Training with Youths / Teenagers
Ages 13-16 and 17-20

Philosophy of Youth Football

Adolescents and young adults between the ages of 13-20 often have fundamental skills and knowledge to compete at a very advanced level in their respective age groups, although their performance has scope for development, as the player is still physically maturing in terms of strength, speed and stamina. Thus, they are often ready to approach activities involving complex ball skills and game strategies. The coach, therefore, is required to produce a detailed programme of activities and coaching strategies that teaches fundamental ball skills as well as the full range of tactical principles. Furthermore, the coach needs to demonstrate his ability to conduct training sessions and analyse match situations specifically suited to young adult players.

The Youth Coach

Increasing environmental challenges such as higher demands in schoolwork, increased interests in other social activities, new and unexplored interest in the opposite gender, negative pressure and demands from peer groups, and in many instances dealing with family problems at home, are all significant factors experienced by young adults. Therefore, coaches should seek a personal contact to each player as an adviser with interpersonal skills to assist adolescent players also outside the playing field.

Maintaining a healthy lifestyle with good nutritional intake and avoiding illegal substances, developing strength, speed, flexibility, having adequate rest and sleep, are all critical to developing the player’s personal potential. In conclusion, the coach has the responsibility to bring up the child to be a respectful, selfconfident, positive thinking, healthy, sporty adult.

It is important to set and reinforce standards of behaviour and ensure that consequences of inappropriate behaviour are clearly understood by all, including players, parents and officials.

With all these new ideas, do not forget: Focus should always be on *fun to play football*!

Youth aged 13-16 (Formative Phase)

Children of this age become youths / teenagers. This process includes sensitivity and various changes of personality. The development of this change is individually different. Physically, boys and girls become taller in a short time. Changes in appearance are accompanied by psychological changes. They differ from role models and look for their own position in the world. The result is often a change of mood and performance. Nevertheless, this phase of new orientation is not just a phase of crisis. This phase gives the players new physical and mental opportunities to increase their performance and develop positive personalities.

Players aged 13-16 develop an understanding for the more developed tactical aspects of play and are keen to learn how to operate as a unit within the various zones of defence, midfield and offence on the field.

Basics for a positive development are individual training lessons adjusted to the age of the players.

Player Characteristics:

- Child becomes a youth / teenager
- Growing up fast with an imbalance of length between trunk / torso and legs and arms
- Large, unproportionate and non-agile players with disharmonious movements
- Psychological instability - youths looking for their identity
- The players become independent from their protected home life
- Ups and downs in mood and performance: Youths are sensitive, unstable and easily piqued
- Better mental properties - good intellectual grasp
Training with Youths / Teenagers
Ages 13-16

- Matures into individual personality with own opinions, needs and expectations
- Youths want to participate and criticize

Objectives:
- Technique training: stabilize dynamic technique with opponent pressure
- Tactical training: focus on systematic development of group tactics/strategies
- Condition training: complex and playful improvement of condition and the conditioning factors (strengthening, speed, movement, endurance), in a motivating and football oriented way
- Support the personal contact and ability of communication with additional leisure time activities.

Training Contents:
- Analyse and evaluate previous performances of player and team
- Suggest ideas to improve training sessions and emphasise the positive aspects of performance
- Always present a well-prepared training session
- Integrate motor skills and co-ordination in training - because of the imbalance of the body
- Training games are the main method of improvement - integrate the football exercise into a game
- Stabilize technique and teach tactics - because of improved intellectual grasp

Use the following method when explaining new skills and practices:

1. Explain
2. Demonstrate
3. Practise
4. Feedback / Improvement / Correction
5. Practise

Notes for the Coach:
- Educate players during games and training
- Support self-reliance and responsibility
- Allow and consider criticism
- Promote positive solutions of conflicts
- Acknowledge the individual's achievement as an important input for the success of the team
- Support the personality of the player
- Coaches are encouraged to allow players to try out a variety of team formations and tactical strategies and the experience to play in various areas on the field in order to develop their talent fully.
- Be a role model!

This is a good age to practice HIV prevention and social behaviour - helping people with disadvantages or lesser football abilities.
Example Training Session 1 - Dribbling 1-on-1

Checklist

**WARM UP**
- 20 MINUTES
- 1 Ball for every player
- 4 Cones

**MAIN PART**
- 40 MINUTES
- 12 Corner poles
- 10-15 Balls
- 10 Cones
- Bibs for half the players

**COOLING DOWN**
- 20 MINUTES
- 4 Corner poles
- 2 Goals
- 3-4 Balls
- 4 Cones
- Bibs for half the players
Example Training Session 1 for Youths aged 13-16
Dribbling 1-on-1

WARM UP
20 MINUTES

PHASE 1 - 10 MIN

Dribble-School rich in variety
★ Every player with a ball dribbles around on a pitch.
★ The coach gives some tasks the players have to do:
   ▲ dribbling with the left / right foot
   ▲ dribbling just with the inside / outside of the foot
   ▲ let the ball swing between the feet
   ▲ dribbling with dummies
   ▲ increase the speed of dribbling

If possible, let the players realise their own ideas - in this way supporting their creativity.

PHASE 2 - 10 MIN

"Beware of the Chaser"
★ Every player has a ball.
★ Two players are standing, the other players are sitting on the ground.
★ One player (1) is the chaser and the other player (2) has to run (dribble) away from him.
★ The targeted player can save himself by sitting next to another sitting player. At this moment, the roles have changed! The first chasing player, player 1, is now the targeted player and the player sitting next to player 2 is the new chaser. And so on ....
★ Play this game twice (2 x 4 min).

Variations
★ Play only with the left/right foot
★ Two pairs at the same time

This exercise helps strengthen the whole body!
Example Training Session 1 for Youths aged 13-16
Dribbling 1-on-1

**MAIN PART**

**40 MINUTES**

**TARGETS**
- First tactical pointers for strikers and defenders.

**Strikers**
- Do your dribbling with speed!
- Try to get the defender on the "wrong" side!
- Use an efficient dummy!
- After the dummy, you have to increase your running speed.

**Defenders**
- Reduce the striker’s speed.
- Give him one side (striker’s "bad-foot-side") to dribble to (lock with which foot the striker dribbles the ball).
- Get into a side-running position!
- Slide away and try to match the speed of the striker.
- When the striker frees the ball, you have to attack him!
- Use your body (fair) for parting the striker from the ball (shoulder to shoulder).
- Look at the ball, not at the striker’s dummies!

**PHASE 1 - 20 MIN**

**Dribbling 1-on-1**
- A plays a long pass to B. B controls the ball and dribbles onto the pitch to aim a goal by dribbling over the line between the two cones, in the corners, at the opposite side of the pitch. A tries to defend against striker B. If A gets ball possession, he may counteract by shooting at one of the goals on the other side.
- After this action, players A and B change sides.

**PHASE 2 - 20 MIN**

**In a 1-on-1 situation the player is his own team mate. The only person he can rely on for success is himself. A player learns to persevere in a 1-on-1 situation!**

**Dribbling 1-on-1 Contest**
- One team consists of 3 players.
- The teams shall be placed as per the drawing above.
- A player of each team plays 1-on-1 against a player of the other team (30-45 sec).
- The 2 players behind the goal catch the balls and return them to the game.
- After a period of time, the next set of players play 1-on-1 against each other, and after them, the third set plays 1-on-1.
- The scored goals of all 3 players per team are added. The team with the most goals is the winning team.
- After this first round of playing, the teams will exchange their positions clockwise.
- Play about 3 (4, 5) rounds of this. (Tournament)
CONCLUSION

20 MINUTES

PHASE 1

Playing football 7-on-7 with the focal point on dribbling

- The strikers have to dribble over the dribbling line before they are allowed to score.
- The defenders are not allowed to follow the striker over their own dribbling line.
- The goalkeeper is only allowed to leave his goal line when the striker crosses the dribbling line.

