

Underage Preparations U14 & U16

All sessions should:

1. Provide not just entertainment but make a significant difference.
2. Focus on the 8 key areas.
3. Deliver quality, targeted coaching using games, conditions, practices – not just drills.

1. Take the ball at speed
Control/Hold onto ball while running fast

2. Get to the ball first.
Read when/where ball will arrive & be in position to get ball before opponent.

3. Hold onto the ball in the tackle.
Expect to get hit.

4. Move the ball quickly.
Look to play ball immediately and/or support player with ball – no bounce, no solo.

5. Breaks.
Expect every ball to drop/spill - 90% in front. The break won't come to you!

6. Don't dive out.
Do not invite opponent to play ball over your head to your man.

7. Work Hard.
Run, tackle, harass, block, support. Nothing less will do!

8. Decisions.
Make decisions for the good of the team. Learn from last one.

9. Re-Starts
Must be organised for kick-outs, throw-ups, free-kicks and side-line balls.

Organised – players knowing what will probably happen next.

1. Don't kick ball aimlessly out of defence – keep the ball.

2. Work ball to middle-third before kicking to full forward line.