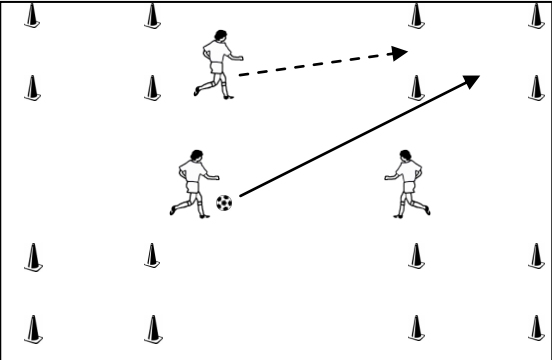
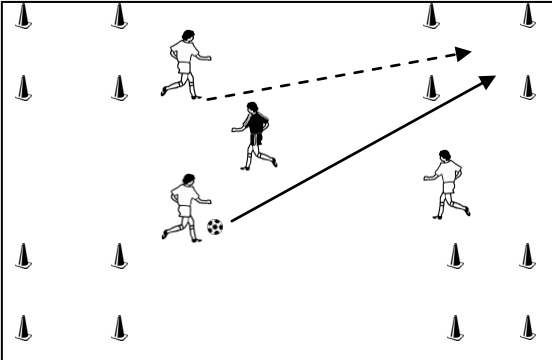
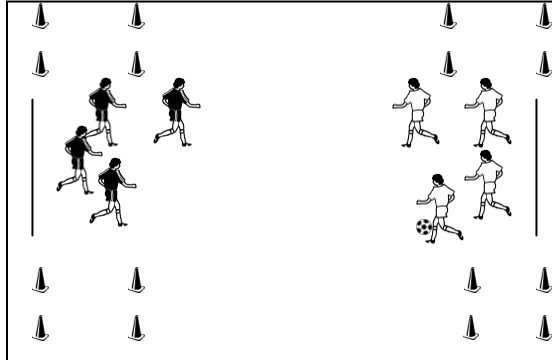


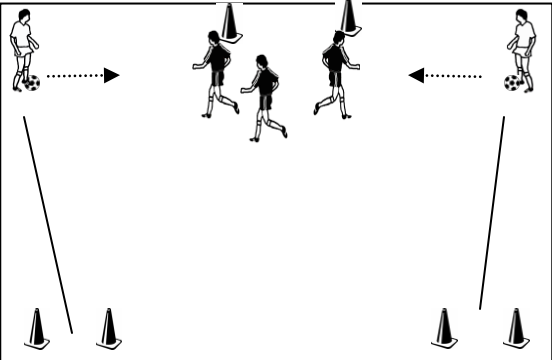
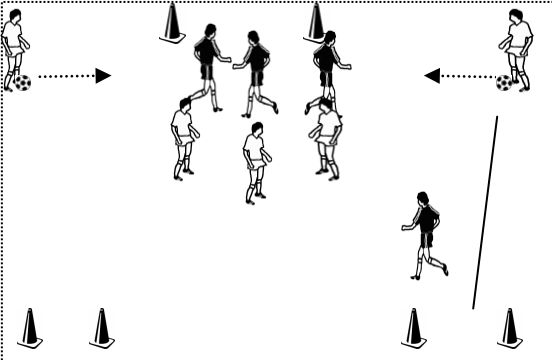
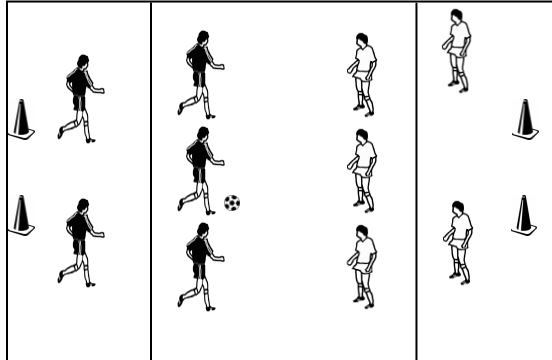
TRAVEL Premier U17/U18

CHALLENGER - TEAM/PLAYER PROGRESSION Ages - U17/U18	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING (FLICKS)										
SHOOTING (VOLLEY)										
SHOOTING (CUSHIONING)										
HEADING (PASSING)										
HEADING (TRAPPING)										
SCREENING THE BALL										
FEINTING AND DRIBBLING										
TURNING										
SLIDE TACKLES										
THROW IN'S (ATTACKING)										
THROW IN'S (DEFENDING)										
PASSING (MAKING ANGLES)										
PASSING (SHORT PASSES)										
2V1 LOFTED PASSES										
2V1 INTERCHANGE/ TAKE OVER										
2V1 BACK HEELS										
2V1 OVERLAPPING										
DIAGONAL RUNS										
CREATING SPACE										
DECOY RUNS										
BLIND SIDE RUNS										
CROSSING (EARLY INTO THE BOX)										
FINISHING (FROM CROSS)										
SET PLAYS (LONG FREE KICKS)										
SET PLAYS (SHORT FREE KICKS)										
DEFENDING (SUPPORT PRINCIPLES)										
COMMUNICATION IN DEFENDERS										
DEFENDING (IN THE BOX)										
DEFENDING (AROUND THE BOX)										
DEFENCE TO ATTACK (COUNTER)										

U17/U18 WEEK 1

Unopposed	Game Related	Conditioned Game
<p>Passing: Short to Long</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are in a group of 3/4 • After making 3 passes they players off the ball must make a break into a corner box to receive a pass. • Players look to have short sharp passing inside main area and switch with a long pass • After pass is made the players move back into the centre to short range passing <p>Coaching Points</p> <ul style="list-style-type: none"> • Players look to have short sharp passing inside main area and switch with a long pass • Players encouraged to communicate and call for the ball • Player on the ball needs to look and view who is ready to receive the ball before passing 	<p>Passing: Short to Long</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • 1 Defender is now in place to place the team with the ball under pressure • Defender is changed upon coaches request <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must look to make a pass into a box away from the defender • Keep the ball moving and keep the players moving 	<p>Passing: Short to Long</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are placed into 2 teams and play against each other with the ball having to be played into a box before shooting <p>Coaching Points</p> <ul style="list-style-type: none"> • Play ball into attacking box to act as a crossing zone. • Players ready to move into box when attacking • Player with the ball able to make correct decision of when to make attacking pass. • Delay of pass • Short passes when close, long pass when in space

U17/U18 WEEK 2

Unopposed	Game Related	Conditioned Game
<p>Defending Corners/ Free kicks</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players in white each start with a ball and take turns playing the ball into the box • Players in black are to attack the ball when it comes into the area and clear the ball back out to the wide areas • The white players must break out to the wide areas to pick up the ball and bring it back down the field <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area by attacking ball • Cover for player attacking the ball • Clearing the ball out of danger area 	<p>Defending Corners/ Free kicks</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Exercise is same as before only there are attacking players in the box looking to score • If team in black wins the ball the must get it out to their attacker who is looking to drive through either wide goal • White players now drop back to defend goal • Rotate each team of players so they get a chance at each position <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area and attacking ball • Awareness of attackers and following their runs • Covering player attacking the ball • Clearing the ball out of danger area • Have attackers move around the box to make it hard to mark 	<p>Defending Corners/ Free kicks</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Both teams have 2 players who must remain in their 18yard box • Other players are allowed to enter the box to help defend <p>Coaching Points</p> <ul style="list-style-type: none"> • Defending area by attacking ball • 2nd Player provides cover • Awareness of players coming into the box • Clearing of ball out of danger area