The players have to persevere to dribble of the dribble line.
Example Training Session 2
Checklist

**WARM UP**
- 20 MINUTES
- 5-6 Balls
- 16 Conos
- Bibs in 4 different colours
- 1 Goal

**MAIN PART**
- 40 MINUTES
- 1 Ball for every player
- 10 Cones
- Bibs for half the players
- 2 Goals

**COOLING DOWN**
- 20 MINUTES
- 2-3 Balls
- 2 Cones
- Bibs for half the players
- 4 Corner poles
- 2 Goals
Example Training Session 2 for Youths aged 13-16

WARM UP
20 MINUTES

PHASE 1

3-on-1 over Goal Lines
- Mark off four pitches of 20 x 20 metres each.
- Three strikers play against one defender between two lines and have to dribble over the opponents' outer line by playing together and doing safe passes.
- After successfully dribbling over the outer line, the attacking team keeps the ball and attacks towards another outer line.
- After the defender wins the ball, he changes places with the striker who lost the ball to him.

Variations and Pointers
- Limit the number of permitted ball contacts!
- The defender changes places with a striker after a certain number of attacks.
- Possibly play with offside, depending on ability.
- Note break times (gymnastics!)
- Win space through passes and dribbling!
- The players may not have set positions. Pay attention to changes of position!
- Play the game with a "broad" layout.

PHASE 2

4-on-4 in Exchange
- Divide into four teams with four players each.
- Team A plays against team B. The players of team C serve as goals (with legs wide apart).
- The players of team D spread out along the outer lines and function as passers.
- With the assistance of the passers, the teams must shoot as many as possible goals.
- Thereafter swap tasks. Every team must play the "goal" once and the passer once.

Duration: 3-4 minutes

Variations and Pointers
- The passers play direct passes ("clear" double passes with the pass count for an extra point).
- The number of contacts is limited to two.
- Shoot goals from both sides (from one side only).
- Pay attention to equal exercising of passing and dribbling.
- When pressured by the opponents, make use of the passer.
- Play precise passes = goal shots under pressure!
MAIN PART

40 MINUTES

PHASE 1

Dribble Competition
* When the coach gives the signal, the first players per group start on a dribble-competition through the slalom course.
* The player, who reaches the penalty area first, shoots at the goal.
* The other player delays a bit and then tries to beat the goalkeeper.
* The scored goals are added together for a team score.

Variations and Pointers
* Change the position of the cones.
* The first player shoots at the goal, the second player must dribble further to a cone at the side and shoot a goal from a sharp angle.
* Change the team set-up.
* Specify left or right shots.
* Concentrate while dribbling through the course!
* Change speed between the cones!
* Prepare for the shot at the goal!
* Be observant of your surroundings!

PHASE 2

Focal Point "Header"
* Divide the players into two teams of six players each.
* Additionally, each team has two substitute players, who come in as replacements during game stoppage.
* Play 6-on-4 at two goals with goalkeepers.
* The team in control of the ball can shoot at both goals and should try to shoot headers from the wings.
* The two goalkeepers are from the defending team. When they save a ball, they change onto the pitch and the other team now has to place the goalkeepers.

Variations and Pointers
* In that way, the game will always be 6-on-4 (majority game).
* The team that wins the ball may only attack the goals once they have crossed the halfway line.
* Direct shots at the goal are also possible after a previous header!
* Take note of the combination wing and header!
* Take advantage of the majority ratio!
* Recognise wing situations!
* Pay attention to a well synchronised team action while heading (individual/group tactics)!
* Quick switching from defence to attack and back again!
CONCLUSION

20 MINUTES

**Final 3-on-3 + 3-on-3 Game**
- On every half pitch play 3-on-3, the defenders in the one half playing against the strikers of the others.
- Do not cross the halfway line.

**Variations and Pointers**
- One striker and one defender may cross the halfway line to support their teams.
- Change places: the strikers become defenders and vice versa.
- Pay attention to the game build-up and a controlled game to the front striker.
- Show ability to succeed: in 1-on-1 and in combination games.
- Make the pitch smaller - in that case, the halfway line has to be marked clearly!

Players will have to think creatively, and as a team, to be able to score goals in a game with rules restricting the natural flow of the game.
Example Training Session 3

**Warm Up**
- Time: 20 minutes
- Equipment: Balls for half the player (30m, 20m), 16 Cones

**Main Part**
- Time: 40 minutes
- Equipment: 2-3 Balls (30m, 20m), 11 Cones, Bibs for half the players, 2 Goals

**Cooling Down**
- Time: 20 minutes
- Equipment: 5-6 Balls (30m, 40m), 6 Cones, Bibs for half the players, 2 Goals
WARM UP

20 MINUTES

PHASE 1

Controlled Throw-in

- Divide players into two equally large teams and assign them to their pitches.

Pitch 1

- Player 1 throws the ball to player 2, who controls the high pass and then passes the ball back to player 1.
- Now player 1 passes the ball into the path of player 2, who dribbles in a circular run to position 3.
- Players 3 + 4 do the same exercise as players 1 + 2.

Pitch 2

- One player with ball positions himself in the small cone square. The other players position themselves in the larger square with two balls.
- The players in the larger square pass the ball to each other.
- The player in the small square calls the name of one of his teammates, throws a high ball to him and gets the ball passed back to him again.
- Swap the player in the small square after three or four actions.

Pointers

- If possible, control the throw-ins with the upper body.
- When receiving the ball with the upper body, relax the upper body and stretch the arms slightly to the side.
- Vary the throw-ins after a few rounds.

PHASE 2

Throw-in Race

- Assign two catchers, one passer and five runners on Pitch 2.
- Divide players into two equally large teams and assign them to their pitches.

Pitch 1

- On a signal by the coach, the first players throw the balls to the players at the cone.
- Those players control the high balls and then dribble through the cone goals.

- The player who is the first to dribble through the cone goal wins the race.

Pitch 2

- The passer positions himself in the small cone square, whilst the catchers and runners move around freely in the larger cone square.
- One catcher with ball, the other without.
- On a signal by the coach, the catcher with ball starts the hunt and has to kick off a runner.
- The catchers can pass the ball to each other at any time so that the kicking off constantly changes, depending on the situation.
- If a runner receives the ball from the passer, he may no longer be kicked off.
- Catching time: One minute. Play a few rounds. Which group catches the most runners?

Pointers

- Pitch 1: Swap the positions after a few rounds.
- Pitch 2: The catching game promotes the skill of movement and co-operation.
Example Training Session 3 for Youths aged 13-16

MAIN PART

40 MINUTES

PHASE 1

Pitch 1

- The goalkeeper starts the round by throwing the ball to player 2.
- Player 2 controls the high ball and passes it to player 1.
- Player 1 passes to player 3, who dribbles towards the goal and tries to score a goal.
- All players move up one position.
- Change the sides after a few rounds.

High Balls 1

- Divide players into two equally large teams and assign them to their pitches.
- Pitch 1
  - Play 4-on-2 after a throw-in by a passer.
  - The attackers control the high ball and as quickly as possible go for a goal kick.
  - If the defenders save the ball, they counter by passing the ball back to the throw-in player.
  - Swap the positions after five attacks.

PHASE 2

Pitch 1

- The passer throws the ball to the attacker in the area in front of the goal and offers himself as an additional passer in the passing area.
- The attackers try to score a goal in a 4-on-3.
- If the defenders save the ball, they counter over the passing line.
- Change positions after five rounds.

High Balls 2

- Divide players into two equally large teams and assign them to their pitches.
- Pitch 1
  - Play 3-on-3 plus passer after a throw-in.

