
OVSL Coaches' Guide – U15

Fall 2018 – Age Coordinator: Steven Hollis (614-208-8056)



Featuring Training Program by Warren High School Soccer and US Youth Soccer

U15 AGE GROUP

BASIC RULES

1. **Number of Players:** 11v11 including goalkeeper. Belpre teams may play with a 12th player per BSC's "Ghost Player" rule.
2. **Periods:** 25 minute halves with MSL, 30 minute halves with BSC
3. **Substitutions:** unlimited substitutions can take place at any play stoppage. The referee must be made aware that substitutions are taking place and signal the players to the field. **All bench players must remain seated** until they are prepared to sub into the game. All substitutes must enter the field at the center-line.
4. **Positions:** at this point, players may be comfortable with specific positions. It is not required that every player try each position, but moving players around is encouraged. No player in this age group is a finished product, let's teach them all that we can. Goalkeeper may play the whole game, but ½ is encouraged.

GOALS

1. **This young age group is all about having fun and starting to execute strategies and tactics:** Play may still quick-paced and chaotic, but the field space will allow for more mindful possessions. The most successful teams will have an understanding of each position's role in the attack and defense.
2. **Understanding the Game:** Players at this point should all be comfortable dribbling, even under pressure. They should also be able to make good passes to open teammates, even on the move. Teach players how to be physical without fouling and to celebrate their goals without taunting their opponents.

EQUIPMENT

1. Size 5 ball: every player should have their own ball for practice
2. Water: for every practice and game
3. Cleats: Cleats must be soccer-specific. Baseball cleats and football cleats are not safe for play.
4. Shin Guards: shin guards must be worn UNDER socks.
5. Jewelry: jewelry and accessories (earrings, necklaces, etc) are not to be worn on the field.
6. Uniform: shirts and socks for games will be provided
7. Goalkeepers should wear gloves at this level, though it isn't a requirement

PRACTICES

1. Each team should practice once or twice per week (weather permitting).
2. Field space is limited for the U15 teams. Warren High School organized sports always have priority for all of OVSL's field space. This generally isn't an issue in Spring seasons, but can be restrictive in the Fall. Field space is also usually shared with the U12 age group. U15 coaches should coordinate practice schedules to work around the other age groups as best they can.
3. The Warren High School soccer programs sometimes offer use of their mobile full-sized goals. These will not always be available. Please take special care with any borrowed equipment.



U15 Training Program

Andy Pinkerton, Head Coach Warren High School Girls Soccer

U15 MAIN OBJECTIVES:

- Use of both feet for all aspects of game (trapping, dribbling, passing, and shooting)
- Application of dribbling moves beat a defender during game situations
- Passing and receiving across their body with the inside of the foot utilizing proper technique
- Movement in and out of space (with and without ball)
- More accurate awareness of roles and responsibilities in transition
- Applying defensive pressure/containment (pressure, cover, balance)
- Continue to focus on receiving air balls with chest, thigh, foot, and head while using proper form

COMPONENTS OF THE GAME

- **Fitness:** Power, vertical jump, body composition, plyometric exercise, agility training with and without the ball, range of motion exercises especially during the warm-up and cool-down
- **Technique:** Chipping to score and airborne kicking: controlling flighted passes, forward volley, scissors volley, etc. For the goalkeeper: backwards diving, saving the breakaway, all forms of distribution, narrowing the angle and improve reaction saves
- **Psychology:** Personal accountability, drive, courage, sacrifice in order to achieve one's best, sportsmanship, parental involvement, how to play, emotional management and communication
- **Tactics:** Should be developing the ability to adapt tactics during the flow of play and key players should be able to dictate the rhythm of the game. Practice playing on, around and away from the ball with purpose, group tactics, the role of the 3rd attacker, principles of attack and defense, diagonal passing, dribbling and off-the-ball runs, wing play, overlapping runs, defending in the midfield and attacking thirds, all possible set plays, match analysis and switching the point of attack. For goalkeepers: command out to the penalty spot, initiate the attack, provide support on the attack to the fullbacks, recognize pressure on and off the ball and team organization when defending against free kicks

