



Rio Rapids Durango Soccer Club U13/14 Player Standards

Characteristics of the U13/14 Player

- The more advanced U13/14 players are able to execute a range of skills, but most others are still developing previously taught skills are now being exposed to these additional skills
- Important psychosocial implications for a child entering puberty - early or late
- Popularity influences self-esteem
- Tests limits - a know-it-all attitude
- Full of eagerness to learn
- Tend to be quite self-critical and may need regular positive reinforcement
- There will be significant different in physical maturation rates between individuals
- Rapid growth spurts of the skeleton leave ligaments, tendons and muscles catching up, so coordination and balance are astray. Temporary gangly movement may result in a loss of touch on the ball.
- Players do not always make the connection between their growth spurt and the temporary loss of form; they need help realizing that everything will come back into sync in six to 18 months.

Focus of U13 and U14 Years

- 1) Reinforce all previous skills and tactics. Introduce bending balls, outside of the foot shooting, placement of crosses, chipping to pass and shoot.
- 2) Continue growth in understanding balance in defense, compactness, 3rd defender role, recovery runs, attacking and defending in the different 1/3's, checking runs, takeovers, and switching positions during play.
- 3) Push concept of rest and recovery going hand in hand.

U13/14 STANDARDS

By **end of the U13 Year**, players should be able to:

- 1) Pass the ball at speed in reduced spaces.
- 2) Use combination play and communicate with teammates
- 3) Combine endurance and speed during the game

By **end of the U14 Year**, players should **ALSO** be able to:

1) Play short and long accurate passes in collective practices

(U9-U12 STANDARDS INCLUDED)

TECHNICAL:

-Players should demonstrate accuracy and speed in individual and collective soccer techniques

-Players should be able to apply technique during game situations at game speed

Dribbling/Footwork—

-Player should have the ability to use all parts of the foot (inside, outside, sole)

-Player should be able to change speed and direction (creativity)

-Player should be able to stop with the ball under control-either foot

-Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)

-Player should be able to perform figure 8's under control using both feet

-Player should be able to dribble out of trouble

-Player should be able to use basic moves to dribble past an opponent

-Player should be able to incorporate shielding to protect the ball

-Player should be able to use basic sole moves during play (drag, across, behind, v's, rolls),

-Players should have proficiency in shield and escape dribbling, 1v1 attacking dribbles, and moves/fakes

-Player should consistently demonstrate ball control in small and large spaces.

-Player should show comfort on the ball at game speed and 1v1 attacking dribbling in game situations

Running with the Ball—

-Player should be able to push the ball away from the body under control with head up and accelerate OR decelerate-either foot

Passing—

-Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of intended target.

-Players should be proficient in push pass

-Player should be able to pass with the inside and outside of both feet

-Players proficient in push pass and weak foot push pass and laces/distance passing, crosses, and driven balls.

-Player should be focusing on **quality** of passing and receiving during as well as ball control during game play

-Players should use 1 touch passing when appropriate

-Players should show continued development in bending balls.

-Players can demonstrate Introductory methods to creative passing (when and where)

Control/Receiving—

- Player should have a “soft” first touch
- Players should have body in line of ball, control the ball away from pressure, and
- be able to use different body surfaces to receive and control ball.
- Players should be able to receive with disguise (out of back, letting ball roll)
- Players should be able to perform volleying skills and technique
- Players should be able to juggle with both thighs and feet and begin incorporating a “ground start” and including the head and chest in juggling
- Player should be focusing on **quality** of passing and receiving during as well as ball control during game play
- Mastery in receiving with all surfaces-to self, to space, and to turn

Shooting—

- Players should be able to shoot with both feet
- Players should be able to properly shoot with both the inside of the foot and laces
- Players should have laces contact with locked ankle and follow through (Hop, Load, Lock, See BOB (Body Over Ball), Swing, Step).
- Players should have awareness of goal (near/far post) and awareness of goalkeeper (looking up)—Shooting for accuracy
- Players should be implementing power with side foot shooting and strong and weak foot shooting.
- Players should demonstrate successful finishing in small and large spaces.

Heading—

- Player should have proper attacking contact (player contacts ball, NOT ball contacting player—“breaking through glass”), eyes open, hairline contact.
- Players should be able to perform standing and jumping headers.
- Players should have increased skills and technique for heading to pass and heading to score
- Players should challenge aggressively for air balls in game situations
- Player can use heading techniques in both offensive and defensive situations

Goal Keeping—

- Players should demonstrate proper hands and body positioning
- Players should be able to initiate basic ball distribution (throwing, rolling, punting)
- Players should be able to have basic diving skills from the ready position
- Players should be able to collect the ball from the attacking players feet
- Players should be able to relate body position around the goal

Set Piece Organization—

- Players should be able to throw ball in with proper technique.
- Player should be able to defend throw-ins and keep possession off throw-ins.
- Players should be able to demonstrate defending and attacking during kick off play and corner kicks.
- Players should show defensive organization of wall and free kicks, running attacking plays from free kicks, and offensive and defensive balance on goal kicks
- Players should be placing emphasis on playing quick restarts in attacking half and being aware of quick restarts in defensive half.

