



St. Charles Force Curriculum

U15 and U16

TRAIN TO TRAIN DEVELOPMENT MILESTONES

Training to Game Ratio		2:1 / 4:1 - MSA Cup Teams 75-90 Minute Trainings/Game
Game Format		11v11 (outdoor) 9v9 (indoor)
Dribbling		<ul style="list-style-type: none"> • Ball mastery both feet • Combine turns and ball retention in tight areas
Passing		<ul style="list-style-type: none"> • Longer passes (30-40 yards) driven and lofted consistent accuracy under pressure • Pass selection long/short, use disguise, consistent accuracy • One touch and volley passes • Small sided games/phases of play working on passing • Breaking lines of defense (penetrating passes)
Running with the Ball		<ul style="list-style-type: none"> • Changes of direction at pace • Counter attacks from all areas of field, attacking space between defenders • Flank play
Dribbling		<ul style="list-style-type: none"> • Refine technique and proficiency with at least two techniques • Decision making, when and where to dribble • Risk vs. Reward
Receiving and Control		<ul style="list-style-type: none"> • Consistent first touch • Receiving with back to goal • Decision on first touch (control vs. pass) • Body shape and position in relation to ball • Practice should be in tight areas with little time • Create space/bring others into game with first touch
Crossing and Finishing		<ul style="list-style-type: none"> • Power shooting both feet • First time finishes • Set piece strikes



		<ul style="list-style-type: none"> • Finishing from different heights and angles • Striker movement • Creativity to finish • Crossing from dribble • Variety of cross
Defending		<ul style="list-style-type: none"> • Individual defending – Group Defending • <u>Block Defending</u> • <u>High Pressure</u> • When and where to challenge • Line of engagement
Heading		<ul style="list-style-type: none"> • Defending and attacking crosses and set pieces • Cushion headers (passing the ball) • Use competitive situations
Tactical		<ul style="list-style-type: none"> • Direct play vs. possession play • Playing out of the back • Support angles and distances in different areas of the field • Movement to create space • Creativity as a team and individual • Spatial awareness • When and where to switch play • Counter attacking from all areas • Advanced set plays • Different systems of play • Marking tracking and delaying opponents • Pressurizing as a team • Lines of Recovery • Communication from GK to defenders • Position specific training