Pointers

- Focal point of the exercise is controlling the high ball whilst under slight pressure from the opponent.
- The throw-in area forces the attackers to keep the necessary distance from the throw-in.
- Call for the throw-in while moving into an open space.
- Require staggered wide- and deep balls.

Pitch 2

- Player 1 starts the round by throwing the ball to player 2.
- Player 2 controls the high ball and passes it back to player 1.
- Player 1 volleys the ball to player 3, who dribbles forwards and tries to score a goal.
- All players move up one position.
- Change the sides after a few rounds.

Pointers

- Focal point of the exercise is controlling the high ball whilst under slight pressure from the opponent.
- The throw-in area forces the attackers to keep the necessary distance from the throw-in.
- After a throw-in, use the throw-in area to secure the ball!
CONCLUSION

20 MINUTES

PHASE 1

Quick Throw-ins
✦ Mark a 30m x 40m pitch with goals and goalkeepers
✦ Divide the players into two teams.
✦ Assign two players per team with extra balls to the sidelines (see illustration).
✦ Play 5-on-5 against goals with goalkeepers.
✦ If the ball goes into offside or into the goal, the game is continued through a throw-in.
✦ Play four rounds of four minutes each.
✦ Swap the throw-in players after every round.

Variations and Pointers
✦ Position the throw-in players in their own half of the pitch.
✦ After kick-off, the throw-in players serve as additional passers.
✦ The passers may not leave their area.
✦ Replace corner kicks with throw-ins.
✦ Have replacement balls ready for a quick continuation of the game through a throw-in.
Example Training Session 4
Checklist

**WARM UP**
- 2-3 Balls
- 12 Cones
- Bibs for half the players
- 15m
- 20 MINUTES

**MAIN PART**
- 5-6 Balls
- 8 Cones
- Bibs for half the players
- 2 Goals
- 16m
- 24m
- 40 MINUTES

**COOLING DOWN**
- 9-10 Balls
- 9 Cones
- Bibs for half the players
- 2 Goals
- 30m
- 40m
- 20 MINUTES
**WARM UP**

**20 MINUTES**

**PHASE 1**

**Pitch 1**
- Four players position themselves at the four corner points of the cone square. Assign the other players to the other two cones.
- The players in the cone square pass a ball to each other.
- One after the other, the other players try to dribble through the cone square without being hit by the ball.
- Swap tasks after two minutes.

**Pitch 2**
- The players are assigned to their positions (see illustration).
- Players 1 pass the balls to players 2, who pass the balls back to the other side.
- Then players 1 pass the ball to players 3, who control the ball and dribble to the other side.
- After this action, all players move up one position.
- Practice simultaneously on both sides.

**Pass Variations**
- Mark two pitches each with one cone square and position cones.
- Divide the players into two equally big teams and assign them to their positions.

**PHASE 2**

**Complex Relay Race**
- Divide the players into two equally big teams.
- On a signal by the coach, player 1 dribbles around the central cone between the two pitches.
- He then passes the ball to player 2, who immediately passes it back to player 1.
- Player 3 controls the ball and juggling the ball ten times before passing it back to player 1.
- After this, all players move one position further.
- Which team is the first to finish?

**Respect the other players running through the squares in Phase 1. Do not deliberately hinder them!**

**Variations and Pointers**
- Player 3 must alternate between juggling with the left and right foot.
- After leaving the cone square, player 3 must do a dummy before passing the ball to the starting position.
- The game is a form of relay race.
- Even though it has quite a simple set up, the technical requirements are complex: Apart from the quick dribbling and the clean passing, dexterity is required with the juggling.
- The players swap sides after every round.
Example Training Session 4 for Youths aged 13-16

MAIN PART
40 MINUTES

PHASE 1

Quick Goal Shooting Relay 1
- On a signal by the coach, players 1 dribble onto the pitch until they reach the cone line, then they pass the balls to players 2.
- Players 2 pass the balls on to players 3, who turn with the ball at their feet to shoot at the goal.
- Should player 3 be successful, the next player 1 can start onto the pitch.
- If not, player 3 must first high-five player 1.
- Which team is the first to score ten goals?

Variations and Pointers
- Player 1 juggles the ball until he gets to the cone line.
- Player 1 swings the ball between the insides of his feet until he gets to the cone line.
- On the way to the cone line, dribble five times right and five times left.
- Adapt the shooting distance to the ability of the players.
- The players swap sides after every round.

PHASE 2

Quick Goal Shooting Relay 2
- On a signal by the coach, the players 1 dribble around the outer cone of the cone line and pass the ball onto their player 2.
- Players 2 pass the ball directly into the running path of players 3, who shoot for the goal after a short quick dribble.
- Should player 3 be successful, the next player 1 can start onto the pitch.
- If not, player 3 must first high-five player 1.

Variations and Pointers
- Player 3 tries to outplay the goalkeeper.
- Player 3 tries for a direct goal shot.
- The starting players must head for the outer cone as directly as possible and defend the good starting position against the starting player of the other team.
- Player 2 must pass the ball into the running path of player 3 as precisely and controlled as possible.

Set up two goals with goalkeepers
Mark a cone line on the pitch
Divide the players into two equally big teams
Practice good teamwork by passing accurate passes to the team mates.
CONCLUSION

20 MINUTES

PHASE 1

Pitch 1
- One large goal with goalkeeper and one cone line.

Pitch 2
- One pitch with one large goal with goalkeeper and one dribble line.

The King's Game
- The first player of team A dribbles to the cone line and then has two possibilities:
  - He tries to shoot a goal from the cone line (scored goal = 2 points);
  - He tries to outplay the goalkeeper on his own (scored goal = 1 point).
- Every player may shoot at the goal twice.
- Team B begins the second round.
- The winning team may choose if they want to attack the large goal or the dribble line in the following game on pitch 2.

Pitch 2
- The two teams play against each other.
- The one team attacks the large goal with goalkeeper, whilst the other team counters over the cone line.
- Replace throw-ins with pass-ins.
- The duration of the game is as long as it takes the teams on pitch 1 to determine a winning team. Then the teams swap pitches.

Pointers
- The goal-shooting contest on pitch 1 serves as a 'pre-contest' for the game on pitch 2.
- If the goal-shooting contest on pitch 1 comes to a draw, then the lot has to decide which team can choose the direction of play on pitch 2.
- The lot has to decide in the first round on pitch 2 as well.
- Shuffle the teams after two complete rounds.
Example Training Session 5 Checklist

**WARM UP**

- Clock: 20 MINUTES
- 15m, 30m
- 4-5 Balls
- 15 Cones
- Bibs for half the players
- 4 Cones in 2 different colours
- "True or False?" List
- WS 6 (two pages) optional questions

**MAIN PART**

- Clock: 40 MINUTES
- 1 Goal
- 25m, 30m
- 2-3 Balls
- 4 Cones
- Bibs for half the players

**COOLING DOWN**

- Clock: 20 MINUTES
- 1 Goal
- 25m, 30m
- 3-4 Balls
- 4 Cones
- Bibs in 3 different colours
Example Training Session 5 for Youths aged 13-16

WARM UP
20 MINUTES

**PHASE 1**

Quiz Square
Pitch 1
- A and B dribble into the cone square simultaneously.
- B may dribble straight through the square. A has to juggle the ball while solving a question by the coach.
- After leaving the square both players pass the ball to the opposite players (C+D), who then have to run into / through the square.
- After approx. two minutes, swap the tasks so that now players B and D have to solve the question.

Pitch 2
- One player has the ball and dribbles onto the pitch. He then passes the ball to the player closest to him.
- This player passes the ball directly to the following player, etc.
- The coach can call out a change of direction at any time.
- The coach can also specify contact handicaps.

