

# Under 16 Menu – DEFENDING TECHNICAL

Try to DOMINATE, CONTROL & COMPETE

## TECHNICAL

### Have a Good Start Position

(When team is defending, are you in a good position and ready to control & dominate your area/man?)

### Body Shape

(Can you see the ball / man at all times knowing what area you are defending ?)

### Speed of Approach

(How fast do you approach your opponent? Do you make it easy for them to bypass you?)

### Foot Placement

(Can you position your feet correctly to move in any direction? Can you get in and out quickly relating to opponents movement?)

### Type of Approach

(When you have decided to press the ball, do you approach quickly and with intensity?)

### Distances to Slow

(After you have approached quickly and with intensity, have you put the brakes on and can see/feel the man and see the ball?)

### Have a Good Body Shape (Side/Low/Surf)

(When you are set in your 1v1, are you side on, sat down and surfing, ready to do business?!)

## TECHNICAL

### Regain (Tackle/Intercept)

(When you are set in a good 1v1, has the player given you the chance to win the ball back, Or has your good start position allowed you to be smart and intercept a pass?)

### Heading/Clearances

(Are your defensive headers and clearances wide and high out of danger?)

### Clearance Types

(Is your choice of technique/type the right decision for your clearance to be high and wide? I.e. cricket bat, header etc)

### Retain/Release

(After regaining the ball, can you keep possession and pass to a team mate or into space still keeping possession?)

### Short/Medium/Long Passes

(Can you pass the ball over short, medium and long distances with the right detail?)

### Passing Types / Distances

(When in possession of the ball, can you vary your type of passes in any distance? Outside/inside of foot, laces, driven, lofted with good detail?)

### DECISION

Press  
Drop  
Delay

### REACTION

Positive  
Intense  
Areas

### COMPACT

Cover  
Balance  
Prevent

### RECOVER

Angle  
Pace  
Area

### Deny

Space  
Time

### REGAIN

Techniques  
Areas  
Release

HONESTY

INTEGRITY

REALISM

TEAMWORK

RESPECT

ENJOYMENT

SPORTSMANSHIP

Try to DOMINATE, CONTROL  
& COMPETE

# Under 16 Menu – DEFENDING TACTICAL

## TACTICAL

### Have a Good Start Position

(When team is defending, are you in a good position depending on where the ball, space, man is?)

### Recognising Triggers to Press

(Can you spot when is the best time for you to press, such as a bad pass, touch or any other trigger?)

### Create Good Angles and Distances

(When team is defending, do you have the right angles and distance between your nearest team mates, ready to press or delay together?)

### Cover/Support

(Are you reading the game? Are you expecting your team mate to make a mistake and are able to help them out?)

### Areas to Show

(When 1v1 Defending, do you know where to show opponents in the different areas of the pitch?)

### Press/Support Press

(Are you a willing presser? Can you recognise to support your team mate in the press?)

### Recognising Danger – Runners/Pass/Shot

(Can you recognise and act on situations becoming most dangerous for your team whether it is ball/space/opponent?)

## TACTICAL

### Understanding Units

(Do you know what you and your fellow defenders, midfielders or forwards should be doing, and where you should be on the pitch when defending?)

### My Responsibility in Team Defending

(When team is defending, are you switched on and ready to make good individual and team decisions and carry them out?)

### See the Ball / Man

(Can you see the ball and the man focussing on the most dangerous at that moment?)

### Recovery Lines

(When recovering to defend the goal/get behind the ball, do you recover to the space or towards your opponent?)

### Understanding Balance of Team

(Do you know what the team shape or formation is and can you support your team mates if they come out of their unit?)

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# Under 16 Menu – ATTACKING TECHNICAL

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## TECHNICAL

### Have a Good Body Shape to Receive (side)

(Are you side on to the player with the ball when receiving?  
If you are then you will have made good space for yourself to go forward?)

### Good Receiving Skills – Soft / Where

(When receiving side on do you have a good 1<sup>st</sup> touch to take the ball where you have decided to go?)

### Good Decisions to Dribble/Pass

(Can you make correct decisions whether to dribble or pass?  
What determines the decision you make?)

### 1v1 Opportunity

(Can you recognise 1v1 opportunities to get passed your opponent in 1v1 situations?)

### Good Releasing Skills – Timing/Fast/Accuracy

(Are your passes fast, accurate, have a good weight and can you do different types of passing like short, long, curled, front foot, back foot, both feet, lofted and have a good cross?)

