



# Coach Education 19U Nuggets

## Psychosocial

- Develop own set of values and beliefs
- Value committed relationships and being respected
- Look for more adult social settings
- Want guidance from adults, but make own decisions
- Apt to reject goals set by others
- Expect to be treated as if they are “fully” grown
- Considering long-term goals and career possibilities

## Technical

- Instep kick
- Dribbling
- Inside of foot push pass
- Inside of foot control
- Throw-ins
- High control
- Juggling
- Block tackling
- Goalkeeping

## Physical

- Physical growth starts to taper off but still have concerns about body image
- Physical maturity can conflict with overall maturity
- Most have reached biological sexual maturity by 18
- More realistic view of physical ability and limits

## Attacking

- Score!
- Keep possession
- Advance ball

## Defending

- Prevent scoring
- Regain possession
- Delay opponents



Everyone Plays® | Balanced Teams | Open Registration  
Positive Coaching | Good Sportsmanship | Player Development



Players should be committed to the group/team, train with intensity and compete to their utmost during matches.

Endurance, strength and speed become physical platforms for faster and more dynamic technical and tactical execution.

Technically, individual focus should be first-touch efficiency, passing and goalscoring. Group training should be position-specific, e.g., back four.

Tactics, strategy and set pieces should be prioritized. Other priorities include quick transition, speed of play, counter attacking and finishing.

Avoid comments that criticize or compare physical ability.

Recognize leaders and involve them (and other players) in team decision-making and provide platform for team discussions.