Pointers
- Answering small questions increases the concentration. It makes the players aware of the fact that they need to keep a “clear head” during the game, to be able to take the correct decisions.
- The questions have to be easy and quick to solve.
- The choice of questions is limitless. Obviously, there have to be questions about football as well.

**PHASE 2**

Quiz Duel
Pitch 1
- Mark a square with red and yellow cones.
- Divide players into two teams. The first players compete against each other.
- Through calling out a question, the coach gives the command to start. The players then dribble into the cone square.
- Once they are in the square, the coach calls out a possible answer to the question.

Pitch 2
- If the answer is correct, the players have to dribble around the rear yellow cone, otherwise they have to dribble around the rear red cone.
- The player, who then passes the ball to his opposite teammate first, receives one point for his team.

Pointers
- The task in Pitch 1 can be carried out as an individual contest as well as a team contest.
- The coach has to call out the possible answer as soon as the players enter the cone square.
- Small questions provide a lot of fun for the players. But, the focal point of this exercise should still be on the football exercises.
Example Training Session 5 for Youths aged 13-16

MAIN PART
40 MINUTES

PHASE 1

Quick Finish 1
- Team "blue" starts off as attacker.
- The first "red" player passes the ball to his opposite "blue" player.
- Then the two "blue" players try to dribble out of the cone square towards the goal in a 2-on-1.
- Subsequently, the successful player passes the ball to a teammate in front of the goal, follows up, and together, in a 3-on-1, they try to score a goal.

Variations and Pointers
- Both attackers as well as the defender follow up so that there is a 4-on-3 situation.
- The attackers have three passes to play the ball out of the square.
- The team with the numerical advantage must stagger themselves broadly to win more space.
- Swap the right to attack after every action.

PHASE 2

Quick Finish 2
- The "red" player dribbles into the cone square and tries to dribble over the back cone line in a 1-on-2 situation.
- The two "blue" players must try to win the ball and then attack the goal.
- Only one further attacker may move forward for a 3-on-2 situation.

Variations and Pointers
- After the winning the ball, the game carries on and all players involved in the situation may move forward.
- The attackers must shoot at the goal within a predetermined time.
- Try to win the ball as soon as possible! The players must learn to then immediately look forward and quickly adjust their mindset.
- Every two minutes, take in new positions by moving one position further.
CONCLUSION

20 MINUTES

PHASE 1

Power Play
- Set up a field with one goal and goalkeeper and a cone line.
- Divide the players into two teams.
- Name one neutral player.
- Team “blue” receives the right to attack for two minutes.
- The first “blue” player moves onto the pitch and tries to shoot a goal together with his team and the neutral player.
- Should “red” win the ball, they will try to counter over the cone line.
- Should they be successful, the right to attack is now theirs.

Variations and Pointers
- The attackers may only have three ball contacts.
- The neutral player may only play a direct game.
- Goals that are scored by the passer, who has moved forward, count double points.
- The attackers must try to shoot at the goal as often as possible within their two-minute time limit.
- As the right to attack can only end earlier, if the defenders dribble over the cone line, the attackers may act more riskier.
- The “opening players” of the attackers must constantly be observant, as they can move onto the pitch as soon as a goal is scored or the ball leaves the pitch.

In a complex game, such as this one, it is important for the players to not only be part of a team, they must also think like a team!
Youth aged 17-20 (Final Youth Phase)

In this highest age group of youth football, girls and boys generally show an improved performance capability. The body proportions are again well balanced and the muscular system grows quickly. These are the best foundations to stabilise and refine the technique of the higher requirements of the competition.

The balanced body is also an expression of the psychological growth process. The youths of this age group mature to individuals, with needs, views and opinions.

Winning and being successful is one of the most important incentives for young adolescents, as they yearn for recognition and approval within their community and on the sports field. Coaches should always evaluate players on their performance and not on the result of a game or competition.

Players of this age want to be treated like adults and often demand total freedom with all its privileges and benefits.

Player Characteristics:

- The player has a better foundation to learn and to perform.
- Good physical balance because of the strength of the muscular system and the adjustment of the internal organs - the physical growth of most players is completed.
- Result: better ability to co-ordinate the body and significant gain in strength and speed
- The dynamics of the movements are raised because of increased strength.
- Break away from thinking only for oneself - interested in social problems and team members
- Better intellectual grasp
- Comes to maturity to be a self-confident and independent personality with clear interests, opinions and characteristics

Objectives:

- Support individual initiative and above all, support the enjoyment of playing football
- Players have to be prepared for the tough and demanding physical and mental requirements of senior team football
- The players should learn to consider their own behaviour, decisions and the consequences
- Goal setting is one of the most effective procedures to assist the team and individual players set short- and long-term objectives - allows the players to remain focused for the season or the weekly training schedule
- Involve players in goal setting and problem solving
- Monitoring the performance of each player individually and providing support and training practises
- Team objectives can help to create a positive team spirit and provide a common goal for all players
Training Contents:

- Technique training: Adjustment of the technical and tactical basics to the increased demands of the game (higher speed, more strength, more stamina)
- Tactical training: aimed at teaching of individuals, groups and teams
- Full range of tactical considerations, performed under match conditions
- Conditioning Training: complex and playful improvement of the condition and teaching of some conditioning factors (e.g. speed, stamina, power, co-ordination, flexibility)
- Exercises that simulate match conditions and are adapted to the standard and ability of the players
- Offer individual practice sessions to address specific weak points
- Look for various ways to use technical elements in game situations
- Training games are an effective way to improve physical fitness
- Focus on previous match performances

Notes for the Coach:

- Players of that age group expect an appealing, interesting, motivating training session
- Educate players during games and training.
- The youth wants to take decisions as well - possibility to take joint decisions
- Consider interests and wishes of the player - give individual attention
- The coach should be a friend and adviser without losing the respect of the players
- Look for a good team climate, as good contact between players and coach is imperative
- The youth coach should not only look at the football performance, the person is also important
- The coach should be sensitive and open minded to the problems of the players
- Coaches should help the players become independent on and off the pitch
- Create players with good mental and social skills (strong willpower, self-confidence, ability to be self-critical, high team spirit, tactical discipline, etc.)

Tactics - Football formations:
Example Training Session 1 - Dribbling 1-on-1

Checklist

WARM UP

- 1 Ball for every player
- 4 Cones

20 MINUTES

MAIN PART

- 2-3 Balls
- 6 Cones
- Bibs for half the players

40 MINUTES

CONCLUSION

- 2 Goals

20 MINUTES

1/2 Pitch

- 2-3 Balls
- 4 Cones
- Bibs for half the players

4 Corner poles

2 Goals
WARM UP

20 MINUTES

TRAINING FORM 1

Shadow dribbling in pairs
- The front player dribbles with direction- and speed-changes.
- The rear player follows him with the shortest possible distance.
- Swap tasks.

Variations
- The front player does not only dribble with direction- and speed-changes, but he also adds co-ordinative elements in front of and behind the ball.

TRAINING FORM 2

Stretching and Strengthening Exercises (singlies)
- The players prepare themselves on their own.

Important: Consider all the football specifically challenged muscle groups!
(see III.1.2 Basic Training pages 79 and 89)

Do some stretching and strengthening exercises between the variations.
Example Training Session 1 for Youths aged 17-20
Dribbling 1-on-1

MAIN PART
40 MINUTES

INDIVIDUAL TACTICS 1 - 20 min

Application with opponent
Shadow dribbling in pairs
The players position themselves on the three allocated spots in front of the goal with goalkeeper. A starts the action with an accurate return pass to striker B. With this pass, C starts at high speed from his defence position to block B. Then they play a 1-on-1 at the goal. On completion of this action, the players rotate their positions.

