

# ***14U Pella Soccer Club***

## ***Curriculum & Practice Plan***



## **14U Age Group Characteristics**

Players from age 12 to 14 years should be working towards more tactical play in larger spaces, while continuing to master the basic techniques. Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve the players health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility. Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.

### ***Technical Focus Points for this Age Group***

*Passing and Receiving    Ball Control    Turning    Shooting  
Shielding the Ball    Crossing and Finishing    Goalkeeping  
1v1, 2v1 or 3v2 Attacking and Defending*

### ***Tactical Focus Points for this Age Group***

*Attacking Principles    Finishing    Defending Principles    Transitions  
Playing Out of the Back    Possession    Combination Play*

### ***Physical Focus Point for this Age Group***

*Agility    Perception and Awareness    Speed and Quickness  
Reaction    Acceleration    Endurance*

### ***Psychosocial Focus Points for this Age Group***

*Motivation    Self-Confidence    Cooperation    Communication  
Respect and Discipline    Competitiveness    Commitment*

# **Breakdown of Skill Area and Other Things to Consider**

## **Training Habits:**

*Has respect for teammates, opponents, referees, and coaching staff*  
*Works outside of practice times to improve individual skills*  
*Works to maintain his/her fitness level outside of scheduled practice times*  
*Gives best effort in order to maximize potential*  
*Takes feedback from coaching staff and attempts to improve*  
*Has proper attire/equipment and ready to train at assigned time*

## **Ball Skills:**

*Composed on the ball and comfortable with either foot*  
*Uses several feint/moves in attack and defense*  
*Advanced juggling*  
*Develops speed with the ball*  
*Must practice ball skills outside of scheduled practice time to improve*

## **Dribbling/Attacking:**

*Encourage players to go 1v1 and run at defenders*  
*Be creative when attacking*  
*Uses a variety of turns and moves to get away from pressure*  
*Exhibits exceptional change of pace and direction*  
*Balanced dribbling and on the ball composure*  
*Knows when and where to dribble and makes correct tactical decision*

## **Passing/Receiving:**

*Uses a variety of passes short, long, driven, chipped, crosses, bent, etc.*  
*Passes with proper weight, accuracy, and timing*  
*Has proper technique with short and long passing/crossing*  
*Takes a positive 1<sup>st</sup> touch into space and attacks with speed*  
*Able to pass efficiently under pressure and on the run*  
*Positive movement after a pass in an effort to support the play*

## **Heading:**

*High and wide in defense*  
*Low and hard in attack*  
*Attack the ball and head for a purpose*  
*Uses proper form when heading to prevent injuries*

**Shooting/Attacking:**

*Proper striking technique*

*Uses laces for power and instep for placement*

*Able to beat an opponent and strike ball on frame from different angles*

*Strikes through middle of the ball*

*Takes shots when they are available and hits the target area*

*Recognizes shooting opportunities*

*Shows good balance and is creative in tight situations*

**Defending:**

*Proper defensive stance when approaching the attacking player*

*Proper form when tackling an opponent*

*Pressures the ball after loss of possession*

*Doesn't dive in and is composed when containing attacking player*

*Uses verbal communication when defending*

*Able to mark key players in dangerous areas*

*Pushes up as a unit*

*Understands team shape and players roles on the field*

*Should understand responsibilities of zonal defending and man marking*

*Knows role in defending set pieces and responsibilities on corner kicks*

**Game Awareness/Decision Making:**

*Ability to read and understand the game*

*Increase speed in decision making on the pitch*

*Positions themselves in a position to receive a pass or defend as a cohesive unit*

*Ability to combine in attack and use space to advantage*

*Movement off the ball is positive*

*Ability to provide width and depth both in attack and defense*

*Ability to find ways to get behind the defense*

*Organizationally sound in defense*

**Goal Keeping (rotate this position amongst everyone)**

*Use Proper Stance: on toes, leaning forward, knees bent, hands in front of body, shoulders square to the ball/shooter (all before the shot)*

*Footwork-all types, side shuffle, jumping, quick feet*

*Able to catch the ball with hands and with the body*

*High Shots-contour catch with hands or deflect shot with hands*

*Mid-Level Shot-basket catch and securing the ball*

*Low Driven Shot-smothering and lunging forward*



# **Pella Soccer Club 14U Season Plan**



***Trainings Per Week - 2 (90 Minutes)***

***Formation for 11 v 11: Keeper - 4 - 5 - 1 or Keeper - 4 - 4 - 2***

## ***Training Session Structure***

*-Warm-up (10)*

*-Technique (20)*

*-Small Sided Activity (30)*

*-Expanded Small Sided Activity (15)*

*-Scrimmage 5v5 or 6v6 (10)*

*-Debrief (5)*

## ***Objectives for this Age Group***

*-Physical: Compete with increased speed, agility, reaction and acceleration*

*-Technical: Focus on quality of passing and receiving technique as well as ball control in game situations*

*-Tactical: Develop attacking/defending principles, playing the ball confidently out of the back and transition play (counter attack)*

*-Psychosocial: Increase collective self-confidence and communication during play*

## ***By the End of the Season a player should be capable of:***

- 1. Applying good technique with speed during game situations*
- 2. Applying attacking/defending principles in games*
- 3. Applying speed and quickness in their decision making during games*

### **Reference List**

***This Curriculum was adapted from the following resources.***

- 1- US Soccer Age Group Organization and Curriculum Resources*
- 2-Mike Kobylinski -Central College Women's Head Coach*
- 3-Garry Laidlaw-Central College Men's Head Coach*
- 4-Russ Goodman-Central College Goalkeeping Coach*
- 5-Scott Treft-Pella Soccer Club Technical Director*