TACTICAL:

- Players should be able to add more complex decisions into their 1v1 play
- Players should show deeper application of attacking and defending principles during game play while integrating regular uses of combination play
- Immediate transition from defense to offense or offense to defense

Defending—

- Players should be able to have the proper defensive stance
- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls
- Players should be able to use the 3 P'S (pressure, position, patience) while defending, be able to close down a player then break them down.
- Player should maintain position between opponent and goal
- Players should have skill and understanding of chase, transition, cover, and intercept.
- Players should use "Pressure, Cover, Balance" regularly
- Players should be able to apply small group tactics (2,3,4), use defensive rows, zonal defending, and provide shot blocking techniques
- Players can implement "poke" tackles or "block" tackles when appropriate

Attacking—

- Improve attacking coordinated movements
- Players should demonstrate mobility on the attack with support/balance.
- Players should begin using attacking runs while implementing various speeds based on pressure.
- Players should be able to track play and intended movement of ball.
- Players should demonstrate an "open body" facing the field.
- Players should be able to use short AND long wall passes ("give and go" or 1-2) to develop attack
- Players should be able to maintain team shape and roles on restarts,
- Players should begin playing game to maintain possession and focus on transition
- Players should regularly use combination plays and build up as well as applying techniques of the counter attack-i.e. overlapping and takeovers.
- Players should be able to use techniques to rotating ball and using attacking patterns

-Players should be able to apply attacking principles to create combination plays.

Goalkeeping—

-Players should call for the ball when receiving

-Players should communicate with teammates during the game

PHYSICAL:

-Development of endurance, speed, and strength. Continued growth of balance and agility, acceleration and sprinting, reaction, back pedaling, turning, jumping, lateral movement. Introduction of physical confrontation against opponent (shoulders, bumping, use of arms)

-Players should begin to show jumps in strength, speed, and endurance

MENTAL:

-Players should have the enjoyment of playing soccer/FUN.

-Players should be able to respect coaches and teammates.

-Players should be able to positively interact with teammates during training - sessions and matches and feel confident within the team unit

-Players should feel confident and comfortable with the ball while having a positive self-esteem

-Players should be able to cooperate with teammates during collective tasks.

-Players should be showing mental and physical efforts during training and competition, commitment.

-Players should embrace Team Unity and Club Pride

-Players should show discipline through training, game play, and leadership



**“CORE 16” AVERAGE 25th% STANDARDS
U13 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 48 | 52 |
| QUICK TOUCH | 52 | 56 |
| JUGGLING-strong foot | 5 | 4 |
| JUGGLING-weak foot | 3 | 2 |
| JUGGLING-head | 3 | 2 |
| MASTER DRIBBLING-strong foot | 10 | 10 |
| MASTER DRIBBLING-weak foot | 9 | 9 |
| SHARP TURNS | 12 | 12 |
| ATTACK DRIBBLING | 8 | 8 |
| CONTROL PASSING-strong foot | 7 | 8 |
| CONTROL PASSING-weak foot | 6 | 7 |
| PERFECT PASSING-strong foot | 7 | 7 |
| PERFECT PASSING-weak foot | 6 | 8 |
| TOTAL CONTROL | 4 | 5 |

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| POWER SPRINT | 24 | 25 |
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| PURE STRIKE | 3 | 3 |
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**“CORE 16” AVERAGE 50th% STANDARDS
U13 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 55 | 58 |
| QUICK TOUCH | 62 | 66 |
| JUGGLING-strong foot | 13 | 10 |
| JUGGLING-weak foot | 7 | 6 |
| JUGGLING-head | 7 | 5 |
| MASTER DRIBBLING-strong foot | 12 | 12 |
| MASTER DRIBBLING-weak foot | 11 | 11 |
| SHARP TURNS | 15 | 14 |
| ATTACK DRIBBLING | 10 | 10 |
| CONTROL PASSING-strong foot | 9 | 10 |
| CONTROL PASSING-weak foot | 8 | 9 |
| PERFECT PASSING-strong foot | 10 | 12 |
| PERFECT PASSING-weak foot | 9 | 11 |
| TOTAL CONTROL | 7 | 7 |

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| POWER SPRINT | 27 | 28 |
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| PURE STRIKE | 5 | 4 |
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**“CORE 16” AVERAGE 75th% STANDARDS
U13 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 62 | 65 |
| QUICK TOUCH | 71 | 75 |
| JUGGLING-strong foot | 21 | 16 |
| JUGGLING-weak foot | 11 | 10 |
| JUGGLING-head | 10 | 7 |
| MASTER DRIBBLING-strong foot | 14 | 14 |
| MASTER DRIBBLING-weak foot | 13 | 13 |
| SHARP TURNS | 17 | 16 |
| ATTACK DRIBBLING | 12 | 12 |
| CONTROL PASSING-strong foot | 12 | 12 |
| CONTROL PASSING-weak foot | 10 | 11 |
| PERFECT PASSING-strong foot | 11 | 15 |
| PERFECT PASSING-weak foot | 11 | 14 |
| TOTAL CONTROL | 10 | 10 |