Focal Point
- Pressing Principle: "Run at the opponent as long as the ball is on the way!"
- Correct timing while confronting the opponent

Variations
- Begin this activity with a half high pass
- With a break-away possibility for the defender

INDIVIDUAL TACTICS 2 - 20 min

Application in game
1-on-1 against 1-on-1
On a pitch double the size of a penalty area with two goals with goalkeepers, two player pairs play against each other (one striker, one defender per team). Both may not leave their own playing area. After winning the ball, the defender must pass it to his striker, who must then try to shoot a goal in a 1-on-1.
The non-playing pairs watch the game.

Focal Point
- Free oneself from the opponent
- Achieve goal possibilities out of a 1-on-1
- Accurate passes

Variations
- The non-playing pairs spread themselves around the pitch and are pass partners (also for the opponent)
- 2-on-2 on one half of the pitch and 1-on-1 on the other half
- 3-on-3 on one half of the pitch and 1-on-1 on the other half
CONCLUSION

20 MINUTES

PHASE 1

8-on-3 + 2 Goalkeepers
- Two teams with a goalkeeper play 8-on-8 on one half of the pitch.
- In zones No. 1 and 3 the teams can "free play".
- In zone No. 2 they are only allowed to dribble the ball across the opponent's line. No passing is allowed in this zone!

Variations
- To be able to shoot a goal the ball must be dribbled through zone No. 2!
- Zone No. 2 can be passed over (without offside).

The players have to persevere!
They have to get through the dribble zone - no matter how difficult!
Example Training Session 2

Chris Stoddart

Checklist

WARM UP

- 1 Ball for every 3 players
- 4 Cones
- Bibs in 2 different colours

20 MINUTES

MAIN PART

- 2-3 Balls
- 8 Cones
- Bibs in 2 different colours

40 MINUTES

CONCLUSION

- 2-3 Balls
- 4 Cones

20 MINUTES
Example Training Session 2 for Youths aged 17-20

**WARM UP**

**20 MINUTES**

**PHASE 1**

Three-Way-Combination
- Mark a pitch of 30 x 30 metres with four cones.
- Divide the players into groups of three each (16 players plus two goalkeepers - the goalkeepers have to take part in the complete warm-up programme together with the players).
- One ball per group.
- The players carry out the following exercises within their group:
  - Exercise 1: Free passes.
  - Exercise 2: Passes with two contacts in succession.
  - Exercise 3: Direct passes.
  - Exercise 4: A dribbles a bit and passes to B. B passes directly to C. C dribbles a bit and passes to A. A passes directly to B, etc.
  - Exercise 5: The players deliver or take over the ball within their group.

**Pointers**
- Pay attention to a technically correct performance!
- Demand exact and precise passes!
- Increase the speed slowly and include stretch exercises.

**PHASE 2**

A and B against C
- Mark a pitch of 40 x 40 metres with four cones.
- Divide the players into three teams of six each.
- Duration: 3 x 6 minutes, 2 minutes break.
- Two teams (A and B) play against the third team (C).
- The players of the "majority teams" may only have two ball contacts in succession.
- If team C wins the ball, they change places with the team that lost the ball.
- A bad pass out of play also counts as loss of ball.

**Variations and Pointers**
- The majority team must play directly.
- The majority team must play with three compulsory ball contacts.

The training of focal points vary with the different instructions given on numbers of ball contacts:
- Direct play: offer, move into open space, anticipation, passes.
- Three compulsory ball contacts: receiving and taking along, claiming, confidence.
MAIN PART
40 MINUTES

PHASE 1
6-on-6 plus 4 Passers
- Mark a pitch of 40 x 40 metres with four cones.
- Two goals with goalkeepers on goal lines.
- Divide into two teams with six players each.
- Four passers next to the goals.
Play 6-on-6:
- The team with ball possession may include the passers in their combination game.
- The passer may only make two ball contacts in succession.

Variations and Pointers
- The passers may only play directly.
- The passers may offer themselves everywhere outside the pitch.
- Demand a quick and high-risk combination game!
- After a pass to a passer follow up firmly!

PHASE 2
6-on-6 plus 2x 1-on-1
- Mark a three-zone-pitch with cones.
- Divide players into two teams of eight players each.
- Place one striker and one defender respectively in the attack or defence third; play 6-on-6 in the middle zone.
- Through group effort, the players in the middle zone have to play the ball to the striker in the attack zone.
- The striker then has to succeed in playing 1-on-1 and shoot a goal.
- Change the striker and defender pair after five actions.

The strikers in the 1-on-1 zones carry a higher responsibility towards their team's success at scoring a goal than their team-mates. If a goal is successfully scored, they will have a higher sense of self-effectiveness. The same goes for the defenders successfully defending a goal.

Variations and Pointers
- The player that passes the ball to the striker joins him in the attack zone for a 2-on-1.
- Long shots from the middle zone are allowed.
- Request a quick winding-up!
- Require constant moving into open space and offering (with counter movements)!
CONCLUSION

20 MINUTES

PHASE 1

Football-Tennis

- Mark a square with cones and subdivide this into four triangles with sticks, hurdles, long benches, or similar.
- Place one player in every triangle.
- The four players play against each other.
- Every player may have a maximum of three ball contacts in succession.
- Juggle the ball and shoot it at least hip high into another triangle.
- If the ball hits the ground there or in one’s own triangle, the respective player receives a minus point.
- If a player sends the ball out of play, he also receives a minus point.

Variations and Pointers

- You must play directly.
- The ball may hit the ground.
- Do not return the pass to the player who passed to you.
- If you mainly play during the main part, you should offer motivating technique exercises during cooling-down.
- Allow the players space to be creative while playing football-tennis, so as not to restrict their sports drive!

Football-Tennis is a good way to exercise the target- and intercept skills of the players.
Example Training Session 3
Checklist

**WARM UP**

- 40m
- 4-5 Balls
- 4 Cones
- 4 Corner poles

20 MINUTES

**MAIN PART**

- 50m
- 30m
- 2-3 Balls
- 2 Cones
- Bibs for half the players
- 2 Goals

40 MINUTES

**CONCLUSION**

- 50m
- 30m
- 2-3 Balls
- Bibs for half the players
- 1 Goal

20 MINUTES
Example Training Session 3 for Youths aged 17-20

**WARM UP**

20 MINUTES

**PHASE 1**

Four Groups of Three and Two Open Goals 1
- The players pass the ball to each other within their group of three while running leisurely.
- On a signal by the coach, a player passes a low ball to a goalkeeper, who traps the ball with his foot and takes it to the side.
- Then the goalkeeper passes a low ball back to a player of that group.

Variations and Pointers
- Kick a mid-high (high) ball to the goalkeeper.
- Direct passes between the players.
- The goalkeepers catch the passes by the players and throw / roll the balls back again.
- Check that the players alternate passing the ball with both feet.
- While passing the ball within the own group, keep an eye on the other players to avoid collisions.
- The goalkeepers have to keep an eye on all four groups so as not to be surprised by sudden passes.

**PHASE 2**

Four Groups of Three and Two Open Goals 2
- The players pass the ball to each other within their group of three.
- They run and pass the ball at high speed for 30 seconds, then they trot and pass the ball for two minutes, before they again run and pass the ball at high speed for 30 seconds.
- In between the groups include the goalkeepers in the teamwork.