TYPICAL U15 TRAINING SESSION

- Approximately 90 minutes
- Warm-up, small group activities, range of motion stretching; approximately 15 minutes
- Use large group activities (six to eight players) to introduce team activities (Technical Warm-Up Activity); approximately 15 minutes
- Continue with directional games (Small-Sided Activity) - Play to targets and/or zones - Functional training; approximately 30 minutes
- Conclude with an Expanded Small-Sided Activity or 9v9 scrimmage (Game), two goals and goalkeepers; approximately 20 minutes
- Finish with cool-down activity, including static stretching; approximately 10 minutes
 - All activities should be challenging, motivating, and involving transitions
 - Sample training drills/activities are attached to this document

Technical Warm-Up Activities



3v3v3 High Press Transition

TRAINING AREA = 20W x 30L

Build "3 zones" - 20W x 12L 20W x 6L 20W x 12L Coach plays ball into zone for team to retain possession. Functional lines pressure the ball as a group. Defense should win possess and play the ball to the opposite team/grid. The team who loses possession transitions to defend. Team in possession looks to play 10 TOTAL "1-touch" passes while under pressure for a point.

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed) When - As the ball travels to the opposition; Why - To limit the options for the player with the ball or receiving the ball



Double 18 Shot Stopping

TRAINING AREA = 44W x 36L

Build a "second" 18 yard box off the existing 18 yard box. Have the white 18 yard box line serve as the midline between the two zones. In (1) zone = K, #3,4,5,2 v (2) attackers; in the (2) zone = #6 v (4) attackers. Balls always start with white opposition in far grid with (4) attackers. Their objective is to strike on goal, or combine with their (2) attackers. If red team wins possession they can shot on goal, or combine with #6 to go to goal. ALL PLAYERS ARE RESTRICTED TO THEIR SPACE/ZONE

Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Where - In the defending half, as the ball enters shooting range for the opposition; Why - Reading the defensive body shape and being prepared will allow the GK to position themselves more efficiently to make more saves



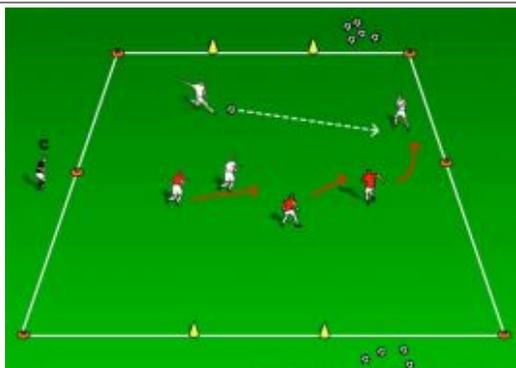
Front 6 - (#6,#8,#10,#9,#11,#7) Combinations

TRAINING AREA - 20W x 30L

Place (4) cones on each side of the space making a diamond. Position (2) flags/poles in the center of the space - offset. Assign positions to players based on attacking direction related to function in game. Possible Combinations: #6-7-6-7-8 #8-10-8-11 #6-7-9-7-8 #8-11-10-11

Coaching Points

What - Passing, Receiving, and Supporting movements Who - #6,#8,#10,#9,#7,#11 When - Without the ball as it travels *Where - At an angle to support the ball, or forward into space for passing options



GK & Back 4 + #6 in Shadow Play

TRAINING AREA = Half of an 11v11 field.

6v5 shadow play. Play with K, #2,3,4,5,6 in a K-4-1 White team passes the ball around, and "holds" the ball for 3 seconds before they pass until their teammates (Check for correct positioning of Red defenders)

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed) Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession

Technical Warm-Up Activities



Overload Build Up

TRAINING AREA = 30W x 30L.

