



DAKOTA ALLIANCE SOCCER CLUB

401 West 39th Street • Sioux Falls, South Dakota 57105
Telephone: 605.332.5911 • Fax: 605.332.0278
www.dakotaalliancesoccer.com

Training Program for U17's – U19's

TRAINING REGIMEN AND GUIDELINES

U17's – U19's: Focus is on “Development of Positional Play” and functional training.

“The emphasis is a transition into total team play, individual roles within the team, and functional training specific to a player’s position.”

HIGH PRIORITY

FUNCTIONAL TRAINING, CROSSING, SET PIECES AND TEAM PLAY

TECHNICAL / TACTICAL

Players must be exposed to a playing and training environment, which extend their mental, physical, tactical and technical capabilities to the limit. They must have a sound understanding of the games principles and concepts.

Functional Play:

- Attacking roles and responsibilities
- Defensive roles and responsibilities

Crossing: (Develop a complete understanding of):

- Crossing angle
- Overlaps
- near and far post runs – timing / location --- type of ball to be served

Set Plays: (Develop a complete understanding of):

- Attacking and defending responsibilities at corner kicks and all other restarts
- The importance of possession from throw-ins in defensive and midfield third of field
- Possession and creativity in the final third

Development of Team Play

Functional play: Training players for specific positions and roles. This training should include technical/functional and tactical/functional

Team Play:

1. Match - related practice: Attacking vs. Defending
2. Match conditioned: One in three practices devoted to the defensive aspects of the game.



DAKOTA ALLIANCE SOCCER CLUB

401 West 39th Street • Sioux Falls, South Dakota 57105
Telephone: 605.332.5911 • Fax: 605.332.0278
www.dakotaalliancesoccer.com

Players should have a complete understanding of the principles of team play.

ATTACKING / DEFENDING / TRANSITION / TEAM PLAY

PHYSICAL

Fitness – Done with and without a ball
Stretching – Dynamic / Static Stretching (before and after training and matches)
Importance of discipline for warm-up and cool-down
Endurance – Aerobic and Anaerobic
Nutrition – Importance of proper diet, pre-game, post-game and tournaments
Care and Prevention of Injuries
Importance of rest and recovery

PSYCHOLOGICAL

Leadership / Player Responsibilities
Increased Concentration
Discipline
Goal Setting
Vary Program – Satisfy player's urge for competition

GOALS AND EXPECTATIONS

- 1. Soccer should remain FUN!!!***
- 2. One in three practices devoted to defending principles of play***
- 3. Match - related practice: Attacking vs. Defending ----- TRANSITION***
- 4. All activities should be challenging, motivating and involve Transition!***
- 5. Players should have a passion for the game and should be watching high level soccer.***

FORMAT

MONDAY'S – "Final Third"

Technical Training - Focus on Striking balls (20 Minutes)
Phases of Play Training Part 1 – 3's and 4's in front of goal (25 Minutes)
Phases of Play Training Part 2 – 5's and 6's in front of goal (25 Minutes)
Final Phase – 8v8 to large goals (20 Minutes)

TUESDAY'S – "We Do Not Have the Ball"

Technical Training – Focus on collecting balls on ground and out of the air (30 Minutes)
Phases of Play Training Part 1 – 3v3 or 4v4 to targets with or without neutrals (20 Minutes)
Phases of Play Training Part 2 – small-sided games with directions & goals, nothing larger than 6v6 (20 Minutes)
Final Phase – 8v8 to large goals (20 Minutes)



DAKOTA ALLIANCE SOCCER CLUB

401 West 39th Street • Sioux Falls, South Dakota 57105
Telephone: 605.332.5911 • Fax: 605.332.0278
www.dakotaalliancesoccer.com

WEDNESDAY'S – "Street Soccer"

Small-sided games and tournament play – Free Play and let the player be creative (45-60 Minutes)

THURSDAY'S – "We Have the Ball"

Technical Training – Focus on footwork (Coervers) (20 Minutes)

Phases of Play Training Part 1 – 4v4 to targets with or without neutrals (25 Minutes)

Phases of Play Training Part 2 – small-sided games with directions & goals, nothing larger than 6v6 (25 Minutes)

Final Phase – 8v8 to large goals (20 Minutes)

COACHING METHODS

Cueing vs. Reactionary Coaching

Natural Stoppages vs. Freeze Method

Individual vs. Collective

COACHING STYLE

Develop a different, enlightened, motivational approach to working with all of the athletes

GOALS AND EXPECTATIONS

1. **TECHNIQUE** – cleaner, better on the ball, comfortable in striking and collecting balls
2. **TATICS** – solving problems and making quick quality decisions
3. **MENTALITY** – Competition, training, effort, commitment, mental toughness
4. **TRAINING** – Developing appropriate training culture/environment
5. **LEAGUE GAMES** – Opportunities to try new ideas: Formations and Positions
6. **TOURNAMENTS** – Different competition, preparation for improvement and development
7. **STATE CUP & COLLEGE SHOWCASES** – Pinnacle of our efforts