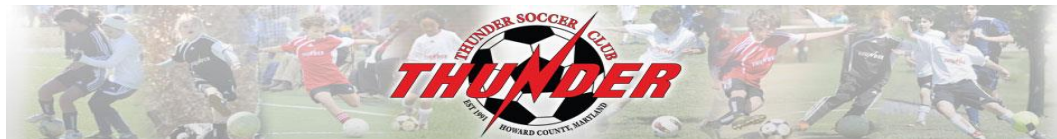


# THUNDER SOCCER CLUB

## U15/16 Developmental Soccer



<b>Age</b>	<b>U15/16</b>
<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Weight training</li> <li>• Core/back/abdominal strength</li> <li>• Interval &amp; sprint-recovery training</li> <li>• SAQ (speed, agility, and quickness) training</li> </ul>
<b>Technique (Field Players)</b>	<ul style="list-style-type: none"> <li>• Continue improving foot skills</li> <li>• Diving headers to score and clear</li> <li>• Airborne kicking (scissors volley, overhead volley)</li> <li>• Finishing (power vs. finesse)</li> <li>• Skill mastery (technical execution under pressure)</li> <li>• Accurately play long passes</li> <li>• Receiving the ball away from pressure</li> </ul>
<b>Technique (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Backward (recovery) diving</li> <li>• Drop kicks (half-volley distribution)</li> </ul>
<b>Tactics (Field Players)</b>	<ul style="list-style-type: none"> <li>• Attacking runs (withdrawing, penetrating, crossover)</li> <li>• Collective attacking in the final third</li> <li>• Attacking down the wings</li> <li>• Passing on diagonals</li> <li>• Playing through the thirds of the field</li> <li>• Introduce zonal defending</li> <li>• Collective defending in the defensive third</li> <li>• Recognition of numbers-up/numbers-down situations</li> <li>• Speed of play and controlling the match tempo (build-up vs. counterattack)</li> <li>• Tactical adjustments during the run of play</li> <li>• Post-match analysis (collective and individual)</li> </ul>
<b>Tactics (Goalkeepers)</b>	<ul style="list-style-type: none"> <li>• Initiating the counterattack</li> <li>• Organizing teammates on defensive set plays</li> <li>• Supporting the attack beyond the penalty area (including attacking free kicks)</li> </ul>
<b>Psychology</b>	<ul style="list-style-type: none"> <li>• Courage</li> <li>• Independence and self-reliance</li> <li>• Personal and collective accountability</li> <li>• Goal orientation (process and outcome goals)</li> <li>• Willingness to sacrifice to achieve one's best</li> <li>• Mental rehearsal and imagery</li> <li>• Functional specialization (gaining a deep understanding of 1-2 positions and heightened confidence in one's ability to play those positions)</li> </ul>
<b>Training</b>	<ul style="list-style-type: none"> <li>• 90-120 practices per year for premier/advanced players (mix of team and</li> </ul>

	<p>functional/specialized training, 90-105 minutes/practice)</p> <ul style="list-style-type: none"> <li>• 70-80 practices per year for developmental players (team training, 90 minutes/practice)</li> <li>• Separate functional training for goalkeepers (30-50 hours/year)</li> <li>• Majority of training activities have 4-10 players per ball</li> </ul>
<b>Competition</b>	<ul style="list-style-type: none"> <li>• 11v11; Two 35 minute periods(U15) Two 40 minute periods(U16); Size 5 Ball</li> <li>• No more than 6 scrimmages per year (using approved U15/16 rules)</li> <li>• 35-45 games per year, be part of organized leagues/tournaments or scrimmages (using approved U15/16 rules)</li> <li>• Practices and games played outside the club (school teams in the Fall)</li> <li>• No more than 2-4 tournaments per season; State Cup &amp; President Cup competitions</li> </ul>
<b>Coaching</b>	<ul style="list-style-type: none"> <li>• Paid Coaches</li> </ul>
<b>Playing Levels</b>	<ul style="list-style-type: none"> <li>• Developmental</li> <li>• Advanced</li> <li>• Premier</li> </ul>
<b>Year round program</b>	<ul style="list-style-type: none"> <li>• Summer: July 10<sup>th</sup> - August 15<sup>th</sup> ; 10-12 practices</li> <li>• Fall: August 15<sup>th</sup> - November 15<sup>th</sup>; 36-38 practices</li> <li>• Winter: January 1<sup>st</sup> - March 1<sup>st</sup>; 16 practices</li> <li>• Spring: March 1<sup>st</sup> - May 31<sup>st</sup>; 36-38 practice</li> </ul>
<b>Attendance</b>	<ul style="list-style-type: none"> <li>• Minimum 85-90% attendance at practice and games</li> </ul>
<b>Positioning</b>	<ul style="list-style-type: none"> <li>• Positioning, including goalie what best fits the players and the teams need. However some players will play multiple positions</li> </ul>
<b>Playing Time</b>	<ul style="list-style-type: none"> <li>• Target equal playing time for all players on Developmental teams</li> <li>• Advanced and Premiere teams playing time will be at the coach's discretion based upon player level of commitment, attitude and ability level.</li> </ul>