Place (1) goal on each end line. Organize 4v4 in each area. Start with 1v1 and progress to 4v4. A new player comes on the field: after a goal, or ball out of bounds. 1v1-2v1-2v2-3v2-3v3-4v3-4v4. Red & white teams score by passing the ball into the goal

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support ; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressing defender



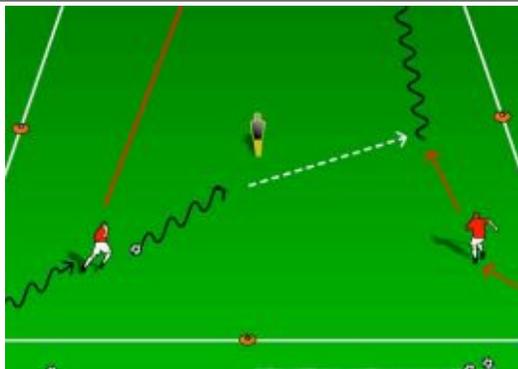
Penetration & Possession Passing

TRAINING AREA = 20W x 30L

Place (2) flags, poles, cones, etc. at the midway point of the space. Place (2) cones at the end of the vertical space. Position 4 players at each marker. Combinations #10-6-10-9. Repeat the pattern with #9-8. Vary the touch restrictions on possession passes, and type of service on the penetration - drive, lofted, curled, instep, etc.

Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9 *When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession



Technical Combinations

TRAINING AREA = 70W x 70L

Place (3) cones across the 18yd box for players (#2,3,4,5,7,11). Position (2) flags centrally in the center circle for players (#6,8,10,9) on either side of the center circle. Place a "gate" of poles 5 yards wide on either side of the half-line & center circle. -Develop various combination patterns to move flank players into attacking areas with & without the ball. The activity on each half, should always focus on the wide players moving through the "gates" through combinations with the central players.

Coaching Points

Technical application of technique (passing, receiving, supporting the ball); Who - Wide players in K-4-3-3 (#2,3,7,11); When - As the ball travels to the central players (#6,8,10,9); the wide players should initiate their movement without the ball into wide areas



Technical Handling & Distribution

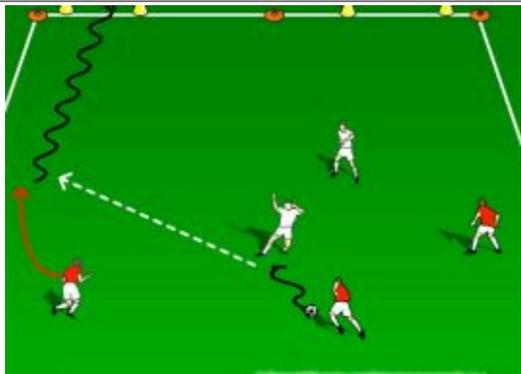
TRAINING AREA = 60W x 40L

Place (2) cones 40 yards from the goal in the flank area. Place (2) more cones on the end-line in the flank area. Place (2) flags in the center of the space 40 yards from goal. Position #11,7,2,3,10,9 accordingly. Number #11,7 dribble in flank area and provide cross/service to GK. GK makes the save and distributes to the opposite #2/3. #2/3 dribble and make a penetrating pass to targets #9,10. Repeat on each side

Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection; When - As #11/7 dribbles into the channel, shift position & angle to make the save. Then recover to distribute to #2/3; Why - Distributing to the opposite side of the penetration by the offense will allow for increased possession, and opportunity to build from the back.

