

The U-14 Age group

Adult standard and formal rules become applicable. The pace of development quickens at this time due to acceleration of physical and mental maturation. The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but have strong commitment to the team.

A. COACH

Strong personality; Soccer knowledgeable; Enthusiastic; Patient but demanding.

Recommended License: "C" License or higher.

B. TECHNIQUE:

Build on the base. Development of individual skills under the pressure of time, space and opponent. Increase technical speed.

Dribbling: Encourage to take players on 1 v 1-Feints/moves;
Keep possession- Shielding/spin turns.

Receiving: Quality first touch-take balls out of the air/turning;
all surfaces, on the run.

Shooting: On the run; on the turn; from all angles/crosses,
volleys.

Passing: Short, long, bent, crosses, driven, chipped.
All surfaces, ALL on the run.

Heading: To goal, to pass, to clear.

Tackling: Proper techniques.

C. TACTICS:

Increase Tactical Speed (decision making under pressure)

Individual Tactics: 1 v 1, in attack and defense.

Attacking: Keep possession; Encourage risk taking; taking players on in the proper areas of the field.

Defending: Proper pressure (in front and behind); Channel player; immediate chase, angles of pressure.

Small Group Tactics: 2 v 1, 2 v 2, 3 v 2, 3 v 3, 4 v 3, 4 v 4.

Attacking: Keep possession: Support; Combination play: wall pass, take-over, overlap, double pass. Width, depth, penetration; Crossing with proper runs in the box; Simple set plays.

Defending: Angle and distance of cover and balance. Delaying and pressing as a group.

Team Tactics:

Attacking: Keep possession. Play the ball away from the pressure. Maintaining balance in the chosen system. Interchange of positions during the run of play. Encourage attackers to take defenders on in the final third. Keeper as an integral part of the attack (play balls back to the keeper).

Defending: Maintain good “shape”. Zonal concepts. Knowing when to “delay” or “step”. Clear decision on where the “line of confrontation” will be. Maintaining good “pressure and cover” through all three thirds of the field.

Recommended System: 4-4-2 or 4-3-3

D. PHYSICAL:

All fitness work with the ball

Flexibility – Static Stretching and Dynamic Flexibility

Agility – Coordination with and without the ball

Speed

Strength – non- weight bearing, core strength and stability

Endurance

Balance

E. PSYCHOLOGICAL:

The game should remain fun and enjoyable. Players should have a passion for the game.

Imagination/creativity

Increase demands

Establish training targets

Maintain discipline

Encourage players/teams to watch professional and national team’s games on TV.

Game duration: two half’s of 35 minutes

Playing numbers: 11 v 11 (with goalkeepers)