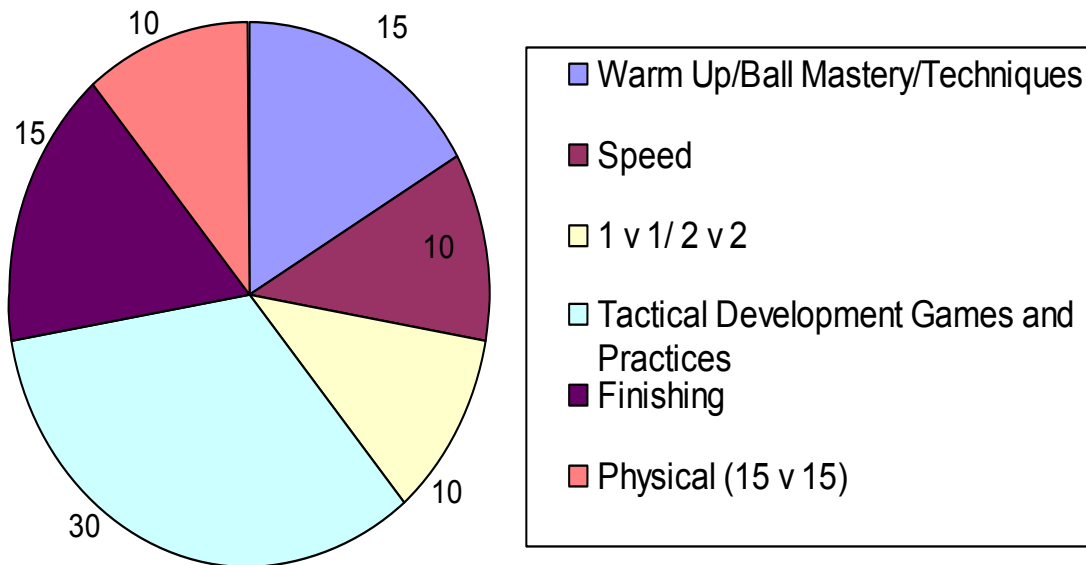


U15 & U16 SESSION PLANNER

SESSION OUTCOMES

1. Exercises that improve physical, technical, mental speed
2. Advanced Ball Mastery in warm up for reinforcement and interval training.
3. Tactical Development, defined as group dynamics that utilises systems of play for a predicted outcome.
4. Team Tactical Development games that challenge players decision making processes and reinforce the techniques under full game pressure. Reinforcement of tactical understanding.
5. Physical development of aerobic and anaerobic systems through 15/15 principle of interval training.



TRAINING FACTORS

The duration of the session is to be 90 minute in length. High dynamic coaching sessions that incorporate team tactical development that reinforces technical skills in full game situations. Physically demanding sessions that progress each week based on the overload principle with period of recovery.

Tactical Development Topics:

- Creating and scoring goal
- Team defending
- Width and overlapping play
- Set plays

GROUP PLAY: (POSS / FBA / MULTI / COND/ 11 v 11 Phase Play)