Variations and Pointers
- Kick a mid-high (high) ball to the goalkeeper.
- Direct passes between the players.
- The players increase the distance between each other to be able to play longer balls.
- With a short, quick start, the passer demands a pass by the goalkeeper.
- Check that the players alternate passing the ball with both feet.
- While passing the ball within the own group, keep an eye on the other players to avoid collisions.
- The goalkeepers have to keep an eye on all four groups so as not to be surprised by sudden passes.
Example Training Session 3 for Youths aged 17-20

MAIN PART

40 MINUTES

PHASE 1

Endurance Game 1

- Six attackers play against four defenders against the two goals. The other two players leisurely run three times around the pitch.
- After the three rounds, they join the four defenders on the pitch.
- Now the attackers have to send off two players to run around the pitch three times.
- The attackers must use their numerical advantage to score as many goals as possible.

PHASE 2

Endurance Game 2

- Decrease the depth of the pitch by 15m.
- Two players of each team simultaneously complete a run distance of e.g. 1000m next to the pitch.
- In that way the teams play 4-on-4 on the pitch.
- After completing their run, the players immediately join their team. In this way, one team can temporarily have a numerical advantage, which the players have to utilise to their benefit.
- When all four players have completed their run, two further pairs of players will be sent on their run after the next game stoppage.

Two large goals with goalkeepers
Divide the players into two teams of six players each

These exercises put the players in a situation where they must endure high levels of physical activity. This increases their fitness level.

Variations and Pointers

- Which team scored the most goals after all the players on around the pitch?

Variations and Pointers

- The attackers may only have two ball contacts in a row before a pass.
- Goals may only be kicked by direct shot.
- Decrease the pitch in length and width.

- Score a goal purposefully!
- Plan attack combinations spaciously!
- Create passing opportunities in width and depth!
- Achieve goal-shooting possibilities through fast, yet accurate passing!
CONCLUSION

20 MINUTES

PHASE 1

Endurance Game 3
- One large goal with goalkeeper.
- Divide the players into two teams of six players each.
- Two players at a time of the one team run a stretch of approx. 1000m.
- In that way there will be a 6-on-4 situation on the pitch.
- The team with six players constantly attacks the goal with goalkeeper to score as many goals as possible.
- The team with four players, plus the goalkeeper, try to save the ball and avoid any goals being scored.
- After all six players of the one team have completed their 1000m run, the roles are exchanged and the other team has to send two players at a time to run the 1000m.

Variations and Pointers
- The players with the numerical advantage may only have three (two) ball contacts in a row.
- Goals may only be kicked by direct shot.
- The offside rule applies.
- The defending team may counter by kicking at three small cone goals on the centre line.
- Achieve goal-shooting opportunities through fast yet accurate passing!
- Create passing opportunities in width and depth!
- Plan attack combinations spaciously!
- The team with the numerical advantage must attack persistently to get control of the ball again.

This tests the players’ personal limits. Successfully completing this exercise increases their self-confidence!
Example Training Session 4

Checklist

**WARM UP**
- 20 MINUTES
- 16 Balls
- 10 Cones

**MAIN PART**
- 40 MINUTES
- 10 Balls
- 10 Cones
- Bibs for half the players
- 2 Goals

**CONCLUSION**
- 20 MINUTES
- 5-6 Balls
- 18 Cones
Example Training Session 4 for Youths aged 17-20

WARM UP
20 MINUTES

PHASE 1

Exercise 1

A dribbles onto the pitch, calls out the name of a player opposite him (B, C or D) and passes the ball to him.

After a counter-attack movement, the called player starts towards the ball and dribbles to A's starting cone.

A follows his pass to D's now available cone.

Then E starts the next action.

Exercise 2

Same procedure as before.

The called player (in this case C) does a return pass with A and then dribbles to A's starting cone.

A then stays at C's now available cone.

Then E starts the next action.

Pointers

Call out the name of the player the ball will be passed to before the pass.

Keep eye contact, as the pass may only follow once the called player starts forwards.

Require strong low passes with the inner side.

Train with both foot!

PHASE 2

Technique in the Cone-W 2

Exercise 1

A dribbles onto the pitch, calls out the name of a player opposite him (D) and passes the ball to him.

D lets the ball bounce back to A.

A then passes the ball to one of the other two players (B or C), who traps the ball and dribbles to A's starting cone.

Then E starts the next action.

Exercise 2

Same procedure as before.

Player (B) lets the ball bounce back to E.

E then passes the ball to (D), who then passes the ball into (B's) path.

(B) traps and controls the ball and dribbles to E's starting cone.

Then A starts the next action.

Pointers

Combine with as few as possible ball contacts.

The players must position themselves well to the ball, to be able to pass it on again as directly and accurately as possible.

The passer must take his eyes off the ball, to be able to see exactly where the available player is positioned.
Example Training Session 4 for Youths aged 17-20

MAIN PART

40 MINUTES

PHASE 1

Goal Shooting Triangle
- Position two goals with goalkeepers on the base line.
- Place a cone triangle 20m in front of each goal (side lengths 10m).
- Position a player without ball at every cone.
- The remaining players, all with balls, position themselves behind the starting cones (see illustration).

Exercise 1
- A starts dribbling.
- After an opening movement, B runs towards A, receives the pass and immediately passes it on to an outer player (in this case C).
- C traps the ball and shoots at the goal.
- A then takes over B’s position and B takes over C’s position.
- The player who shot at the goal collects the ball and goes to the starting cone.

Exercise 2
- A starts dribbling, makes eye contact and plays a return pass with either C or D.
- Then A passes the ball into B’s path, who then shoots at the goal.
- A takes over the position of C, D the position of B.

Pointers
- Take care that the players play an accurate and flowing pass-game!
- Train passes and shots at goal with both feet!
- Urge the players to concentrate on their goal shots!

PHASE 2

4-on-4 with Exchange of Tasks
- Two pitches with one goal and goalkeeper and counter-attack area each.
- Divide the players into two teams. The same procedure on both pitches:
  - 4-on-4 with exchange of tasks
  - Team A defends the goal with goalkeeper; team B defends the counter-attack area.
  - Should team A manage a pass into the counter-attack area, they stay in possession of the ball and may now shoot at the goal with goalkeeper.
- Which teams scores the most goals?
- Divide the players into new teams after every five minutes.

Variations and Pointers
- Play tournament games with three rounds.
- Limit the number of ball contacts with stronger players.
- The counter line has to be dribbled over instead of played over.
- Play forward purposefully and pass at the right moment.
- After passing into the counter-attack area, immediately change over and use the disorder of the opponent.
- Include the goalkeeper in the setting-up of the game.
CONCLUSION

20 MINUTES

PHASE 1

Circular Run with Passing

- Four cone goals.
- Mark pass-lines 5m in front of and behind the cone goals.
- Pass-competition with cone goal follow-through.
- Passes have to be direct and take place from the pass-line.
- Every team starts with three points; one point is deducted for every mistake.
- The team that has lost all its points first gets eliminated; it has to dismantle its playing station and leave the pitch.
- The other teams start another round against each other.
- Which team will win the competition?

Variations and Pointers

- The same procedure, only either with right or with left.
- Vary the width of the cone goals.
- Change the distance of the pass-lines.
- Competitions create a motivating conclusion to the training.
- Cooling-down and fun are the focal points.
- The teams are eliminated until the competition is won. Afterwards all help in dismantling and cleaning up.

As the ball has to pass through a specified target area, the players have to be very precise in their aim. Encourage the players to take that extra bit of time and do it correctly, as only precision counts here!
ATHLETIC DEMANDS

Example Training Session 5
Checklist

WARM UP

20 MINUTES

MAIN PART

40 MINUTES

CONCLUSION

20 MINUTES
Example Training Session 5 for Youths aged 17-20

WARM UP
20 MINUTES

PHASE 1

Pulling back in the Square
★ On a signal by the coach the first two players of the 'red' team dribble into the square, pull back directly in front of each other and dribble back again.
★ The first two players of the 'blue' team start as soon as their fore-runners have pulled back in the centre
★ Vary the task after a few rounds (see variations).

