Ballistic United Soccer Club Pleasanton California BUSC

GAME PROFICIENCY STAGE

U14 – U19

Characteristics of age 14-19

Physical Attributes

- **Return of coordination, increased stamina and strength, varying build and maturity levels, big differences between the genders**

Motor Skills

- **Improvement through maturity, skill training precision, fluid and more coordinated**

Psychological Aspects

More realistic about self, less emotional, less aggressive, more consistent

Competitiveness & Motivation

- **Criticizes own achievements, responsible for role in team, sacrifices' for the team, winning becomes more important, success becomes bigger aim**

Coaching Objectives ages 14 – 16

- **Games Maturity**
- **Focus on 11v11 game (knowing the entire system)**
- **Competitive preparation**
- **Concentrate on cooperation between the lines**
- **Understanding different systems of the play offensively and defensively**

Coaching Objectives ages 16 – 19

- **Prepare for high level competition**
- **Playing for the result (try to win the game by highlighting the strong points against the weak points of the opponent)**

- **Understand team system of play in detail**
- **Know how to adjust to the opponents system**
- **Understanding and playing to team strengths**

Practice Focus ages 14 – 16

- **Possession exercises (5v3, 6v4 and other variation)**
- **All variations of small sided games (1v1 – 11v11)**
- **Tactical philosophy for the three moments of the game("WE" have the ball "THEY" have the ball and "TRANSITION from "WE" to "THEY and then to "WE"**
- **Build-up the ball up from the back**
- **High pressure and low pressure defense**
- **Zonal and man to man defense**
- **Master all set-pieces for and against**
- **Tactical training in the team system**

Practice Focus ages 16 – 18

- **Tactical insight maturity**
- **Functional training (training per position)**
- **Train on specific individual and team strengths and weaknesses**
- **Many trainings in system with players in respective positions**
- **Many trainings will be in preparation for a game or tournament**
- **Weight and nutrition programs should be available if needed**

U15 & U19 Emphasis

Technical

ALL AT GAME SPEED……

- **Short, medium and long passing with both feet**
- **Instep drive short and long (straight ball)**
- **Controlling the ball with all surfaces of the ball**
- **Controlling the ball with all surfaces of the body**
- **Crossing and finishing**
- **Dribbling at speed**
- **Heading with pressure for offense and defense**
- **Penalty kicks**
- **Free kicks**

- **Corner kick**

Tactical

Tactical

ALL AT GAME LEVEL…..

- **Build-up from the back**
- **Team shape – depth and width**
- **Switching field of play**
- **Playing your position and taking over others positions**
- **Keeping possession**
- **Man to man and zonal marking**
- **High pressure and low pressure team defense**
- **Defense per line and 3 lines together**
- **Offside trap offense and defense**
- **Situation training per line and with line**
- **Specific training per individual positions**

Personality

- **Sportsmanship**
- **Communication**
- **Analysis of your own game**
- **Team-building**
- **Concentration at highest level**
- **How to win and lose**
- **Being mentally tough**
- **Open to coaching**
- **No star behavior**
- **Honest with yourself**

Physical

- **Running techniques**
- **Flexibility and stretching**
- **Sprinting in all directions with pressure**
- **Body use (shoulder, arms, hips and legs)**
- **Coordination training**

Important Soccer Related Knowledge and Experience

- **Different systems of play**
- **Game preparation**
- **How to care for your body**
- **Requirements of positions**
- **Our system of play**
- **Pre-game nutrition**
- **Being the judge of your own body**