



GAMES MATURATION

U13 & U14

Characteristics of age 12-14

Physical Attributes

- Potential for advanced levels of soccer can be seen, awkward proportions due to puberty, growth spurts, limited workload , injury prom due to growth

Motor Skills

- If no improvements than loss of skills, lanky, clumsy

Psychological Aspects

- Fights authority, provokes conflicts, overestimates self, self-centered, emotional swings

Competitiveness & Motivation

- Reassessment of value of soccer, high drop- out rate

Coaching Objectives

- Competitive development
- Decision making
- Choosing the best option within the three moments)"WE" have the ball, "THEY" have the ball and" transition"
- Teach the individual and team roles
- The role of the lines (goalkeeper, defense, mid-field, and forward) and the cooperation between them
- Left, middle and the right side responsibilities

Practice Focus

- Complex possession games with restriction and conditions (5v2, 4v2, 6v3)
- Small and big game-like exercises (1v1, 2v2, 2v3, 3v4, 6v6, 6v7, 7v6)
- Offense/defense exercises to teach tactics
- Situation exercises based on problems from the game

U12 & U14 Emphasis

Technical

- Short, medium and long passing with both feet
- Accurate passing over distance
- Dribbling at speed
- Crossing and finishing
- Controlling the ball with entire body (thigh, chest, head)
- Juggling all parts of the body
- Heading with pressure and offense/defense
- Possession
- Individual, small group and team defense

Tactical

- Possession
- Runs without the ball into lanes of support
- Depth and width
- Playing from your own position and taking over other positions
- Man to man versus zonal defending
- Principles of team defense, especially pressing
- Principles of individual positions, lines and cooperation between the lines
- Offside trap
- Team shape both offensive and defensive

Personality

- **Sportsmanship**
- **How to communicate**
- **Analyze your own game**
- **Individual role in a team sport**
- **Team-building**
- **Concentration**
- **Open to coaching**

Physical

- **Running techniques**
- **Flexibility and stretching**
- **Sprinting in all directions**
- **Body use (shoulder, arms)**
- **Body tackling**
- **Injury avoidance (when and how to tackle)**

Important Soccer Related Knowledge and Experience

- **Respecting teammates, opponents and referees**
- **How to care for shoes and equipment**
- **How to care for body**
- **How to stretch**
- **Our system of play**
- **nutrition**