Variations and Pointers
★ The same task, but with the weaker foot.
★ Pull the ball back with the sole of the foot.
★ Execute a dummy move in front of the other player and then carry on dribbling straight to the opposite starting position.
★ All four players start at the same time.
★ Execute all exercises with the right and the left foot!
★ Dribble onto the pitch with many ball contacts with the inner and outer side of the foot. After pulling back, quickly return to the starting position.
★ While dribbling, continually look away from the ball.

PHASE 2

Speed in the Square
★ Divide the players into two teams assign them to their positions
★ Number the corners of the squares.
★ The two first players dribble through the square. When the coach calls out the number of a corner, the two players dribble around the cone and then dribble to the coach and high-five him.
★ Which player reaches the coach first?

Variations and Pointers
★ The same procedure without the ball.
★ Dribble around the required cone as well as the cone diagonally opposite it, pass the ball to the next player in line at the starting cone and then high-five the coach.
★ As the players do not know which corner number the coach will call, they may move around freely in the cone square.
★ The speed of reaction and action is trained.
★ The following players start as soon as the previous players have dribbled out of the square.
★ Team competitions increase the motivation.
Example Training Session 5 for Youths aged 17-20

MAIN PART

40 MINUTES

PHASE 1

1-on-1 in the Square
- Same set-up as in Warm-up.
- When the coach calls out the name of a team those players dribble towards the square with their balls, the other team's players run towards the square without their balls, over the line furthest from the coach, for a 1-on-1 in the square.
- The end line must be dribbled over. If the defender wins the ball, he counter-attacks over the opposite line.

- Every successful action wins one point.
- Which team is the first to win ten points?

Variations and Pointers
- Some procedure without the ball. The attacker must run over the end line without being tagged.
- The players enter the square over the left side line.
- The speed of reaction and action is trained.
- In a 1-on-1 react purposefully and speedily.
- Immediately pursue the ball after losing it. If the ball crosses the line, the action is over.

PHASE 2

Quick Changeover
- Double penalty area with two goals with goalkeepers.
- Position three 'blue' players on the pitch and two as passers on the sidelines.
- Assign the five 'red' players to the pitch.
- 'Blue' opens the game in a 3 plus 2 passers against 5 and tries to keep the ball (five passes: one point).
- If 'red' wins the ball, they have to pass the ball to a goalkeeper and subsequently attack the opposite goal.
- The 'blue' passers move onto the field as soon as 'red'

- passed the ball to the goalkeeper.
- Substitute two players after two actions.
- Change the tasks after ten actions.

Variations and Pointers
- The same procedure with four passers: include the goalkeepers.
- The same procedure without passers: the team with the numerical advantage tries to keep the ball; if the team with the numerical disadvantage wins the ball, they may shoot at any goal.

- After winning the ball, immediately change over and purposefully use the short disorder of the opponent.
- After losing a ball energetically pursue it until it is passed to the goalkeeper.
- If the team with the numerical disadvantage wins the ball back again, it plays to keep the ball.
CONCLUSION

20 MINUTES

6-on-8 plus Goalkeeper

✦ One goal on the baseline and one goal on the halfway line.
✦ 6-on-8 against two goals with goalkeepers. The team with the numerical disadvantage kicks off. The “red” team is instructed to immediately change over after winning the ball and to shoot a goal as soon as possible.
✦ If the ball scores a goal or is out, the blue team takes the kick-off.
✦ Exchange the tasks after five to ten minutes.

Variations and Pointers

✦ Same procedure with limited contact for the team with the numerical advantage.
✦ Assign the teams to specific positions.
✦ If need be interrupt the game and demonstrate the change over after winning the ball.
✦ Conclude by playing a 7-on-7 plus goalkeepers.

Encourage the players to persevere - even if the odds are against them.
Practice-List: Running Co-ordinations

Select one or two training forms from this list and build it into your self-devised training session for 17-20 year olds.

**EXERCISE 1**

Description of exercise
- The players of group A play the ball past the poles, run through the pole lanes by side-steps, control the ball briefly and shoot at the goal. After that, they line up behind group B.
- The players of group B lift the ball over the poles, overrun the poles by skipping and, after a brief ball control, shoot at the goal. After that, they line up behind group A.

Variations
- The players of group A also lift the ball over the poles.
- The players of group B cross the poles running with their knees raised high.
- Competition: Which player can shoot the most goals in 10 minutes?

**EXERCISE 2**

Description of exercise
- The players of group A start off by playing a long fly ball to the team-mate, skip through the poles, receive the ball back from the team-mate and shoot at the goal with goalkeeper.
- Then the striker changes position and duty with the team-mate.
- The same tasks for the players of group B.

Variations
- Run over poles with your knees raised high.
- Side-step through the pole lanes.
- The same procedure with fixed pass points that are only exchanged after a few runs.
- Competition: Which player can shoot the most goals in 10 minutes?
- Only direct shots at the goal.
**Training with Youths / Teenagers**

**Ages 17-20**

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**EXERCISE 3**

**Description of exercise**
- The players of A dribble through the cone jungle and shoot at the goal.
- B plays a fly ball at C, overcomes the poles through skipping, and also with knees raised high, receives the ball back from C, and shoots at the goal. C fetches the ball and joins group A. B takes over the position from C.

**Variations**
- The players from B run through the pole lanes by side steps.
- 3 x 5 poles are laid out in front of B.
- The players of A must dribble fully around two cones.
- Competition: Which player can shoot the most goals in 10 minutes?

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**EXERCISE 4**

**Description of exercise**
- The players of group A lob over the poles and shoot at the goal after having run over the poles with skippings.
- Same task for the players of group B.

**Variations**
- Forward-/backward-running through the pole lanes.
- Competition: Which team can shoot the most goals in 10 minutes?

Note: Players who do not overrun the poles correctly must start again or may not shoot at goal!
Training with Youths / Teenagers
Ages 17-20

Practice-List: Speed

Select one or two training forms from this list and build it into your self-devised training session for 17-20 year olds.

START WHEN COACH MAKES A PASS

Training Form 1
The coach positions himself between two players and suddenly passes the ball towards the goal. The player who reaches the ball first may shoot at goal.

Variations
- The players start from different starting positions, e.g. lying on their stomach or back, squatting, kneeling, sitting long-legged.
- The trainer bounces the ball so that the striker first has to control the high ball.

PASS TURNING POINT TO BALL

Training Form 2
Two players run past two turning points and then for the ball that lies in front of the goal with goalkeeper. The start of player A is the signal for player B to try to stop player A from shooting a goal. Subsequently swap roles.

Variations
- The players start from different starting positions, e.g. lying on their stomach or back, squatting, kneeling, sitting long-legged.
- Both players may shoot at the goal.
- When running for the ball, the players must overcome an obstruction, e.g. a hurdle or a short slalom course.

START WITH CHANGE OF DIRECTION

Training Form 3
Two players simultaneously move backwards away from the ball. As soon as player A starts moving forward towards the ball, a race for a 1-on-1 starts for a shot at the goal with goalkeeper.

Variations
- While moving backwards, A includes various movements, e.g. squatting, imitation header, which B instantly has to copy.
- Same procedure towards a small pole goal.
Training with Youths / Teenagers
Ages 17-20

**START WITH CHANGE OF DIRECTION**

**Training Form 4**
A places his ball on the penalty line and casually moves towards B. Three metres before B, A suddenly turns towards the ball. That is the signal for B to race for the ball. Whoever reaches the ball first may shoot at the goal, provided he can pass the opponent’s disruptive moves.

**Variations**
- Mark a line between the ball and player B. B may only start moving once A has crossed that line.
- A casually moves backwards away from the ball. As soon as A “switches” and sprints forward towards the ball, B moves forward and tries to prevent A from shooting a goal.

