

U14 Objectives

* BC = Ball Carrier
** NBC = Non Ball Carrier

What the player do at that age
The **Ball Carrier (BC)** knows how to dribble the ball or perform short passes. He can dribble to shake off an opponent or protect the ball. The **Non Ball Carrier (NBC)** moves laterally to break defensive line or play in support to the BC. Defensive players look to intercept the ball while marking and perturbing the opponents.

Motor skills are not necessary anymore as the psychomotor development of the child is achieved. Work on reaction time is still useful. Acceleration and Speed is very important to work on, a little without ball, mainly with ball. Power Endurance (100-110% VO2 max) will be worked on in High School.

Tactical work will be done during the last practice of the week to prepare for game day

Note : At this age, stretching is very important. Doing appropriate stretching today will avoid muscular pain and stiffness later.

At the beginning of the year, coaches should progressively teach different stretching moves in order to have the kids autonomous by the end of the season.

At the begining of the season, work must be done on :

Knowing where to go, how to move and how to come back to position to insure team balance.

This competency is important to be worked on at the beginning of the season. It can last over two weeks of practice. Players are subjected to a significant change in their space structure. They have a larger area to defend, distance between goal and player are longer...

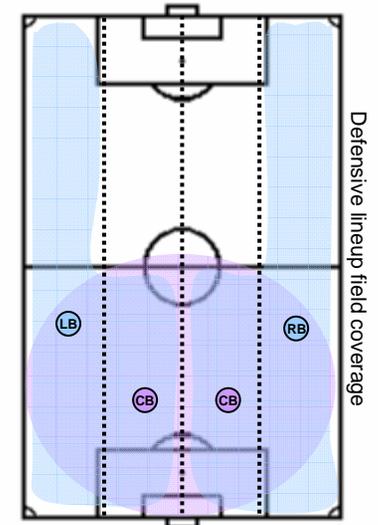
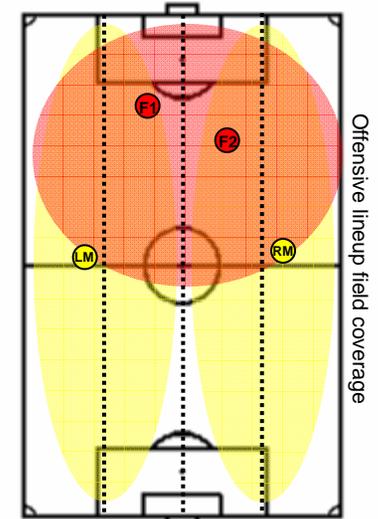
Majority of the players will need time to adjust and feel confident.

This step can be perceived as a process of adaptation.

The specific competency to be worked on:

- Identify My area of play, My role, Learn how to move and act within My area.
- Move on the field depending on the position of the ball and teammates to reduce open spaces.
- Identify and anticipate movement in offensive and defensive situation.
- Fill up open spaces let free by teammates.

Using cones making a grid on the field is a good solution, define spaces for each position is very efficient and allow the payers to visualize where they should and shouldn't be.



Then work on the following objectives :

1st Cycle Being able to stretch laterally the game by playing on the sides	2 nd Cycle Being able to organize the team defensively to be efficient	3 rd Cycle Being able to preserve possession (build up) to reach the target
<p style="text-align: center;">5-6 PRACTICES</p> <p>1) Evaluation and Diagnosis through small games, showing players the difficulties to attack through the center of the field.</p> <p>2) Learn how to perform lateral passes to a teammate.</p> <p>3) Learn how to identify unmarked teammate to be able to pass the ball.</p> <p>4) Learn how to switch of side, by a series of quick passes, if one side is locked*.</p> <p>5) Learn how to use a side to outflank a defense (Passing and Crossing)</p>	<p style="text-align: center;">5-6 PRACTICES</p> <p>1) Evaluation and Diagnosis through small games, showing players the difficulties to defend properly.</p> <p>2) Learn how to come back as fast as possible in defense.</p> <p>3) Learn how to move as a block depending on the offense (switch).</p> <p>4) Learn how to mark individually an opponent to perform an efficient pressing.</p> <p>5) Learn how to manage a duel (1v1) to recover the ball back.</p>	<p style="text-align: center;">5-6 PRACTICES</p> <p>1) Evaluation and Diagnosis through small games.</p> <p>2) Learn how to alternate between short and long passes.</p> <p>3) Learn how to propose solutions to the BC (getting unmarked and triangle play**).</p> <p>4) Increase individual ball preservation (dribbling**).</p> <p>5) Learn how to accelerate a play to create a shooting opportunity.</p>
<p>Analytic drills on Control, Passing, Crossing.</p> <p>In U12, defenses are well in place and players have tendancy to go straight throught the middle. Also in Fall, fields are large and can't be covered totally by defenses. Using the sides and crossing in the box is key to create shots on goals.</p> <p>Some good defenses switch on one side when attacking by the sides, being able to change side during the same action is key to outflank them.</p>	<p>Analytic drills on Shooting and Defensive moves.</p> <p>Moving as a block is key to cover the field while leaving little space to the opponents.</p> <p>Autodiscipline from the players is required to keep the team balance, to fill the places.</p> <p>Close marking of forwards become important as well as 1v1 recovery skills.</p>	<p>Analytic drills on Dribbling, Oriented Control, Moves.</p> <p>Wall passes, turnovers, run without the ball (to carry defenders and open spaces) become exteremely important for succesfull attacks. Forwards need to understand their role wihtout the ball. Left and right defenders must participate to preserve possession and sometimes outflank a side.</p> <p>Changing side through diagonals should be also worked on.</p>
<p>Deck Card # Cross and Shoot / Wing Cross Down and Back / Many Goals</p>	<p>Deck Card # 1v1 Decision / Five Ball Faceoff / Ten Passes / Clearout / Coutndown / Mark a Player / Partner Tackle / Pressure Cover Balance</p>	<p>Deck Card # Wing Cross / 3v1 Keepaway / Four Corners / Middleman / Three Zones / Through the splits / Crossover</p>

(*) See definitions @ http://expertfootball.com/coaching/square_pass.php and http://expertfootball.com/coaching/back_pass.php

(**) See definitions @ <http://expertfootball.com/coaching/combinations.php> and <http://expertfootball.com/training/moves.php>

Note : These cycles are not set in stone, on the contrary they are adjustable. For example, coaches can increase the cycle of a few practices to reach the objective. Shooting should be involved in most of the drills.