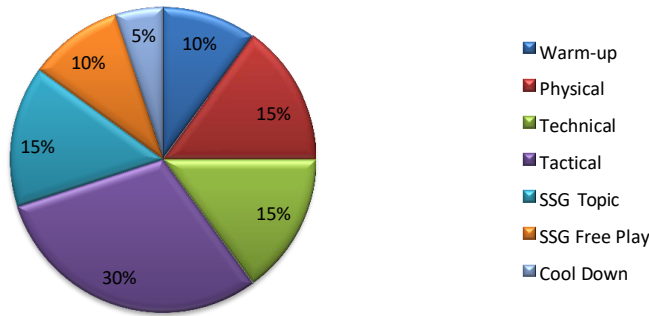




U17 - 18 SENIOR SHOWCASE

Session Structure



2016 U17 Senior Showcase/U18 Senior	
Playing Format	11v11
Lead Coach Requirement	Pre B + RIS – Ideally Provincial B
Assistant Coach Requirement	S4L + MED + RIS or Old Senior + RIS – Ideally Pre B
Training Session Length	90-120 minutes
Game Day Squad Size	18 maximum
Substitutions	Unlimited
Training to Game Ratio	3:1
Training Hours Per Week	6.5
Game Duration	2x45 minutes
Program Length	44 weeks
Maximum Games Outdoor Session	TBD
Ball Size	5
Referees	Full Crew
Field Size	FIFA
Goal Size	FIFA
Standings and Scores	Yes
Throw-ins	Yes
Offside	Yes
Travel	4 Away

Physical Literacy	Technical	Mental/Emotional	Small Sided Games	Tactical - Attacking	Tactical - Defending
Fitness and recovery tailored to individual needs	Technical speed and decision making prior to having the ball. Speed between actions.	Self-talk, goal setting, mental preparation, visualization and relaxation exercises	1v1-8v8	Perfect decision making while dribbling, running with the ball and the player's next action	Refine principles of zone defending in and around penalty area
Advanced soccer specific movement to enhance agility, balance, reaction and coordination	Refine dribbling and running with the ball from a specific position under pressure	Motivation to work independently	Multi Directional Games	Refine switching play, varying rhythm of play, possession and build-up	Refine cover, compactness and concentration
Speed, quickness and acceleration in warm-up	Refine passing techniques under pressure of all types of service. Quality execution	Self-Esteem and Peer Acceptance	Multi Target Games – goals, gates, end zones	Refine wing and central play and perfect overlapping and penetrating runs	Perfect decision making on when and how to intercept the ball
Resistance Training	Refine shooting techniques and intelligence under pressure	Competitiveness	Uneven numbered games	Maintaining dispersal with interchanging positions	Refine Shifting the block and no crossing runs of defenders
Strength Training	Perfect 1v1 defending and understanding of when to delay and when to challenge. Separation.	Self Discipline		Refine 2-3 player combinations with accuracy	Refine Cohesion between the 3 lines of midfield, defenders and strikers
Plyometric Training	Refine defensive heading and when and how to clear the ball	Commitment and dedication		Refine decision making on when, where and how to pass	Refine line of confrontation and restraint
Flexibility and mobility	Refine different types of crosses	Communication		Perfect creating space for self and teammates	Perfect proper recovery runs and repositioning to regain balance
Speed-endurance		Leadership and Team Management		Refine decision making on cross choice	Refine how to pressure to prevent counter-attack
Educate on sleep habits		Personal responsibility and decision making		Refine striker movement and combination play with midfielders	Perfect pressuring an opponent in a position to shoot
Monitor nutrition and hydration		Managing distractions		Refine creating numerical advantage	Perfect individual tasks in zonal defending and group play
Speed training				Refine Attacking Set Play	Perfect ways of preventing a cross
Educate on injury prevention				Refine counter-Attacking	Refine doubling up