**NUMBER RACE TOWARDS BALL**

**Training Form 5**
The players stand in two numbered teams to either side of the goal with goalkeeper. The coach loudly calls a number and simultaneously plays the ball towards the goal. The players with that particular number immediately run towards the ball. Whoever reaches the ball first will try to shoot a goal, while the other will try to defend it.

**Variations**
- The players start from different starting positions, e.g. lying on the stomach, squatting, press-ups, sitting cross-legged.
- The coach plays high balls towards the goal.
- Competition: Which team achieves 5 (10) goals first?

**JUGGLING AS STARTING SIGNAL**

**Training Form 6**
The players stand in pairs behind a starting line approx. 30 metres away from the goal with goalkeeper. Just before the penalty line, a player (or the coach) juggles the ball. As soon as the ball falls to the ground, it is the starting signal for both players. Whoever reaches the ball first will try to shoot a goal, while the other will try to defend it.

**Variations**
- A is the striker and B is the defender.
- Two players juggle with the ball on the penalty line.
- On both penalty area corners, a player juggles with a ball. The first ball to fall is the steering signal.
- The players start running for the ball from different starting positions.
Training with Youths / Teenagers
Ages 17-20

Practice-List: Endurance

Select one or two training forms from this list and build it into your self-devised training session for 17-20 year olds.

ENDURANCE-GAME

Description of exercise

- Play 7-on-7 towards a pole goal with goalkeeper in the centre of the field. The two groups play between the penalty areas and try to shoot goals while playing together. They may shoot at the goal from both sides. A goal is only valid if within pole height.
- After winning the ball, the defending team must first dribble over the marked goal lines (approx. 15 metres long) in the corners of the pitch before they may attack. After a shot at goal, if saved or not, the ball stays in the possession of the striking team. Nevertheless, they also have to dribble over the goal lines before their next attack.
- Playing time: two to three repeats with a pressure time of six to seven minutes. Have 5-minute breaks in between!

COMBINATION

Description of exercise

- Have four equally strong teams / groups: Teams A and B play on one half of the pitch against two goals with goalkeepers. On the other half of the pitch teams C and D do endurance training by circling their pitch. Swap exercises after a certain number of exercises (e.g. after 5 rounds) or after a certain time limit (e.g. after 10 minutes).
- Groups A and B: 5-on-5 in free game.
- Groups C and D: running part 1: casual run; running part 2: run sideways through a course of diagonally placed cones; running part 3: run with three random circles along the centre line; running part 4: alternate between skipping and hopping.
**Course 1**

**Description of exercise**
- The players, each with a ball, move within a "holding-square" at one of the pitch corners. Then, one after the other, they dribble out of this square and with the ball cross a course with different ball technical exercises.

- **Section 1:** Dribble through a course of diagonally placed cones.
- **Section 2:** Pass the ball towards the coach, jump over three hurdles standing one behind the other, and then carry on dribbling with the returned ball.
- **Section 3:** Measured shot towards a small goal from a distance of 10 metres, then run after ball.
- **Section 4:** Dribble with increased speed.
- **Section 5:** Measured, half-high volley into the arms of the goalkeeper, control the returned ball and dribble back to the "holding-square". Carry on dribbling to the next start.

**Course 2**

**Description of exercise**
- The players build teams with one ball per team and position themselves at the corners of the pitch. Circle the complete playing field with various passing exercises per playing field side. Swap positions and exercises within the pairs from one round to the next.

- **Playing field side 1:** Direct cross passes into the path of the teammate (distance 3 to 4m).
- **Playing field side 2:** 2-4m distance, A moves forward, B moves backward. A passes ball into the path of B, who passes the ball straight back again to A.
- **Playing field side 3:** Cross passes after short ball control directly into the path of the teammate (Distance 2-4m).
- **Playing field side 4:** A moves forward, B moves backward. A throws a high ball to B, who heads the ball back to A while running backwards.
"Life Skills and Football" for Youths / Teenagers aged 13-20 years

Life Skills / Social Skills

In the model training sessions, we have seen that many life skills are included in the games and exercises. Now we want to give you an idea of the most common life skills and their connection to football. We also want to give you pointers for including them in your training with youth / teenagers.

What do you think...?

Which life skills can be supported in football exercises / training with youths/teenagers aged 13-16 years?
Sample answers:

- Teamwork - pass the ball ten times within your team and your team will get a point
- Creativity - let players organise a warm up, perhaps including singing and clapping hands
- Self-confidence - let a player be the referee

Which life skills can be supported in football exercises / training with youths/teenagers aged 17-20 years?
Sample answers:

- Teamwork - every player has to touch the ball before a goal can be scored
- Creativity - let a group of players organise a training session
- Self-confidence - let one player organise the training session so that he is an important person
"Life Skills and Football" for Youths / Teenagers aged 13-20 years

Equipment checklist:

**GAME 1**
5 players, 4 feet, 3 hands
- 1 Ball for every player
- 4 Cones

**GAME 2**
Outsider Game
- 2-3 Balls
- 4 Cones
- 2-9 Bibs in different colours

**GAME 3**
Handicap Football
- 2-3 Balls + enough for half the players again
- 4 Cones
- Bibs for half the players

**GAME 4**
Swinging / carrying the Frozen Person
"Life Skills and Football" for Youths / Teenagers aged 13-20 years

GAME 1

5 players, 4 feet, 3 hands
Dribbling in a certain section of the pitch. The coach calls out:
※ Number of players that have to come together
※ Number of hands that have to touch the ground/the ball
※ Number of feet that have to touch the ground/the ball.

Talk with your players about this game:
※ Teamwork is necessary if you want to be successful as a team. Everybody participates, thereby adding to the success of the team.

The group that has succeeded first is the winner. The group that finishes last has to do press-ups, knee-bends, etc. The next round will start with a new task, e.g. dribbling with the soles of the feet.

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN

GAME 2

Outsider Game
※ Two teams play against each other.
※ Both teams have an outsider who will not be included in the course of the game. Their teammates do not pass the ball to them.
※ After 5 minutes, the outsider tells the other players what kind of feeling not getting the ball and being an outsider is.

The coach has to take care that the chosen outsiders are players who are highly self-confident.

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN
"Life Skills and Football" for Youths / Teenagers aged 13-20 years

GAME 3

Handicap Football

- Two teams play against each other.
- One team has the handicap that every player of the team has to carry a ball behind their back. Normally they will not have a chance to win the game, due to their handicap.
- After 5 minutes of play, the coach interrupts the game and talks with the players about their handicap.

This handicap could be:

- smoking
- drinking alcohol
- taking drugs
- etc.

GAME 4.1

Trust in your Teammates 1

"Swinging the Frozen Person"

- Three players together.
- The player in the middle is the "frozen person". He / she has to stiffen his / her body. (Tightens all their muscles.) Then he / she begins to swing back and forth.
- The other two players stop him / her swinging by catching his / her fall at his / her shoulders.

- If the player in the middle trusts his / her teammates enough, they can close their eyes.
- Change the middle player after 10 swings.

Strengthens the whole body of the middle player and strengthens muscles in arms and shoulders of the two other players.
**GAME 4.2**

**Trust in your Teammates 2**

*Carrying the Frozen Person*

- Five players together.
- Four players carry the fifth player (dead man - see Game 4.1) around the field. The "frozen person" has to stiffen his / her whole body.
- Two players will carry the person at the shoulders and two players will carry the person at the legs.
- Change after 30 seconds or 1 minute.

**Variations**

- The whole team lies in two rows on the ground.
- Heads of the players show to the centre.
- Lift one player (frozen person) from one end to the other.

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN

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The players put a lot of trust in their team-mates in these exercises. It is important that this trust does not get misused!