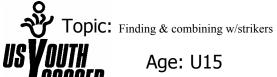
Author: Tom Turner



National Youth License

Lesson Plan



Age: U15

Activity Name	Description		Diagram Pu		rpose/Coaching Points	
1 Warm-up: Players re 2 Activity #2				take c thems		
Organization: Playing Rules: X/T starts each build up. X\T can pass to the strikers (on the ground), but not on the first ball. 4/5 passes to X/T from O = goal. Play rounds to two or three goals. 2 corners = goal - Don't take corners!	18 yds ~10-15 yds ~20-25 yds	O X O O X 44 yds		ers min D cc rs can be A o 3v4 to bu ween ne	Coaching Points Vision and patience to pick out the strikers. Strikers create space to show for balls to feet, or make diagonal runs into channels. Develop combination ideas. Attack with speed, but recycle as necessary when attack stalls.	
	X/TX/TBalls on the ground to the strikers trigger the end of the build-up and the beginning of the attack.Midfield players can/should combine with strikers.Play out each attack to its natural conclusionMaintain midfield balance in attack.					

Author: Tom Turner National Youth License **Topic:** Finding & combining w/strikers Lesson Plan Age: U15 3 Activity #3 Organization: GK Defenders should not ~24 yds General organizational be restricted to playing rules, as Activity #2 on the midfield zone. In the building-up area, above. play between 4v3 and 4v5, as necessary, to Offside inside final balance success and area challenge. Be careful of No offside in build-up $\sim 30 \text{ yds}$ 0 "requiring" balls be 0 0 Х Х played to forwards; area allowing midfielders to get forward as the game 0 0 Ο dictates should open up Х natural options to the Х 0 Х strikers. Х X/TX/T 4 Activity #4: 11v11 **Regulation** pitch Add a "no press" zone at Play by FIFA Laws of 20yds from half way to the Game. develop more frequent possession in the back/midfield. No press rule applies to GK possessions and outbound throw-ins 5 Cool-Down Rhythmic exercises at a slow pace. Static Lower the heart rate to Rehydrate! stretching exercises. below 100 beats per

minute.