



U16

Player Syllabus

In Possession

Safety ALWAYS, pass the ball, never dribble from a keeper restart.

Out Of Possession

Know where to be for all set plays i.e. Corners, Kick-Ins, keeper restart, etc.

Transition - Winning The Ball

Make sure the player winning the ball has three options to pass to.

Transition - Losing The Ball

Win the ball back within three seconds of your team losing it.

General

Look to play with a maximum of three touches at all times.

Each week pick one of the above and try to apply it to everything you do!