## TECHNICAL

### Short/Medium/Long Passing Ranges

(Can you pass the ball over short, medium and long distances with the right detail?)

### Deceptive

(Can you be cute with your movements and passes?  
Not being predictable and allowing your opponent to know what you are going to do?)

### Finishing Techniques

(Do you have a range of finishing techniques you can use when faced with an opportunity to score?)

### Try to have End Product to my play

(After completing a technique like a turn or a dribble, do you keep possession or deliver a good pass or cross, or have an attempt on target with a goal?)

HONESTY

INTEGRITY

REALISM

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RESPECT

ENJOYMENT

SPORTSMANSHIP

POSITIVE

1 V 1

Areas

Actions / Skill

CREATIVE

Attitude

Areas

Risk

OVERLOADS

Areas

Timing

Rotation

COMBINE

Link play

Movements

Quick

END PRODUCT

Releasing

Crosses

Finishing techniques

# Under 16 Menu – ATTACKING TACTICAL

Try to DOMINATE, CONTROL  
& COMPETE

## TACTICAL

### Have Good Movements

(When looking to receive the ball or support your team mate, are you making good multi-movements to create space for yourself or others?)

### Positioning (Free Play)

(Can you position yourselves in good areas to support the attack / be in areas to score?)

### Showing Good Support/Angles and Distances

(Are you always looking to support the man with the ball, knowing that the team is still balanced in case we lose possession?)

### Underlaps/Overlaps

(Can you recognise to overlap/overload an area to gain an advantage to create scoring opportunities?)

### My Responsibility in Team Attacking

(Do you understand your position and the responsibilities?  
Ask your coach to show you the Positional Understanding booklet?)

### Area of Pitch

(Can you make a good decision with your pass/movement in the attacking or middle area of the pitch?)

## TACTICAL

### Try to Break Lines

(When running off the ball, can you be clever and run ahead of the ball and split the units?)

### Understanding Units

(Do you know what you and your fellow defenders, midfielders or forwards should be doing, and where you should be on the pitch when attacking?)

### Understanding Balance of Units

(Do you know what the team shape or formation is and can you support your team mates if they come out of their unit?)

### Penetrate /Risk

(Do you understand when to risk and penetrate units with your passes or with your movements?)

### Retain/Protect

(Can you recognise the moments when you need to retain and protect the ball by keeping possession?)

### Rotation

(Do you recognise other players movement? Can you do the opposite to them either to feet or ahead of the ball?)

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1 V 1

Areas

Actions / Skill

CREATIVE

Attitude

Areas

Risk

OVERLOADS

Areas

Timing

Rotation

COMBINE

Link play

Movements

Quick

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Releasing

Crosses

Finishing techniques

# Try to DOMINATE, CONTROL & COMPETE

## Under 16 Menu - TRANSITION TECHNICAL

**TECHNICAL**

**Have a Good Start Position**  
(When team is defending or attacking, are you in a good position and ready to control & dominate your area/man?)

**Have a Good Body Shape**  
(Do you have good body shapes ready to react to the team winning or losing the ball?)

**Types of Approach**  
(When you have decided to press the ball, do you approach quickly and with intensity?)

**Speed of Approach**  
(How fast do you approach your opponent? Do you make it easy for them to bypass you?)

**Distances to Slow**  
(After you have approached quickly and with intensity, have you put the brakes on and can see/feel the man and see the ball?)

**Have a Good Body Shape (Side/Low/Surf)**  
(When you are set in your 1v1, are you side on, sat down and surfing, ready to do business?)

**Good Regain Skills – Intercepting / Tackling**  
(When you are set in a good 1v1, has the player given you the chance to win the ball back, Or has your good start position allowed you to be smart and intercept a pass?)

**Increased passing types**  
(Can you pass different types of passes? Inside, outside, chip, driven etc)

**TECHNICAL**

**Good Counter Attacking Skills - Dribble/Pass/1v1**  
(Can you dribble past the opposition quickly or make a good pass quickly when team has just won the ball back?)

**Receiving Skills/Releasing Skills**  
(Are you comfortable receiving and releasing the ball under pressure in order for your team to retain possession?)

**Short/Medium/Long Passing Ranges**  
(Can you pass the ball over short, medium and long distances with the right detail?)