Small-Sided Activities



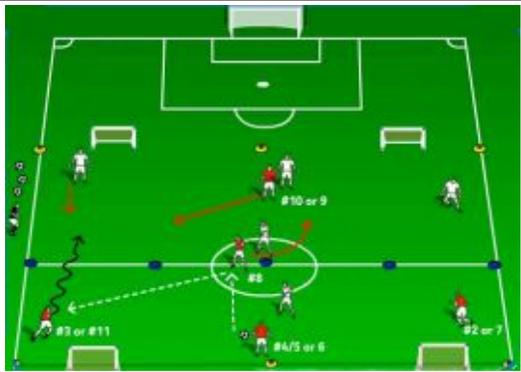
3v1; 3v1 +1

TRAINING AREA = 70W x 60L

Place cones across the midline to reinforce the transition from Defensive half to Attacking half. Place (3) Defenders (#4/5,2,3) in the Defensive half, and (1) player in the attacking half (#10 or 9). #8 is able to join throughout the space. Place (2) goals on each side of the end-line making (4) goals total. Each team attacks (2) goals. Points are scored by passing into the goal. Game variations - Wide player can join attack: 1) Dribble penetration from Defensive - Attacking Half 2) Passing penetration from Defensive - Attacking Half 3) Attacking runs penetration from Defensive - Attacking Half

Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combing with central players and space is available



6v5 Four Goal Game

TRAINING AREA = 60W x 50L

Play with 25+ yards either side of the halfway line. Position (2) small goals on each end-line in the wide areas, on both sides making a total of (4) goals. Red (6) v white (5). Each team scores by passing the ball into the goals

Coaching Points

What - Supporting movements forward, back, and to the side *Who - The player(s) without the ball *Where - Defending half - Attacking Half *When - As the ball travels, before the player receives it



6v6 - Big Goal & Small Goals

TRAINING AREA = 60W x 70L

Place (2) cones in each corner 3 yards wide making (2) goals above the midline. Place (1) goal on the opposite end line. Play 6v6 to goal. When red scores, White (server) immediately plays ball back into white team. Red defends, denies penetration, and delays while teammate recovers defensively. Red scores by dribbling through cone goals, white scores by passing/shooting the ball in the goal.

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender; All other defenders recovery run = Behind the ball, preferably behind pressuring defender



6v6 (1) Large Goal & (2) Counter Goals

TRAINING AREA = 60W x 70L

Play with #6,8,10,7,11,9. Red attacks large goal, white attacks (2) counter goals. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal

Small-Sided Activities



7v6 - 6 Goal Game

TRAINING AREA = 60W x 45L

Place (2) cones on each endline 3 yards apart, making (6) goals per endline for teams to defend & attack. Red team play with K,#2,3,4,5,6,10 Teams score goal by passing/shooting through gate/ goal

Technical Application of Defensive pressure (angle, distance, speed)

Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



7v7 to 1 Large Goal, & 2 Small Goals

TRAINING AREA = 60W x 55L

Place (1) large goal the end-line, and (2) small goals on the halfway line. Balls always start with white team in possession from the midline. White scores on large goal, red scores on small goals.

Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Where - In the defending half, as the ball enters shooting range for the opposition; Why - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



9v8 to 1 Goal & 3 Goals

TRAINING AREA = 60W x 75L

Place (3) goals on the end-line below the half way line. Place (1) goal on the opposite end-line. Red (9) v White (8). Red scores on (3) small goals, white scores on (1) large goal.

Coaching Points

What - Keeping possession by building from the back through the GK; Who - #1 GK & #2,#3,#4,#5 *Where - #2,#3 push high and wide when GK is in possession. #4,#5 split the 18 yard box when GK in possession; When - As the ball travels to the GK while the opposition is in possession



High Press in Final 1/3

TRAINING AREA = 60W x 70L

Red team scores on the large goal, the white team scores by passing the ball through the (3) counter goals (flags)

Coaching Points

Angle, Speed, and Distance of pressure on the ball AND Angle, Speed, and Distance of support on ball; Who - 1st & 2nd defenders; Where - Above 18 yard box in the final third

Expanded Small-Sided Activities



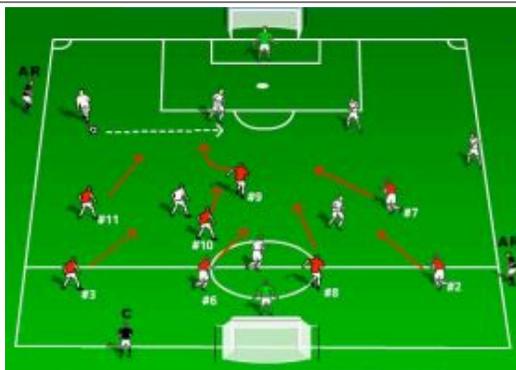
7v7 - Big Goals

TRAINING AREA = 60W x 70L

Place (1) goal on each for the teams to score on. Red & white score by passing/shooting the ball into the goal

