

Tri-City United

U15/U16 Development Standards

Train to Compete Phase



Skills:

- Dribbling mastery under pressure
- Long passes into final third
- Variety of passes into final third
- Early vs. late crosses
- Receiving across body with the inside of foot—clean away from pressure
- Receiving aerial balls
- Increase focus on heading to score
- Touch tight defending with increase physical demands using body to win the ball back
- Crossing with variety of surfaces (increase driven balls) and to a variety of locations
- More precise finishing (when to use instep vs. inside)
- Headers and volleys to score, pass, win balls

Decision Making:

- Reading defensive shape—recognition of numbers up
- 11v11 and Number System - Deep understanding of 1-2 functional roles
- Dribbling to commit an opponent to create space (2v1)
- Creating space (2v1)
- Using width to attack flanks
- Switching the point of attack with efficiency
- Diagonal passes into final third
- Playing efficiently from one third into another
- First touch where you want to take it with speed
- Transition, counter attack quickly if able
- Switching positions and attacking runs
- Speed of play/controlling match tempo
- Buildup or counter—Press or defend in block
- Collective defending
- Field player communication
- Set pieces (long and short/quick)
- Tactical adjustments during run of play
- Post-match analysis (individual and team) - video as able

Psychology

- Self-Reflection and begin goal orientation
- Self and team accountability
- Functional specialization (deep understanding of 1 or 2 roles)

Fitness

- Plyometrics
- Weight training—increase focus on core
- Interval and recovery training
- Speed, quickness and agility training
- Continued aerobic and anaerobic training

Training Standards:

- Pool training by ability level
- Realistic and experiential (game-like) - Can increase functional training
- 90-120 sessions per year (includes high school)
- 3–4 times per week
- GK—Separate functional training (30-50 hrs/yr)
- Majority of training 4-12 players per ball
- 90-105 minutes per session is ideal

Game Standards:

- 11v11 to goals with Goalkeepers
- 5-10 friendlies per year
- 30-40 games per year
- 4-6 tournaments would be ideal, but geography may require more
- TCSL (Cities League) - Top level in age group
- Regional event—Top level in age group
- Local league (within an hour drive)