having fun!

### Is training Engaging?

Are all the players involved in the session? Avoid Long Lines, Lectures and Laps.

### Is training Enjoyable?

Are your players smiling, laughing, enjoying themselves?

Keep it simple, keep it fun!

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