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed); Reinforce tactical supporting & recovering defensive movements



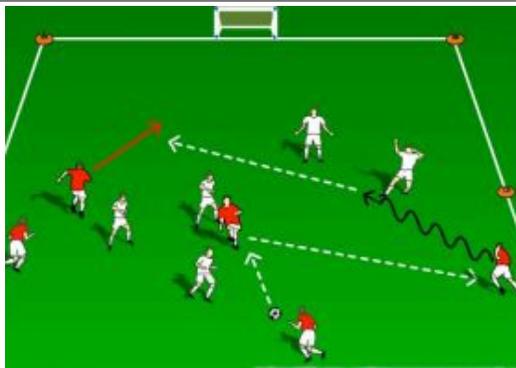
8v7 to 1 Large Goal, and 2 Small Goals

TRAINING AREA = 60W x 70L

Place (1) large goal on the endline, and the (2) small goals on the opposite end line. Red (8) score on large goal, and white (7) score on small goals. GK for red defends (2) goals.

Coaching Points

*What - Penetration v Possess passes *Who - The player with the ball *Where - Mid 1/3 - Attacking 1/3 *When - There is no pressure on the ball and space behind (penetrate), if there is pressure on the ball, and no space behind (possess) *Why - Maintaining possession effectively in the Mid 1/3 - Attacking 1/3 will help enable more successful chances on goal



8v8 to 1 Large Goal

TRAINING AREA = 70W x 70L

Extend the 18-yard box with cones. Place (1) large goal one each 18-yard box. Play 8v8 (no restrictions).

Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combing with central players and space is available



8v8 to (2) Large Goals

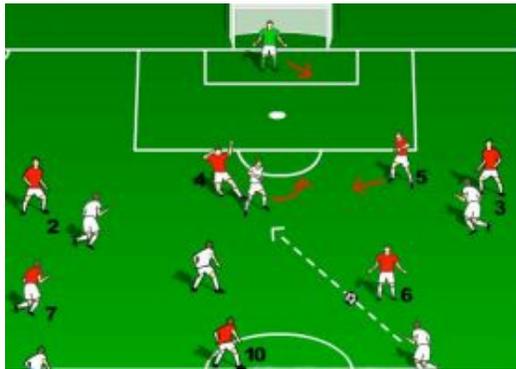
TRAINING AREA = 60W x 80L

Play with #K,4,6,8,10,11,7,9. Red attacks 1 large goal, white attacks other large goal. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal

Expanded Small-Sided Activities



9 v 8 to Large Goals

TRAINING AREA = 60W x 70L

Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points

What - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; Who – GK; When - The moment white is in possession; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



9 v 8 to Large Goals

TRAINING AREA = 60W x 70L

Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points

What - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; Who – GK; When - The moment white is in possession; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



9v8 to 1 Large Goal, and 2 Small Goals

TRAINING AREA = 60W x 80L

Set up (1) large goal on one end line, and on the opposite end play (2) cones 3 yards apart at each end of the endlines making two goals. Red team play with K, #2,3,4,5,6,10,9. Red team attack small goals, white team attack large goal Technical Application of Defensive pressure (angle, distance, speed)

Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



High Press in Final 1/3

TRAINING AREA = 60W x 80L

Red & white teams try to score on the large goals. Red team play K-2-3-3 White team play K-4-2-1

Coaching Points

What - Angle, Speed, and Distance of support from midfield (3) - #10,#8,#6; Who - #10,#8,#6 *Where - In support of 1st defender in midfield 1/3; When - As the ball travels and the 1st defender applies pressure

Game



9v9 game (depending on available players) with specific formations for each team.

Reinforce all points from practice

GK-3-2-3