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| POWER SPRINT | 30 | 31 |
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| PURE STRIKE | 6 | 5 |
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**“CORE 16” AVERAGE 95th% STANDARDS
U13 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 72 | 74 |
| QUICK TOUCH | 84 | 90 |
| JUGGLING-strong foot | 32 | 24 |
| JUGGLING-weak foot | 16 | 16 |
| JUGGLING-head | 15 | 10 |
| MASTER DRIBBLING-strong foot | 17 | 16 |
| MASTER DRIBBLING-weak foot | 17 | 16 |
| SHARP TURNS | 20 | 19 |
| ATTACK DRIBBLING | 14 | 14 |
| CONTROL PASSING-strong foot | 15 | 15 |
| CONTROL PASSING-weak foot | 13 | 14 |
| PERFECT PASSING-strong foot | 17 | 19 |
| PERFECT PASSING-weak foot | 15 | 18 |
| TOTAL CONTROL | 14 | 14 |

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| POWER SPRINT | 34 | 34 |
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| PURE STRIKE | 7 | 7 |
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**“CORE 16” AVERAGE 25th% STANDARDS
U14 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 53 | 56 |
| QUICK TOUCH | 58 | 60 |
| JUGGLING-strong foot | 10 | 7 |
| JUGGLING-weak foot | 4 | 3 |
| JUGGLING-head | 4 | 3 |
| MASTER DRIBBLING-strong foot | 12 | 11 |
| MASTER DRIBBLING-weak foot | 11 | 11 |
| SHARP TURNS | 14 | 13 |
| ATTACK DRIBBLING | 9 | 8 |
| CONTROL PASSING-strong foot | 9 | 8 |
| CONTROL PASSING-weak foot | 7 | 7 |
| PERFECT PASSING-strong foot | 10 | 9 |
| PERFECT PASSING-weak foot | 9 | 8 |
| TOTAL CONTROL | 5 | 6 |

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| POWER SPRINT | 27 | 26 |
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| PURE STRIKE | 4 | 3 |
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**“CORE 16” AVERAGE 50th% STANDARDS
U14 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 59 | 62 |
| QUICK TOUCH | 67 | 70 |
| JUGGLING-strong foot | 19 | 13 |
| JUGGLING-weak foot | 10 | 7 |
| JUGGLING-head | 9 | 6 |
| MASTER DRIBBLING-strong foot | 14 | 13 |
| MASTER DRIBBLING-weak foot | 13 | 12 |
| SHARP TURNS | 16 | 15 |
| ATTACK DRIBBLING | 10 | 10 |
| CONTROL PASSING-strong foot | 11 | 11 |
| CONTROL PASSING-weak foot | 10 | 10 |
| PERFECT PASSING-strong foot | 14 | 12 |
| PERFECT PASSING-weak foot | 12 | 11 |
| TOTAL CONTROL | 8 | 9 |

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|---------------------|-----------|-----------|
| POWER SPRINT | 29 | 28 |
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| | | |
|--------------------|----------|----------|
| PURE STRIKE | 5 | 5 |
|--------------------|----------|----------|



**“CORE 16” AVERAGE 75th% STANDARDS
U14 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 65 | 66 |
| QUICK TOUCH | 75 | 78 |
| JUGGLING-strong foot | 29 | 18 |
| JUGGLING-weak foot | 15 | 11 |
| JUGGLING-head | 13 | 7 |
| MASTER DRIBBLING-strong foot | 16 | 15 |
| MASTER DRIBBLING-weak foot | 14 | 14 |
| SHARP TURNS | 18 | 17 |
| ATTACK DRIBBLING | 12 | 12 |
| CONTROL PASSING-strong foot | 14 | 13 |
| CONTROL PASSING-weak foot | 12 | 12 |
| PERFECT PASSING-strong foot | 17 | 15 |
| PERFECT PASSING-weak foot | 16 | 14 |
| TOTAL CONTROL | 11 | 12 |

| | | |
|---------------------|-----------|-----------|
| POWER SPRINT | 32 | 31 |
|---------------------|-----------|-----------|

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| PURE STRIKE | 6 | 6 |
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**“CORE 16” AVERAGE 95th% STANDARDS
U14 Year**

| | BOYS | GIRLS |
|-------------------------------------|-------------|--------------|
| FOOT SPEED | 74 | 75 |
| QUICK TOUCH | 89 | 91 |
| JUGGLING-strong foot | 42 | 27 |
| JUGGLING-weak foot | 23 | 16 |
| JUGGLING-head | 20 | 11 |
| MASTER DRIBBLING-strong foot | 18 | 17 |
| MASTER DRIBBLING-weak foot | 17 | 16 |
| SHARP TURNS | 21 | 20 |
| ATTACK DRIBBLING | 15 | 15 |
| CONTROL PASSING-strong foot | 17 | 16 |
| CONTROL PASSING-weak foot | 15 | 15 |
| PERFECT PASSING-strong foot | 22 | 20 |
| PERFECT PASSING-weak foot | 20 | 18 |
| TOTAL CONTROL | 14 | 14 |

POWER SPRINT

35

34

PURE STRIKE

8

7