**Deceptive**  
(Can you be cute with your movements and passes? Not being predictable and allowing your opponent to know what you are going to do?)

**Finishing Techniques / Surfaces**  
(Can you use the correct techniques at any given time to perform and have quality with end product? Do you understand and know how to finish in a certain area?)

**Try to have End Product to my play - Finishes**  
(After completing a technique like a turn or a dribble, do you keep possession or deliver a good pass or cross, or have an attempt on target with a goal?)

<b>DECISION</b> Press Hold Drop	<b>REACTION</b> Positive Intense Areas	<b>DELAY</b> Protect Recover Patience	<b>SHOW</b> Area of pitch	<b>DENY</b> Space Time Options	<b>REGAIN/COUNTER</b> Techniques Release Areas
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<b>HONESTY</b>
<b>INTEGRITY</b>
<b>REALISM</b>
<b>TEAMWORK</b>
<b>RESPECT</b>
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<b>SPORTSMANSHIP</b>

# Try to DOMINATE, CONTROL & COMPETE

## Under 16 Menu - TRANSITION TACTICAL

### TACTICAL

#### Have Good Multi-Movements

(When looking to receive the ball or support your team mate, are you making good multi-movements to create space for yourself or others?)

#### Create Good Angles and Distances

(When team is defending or attacking, do you have the right angles and distance between your nearest team mates, ready to defend or attack?)

#### Good Cover & Support

(If you are not directly involved on or around the ball, do you automatically provide good balance by covering?)

#### Understanding Units/Balance of Units/Team

(Do you know what you and your fellow defenders, midfielders or forwards should be doing, and where you should be on the pitch when the team has just won or lost the ball? Do you know what the team shape or formation is and can you support your team mates if they come out of their unit?)

#### Areas to show

(In what area of the pitch are you looking to show your opponent in order to regain the ball?)

#### Recognise Opportunity/Danger

(Can you recognise when your in a good position to take advantage of the oppositions weaknesses? Can you also recognise danger whether it's the space or the man?)

#### Recovery Lines

(When recovering to defend the goal/get behind the ball, do you recover to the space or towards your opponent?)

### TACTICAL

#### My Responsibility in Team Transition

(Do you understand your position and the responsibilities?  
Ask your coach to show you the Positional Understanding booklet)

#### Underlap/Overlap

(Can you recognise to underlap/overlap/overload an area to gain a advantage to create scoring opportunities?)

#### Support – Front/Behind/Side

(Can you recognise when you need to support beyond the ball or behind or to the side when your team mate is in good possession?)

#### Penetrate/Risk

Do you understand when to risk and penetrate units with your passes or with your movements?)

#### Retain / Protect

(Can you recognise the moments when you need to retain and protect the ball by keeping possession?)

#### Start Position

(Can you position yourselves in good areas to support the attack/defend?)

#### Triggers to press/Press/Support Press

(Can you spot when is the best time for you to press, such as a bad pass, touch or any other trigger? Continue pressing as quick as you can and also to continue to support behind the press?)

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DECISION

Press  
Hold  
Drop

REACTION

Positive  
Intense  
Areas

DELAY

Protect  
Recover  
Patience

SHOW

Area of pitch

DENY

Space  
Time  
Options

REGAIN/COUNTER

Techniques  
Release  
Areas

Try to DOMINATE, CONTROL  
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# Under 16 – Menu PSYCHOLOGICAL

## Commitment

(Do you really believe you are committed to your learning and to being a professional footballer?)

## Confidence

(Do you believe in your own ability both on and off the pitch and are you prepared to take risks?)

## Concentration

(Are you focussed on your learning, can you stay focussed all through training and games?)

## Emotional Control

(If something upsets you, can you respond professionally and stay calm?)

## Communication

(Can you talk to team mates and coaches on and off the pitch?)

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# Under 16 – Menu SOCIAL

## Try to be a Good Learner

(Have you set and understand your own Learning Objectives? Do you listen, understand then apply the task on the pitch?)

## Try to Behave Well (to Learning)

(Are you focussed on your learning, do you come to the Academy to learn?)

## Understand the Importance of Teamwork

(Do you understand that you will need your team mates and coaches to get where you want to be?)

## Try to Build Relationships

(Do you get on really well with your team mates and coaches?)

## Try to be an Independent Learner

(Can you analyse and evaluate your training and games performances, and recognise what you need to do to make the improvements?)

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