

### Step 3: U13 - U14

#### General Descriptions

- Players ability to process information, to think , and to problem solve greatly increases.
- Players should be encouraged to continue to take ownership of their own development
- Players are now entering or exiting puberty and will start to deal with individual, and group identity issue.
- Performance may decrease as players bodies continue to change.
- Positive reinforcement is still important but be honest and fair in your feedback.
- Players continue to learn through trial and error so continue to encourage risk taking.
- Goal setting should introduce to help players set personal developmental goals.
- Inability to development capacity

#### Important Training Priorities

- Emphasized focused on dynamic movements and agility.
- Proper stretching techniques should be taught as players to help injury prevention.
- Introduction of larger group tactics as the game progresses to 11v11.
- Training environment should be competitive with a focus on winning and losing.
- Players should be encouraged to take risk but understand the risk vs reward of taking risk.
- Technique should be taught under the constraints of time and pressure.
- The training environment must look like the game.
- Players should be taught how to play through two lines of the team and how they relate to each other.



#### **Coaching Characteristics:**

Must understand the concepts taught the 8v8/9v9 levels and how they relate to the 11v11 game. Coaches should be demanding of players and have a good grasp of player development, both physically and cognitively. Coaches should have the ability to understand each players abilities as well as how to enhance those abilities for each player. Coaches should possess a strong personality and be willing to hold players accountable.

## Training Structure / Environment

<p><b>Phase 1: Technical Warm Up</b></p>	<ul style="list-style-type: none"> <li>• Prepare the body for the physical and technical demands of training.</li> <li>• <b>Technical training - Under Pressure and On the Move</b> <ul style="list-style-type: none"> <li>• Ball Striking                             <ul style="list-style-type: none"> <li>• Driven over distance</li> <li>• Bent over distance</li> <li>• Crossing</li> <li>• Finishing</li> <li>• All surfaces</li> </ul> </li> <li>• Receiving                             <ul style="list-style-type: none"> <li>• All surfaces</li> <li>• Facing goal</li> <li>• Back to goal</li> <li>• Out of pressure</li> <li>• Out of the air</li> </ul> </li> </ul> </li> <li>• <b>Dynamic Soccer Coordination</b> <ul style="list-style-type: none"> <li>• Introduction of speed, agility, and quickness training should be introduced.</li> </ul> </li> </ul>	
Main Part	<p><b>Phase 2:</b></p> <p><b>Small Sided Activity</b></p>	<p><b>Small Sided Activity</b></p> <ul style="list-style-type: none"> <li>• Activity should focus on the basic phase of the Principles of Play and the functions of small group dynamics.</li> <li>• Coaching points should be made once a breakdown occurs.</li> <li>• The use of coaching demo should be used to show the players exactly what should be done.</li> <li>• Create situations for player success but under appropriate pressure.</li> <li>• Coaching points should be technical and tactical in nature.                             <ul style="list-style-type: none"> <li>• FIX THE TECHNIQUE</li> </ul> </li> <li>• Fitness should occur during this phase through the conditions you put on the activity.                             <ul style="list-style-type: none"> <li>• Soccer specific</li> </ul> </li> </ul>
	<p><b>Phase 3:</b></p> <p><b>Expanded Small Sided Activity</b></p>	<p><b>Extended Small Sided Activity</b></p> <ul style="list-style-type: none"> <li>• Games should <i>always</i> have direction.                             <ul style="list-style-type: none"> <li>• Endzones</li> <li>• Goals</li> </ul> </li> <li>• Rules should look like the game.                             <ul style="list-style-type: none"> <li>• Throw-ins</li> <li>• Offsides</li> </ul> </li> <li>• Focus on the progression of the targeted Principle of Play with a attention to the relation of the players and how they effect each other.</li> <li>• Fitness can still be done through game conditions and restrictions.                             <ul style="list-style-type: none"> <li>• Should be done while playing, not without the ball.</li> </ul> </li> </ul>
<p><b>Phase 4: Training Match</b></p>	<p><b>The Match</b></p> <ul style="list-style-type: none"> <li>• Players should freely play the game without restrictions</li> <li>• All coaching should be done through the flow of the activity with only natural stoppages.</li> <li>• Always a winner and a loser.</li> </ul>	
<p><b>Cool Down</b></p>	<ul style="list-style-type: none"> <li>• Dynamic stretching over static stretching.</li> </ul>	

## Training Session Check List

**When designing your training session each of these categories need to be addressed to provide for appropriate organization.**

<p><b>Principles of Play</b></p> <ul style="list-style-type: none"> <li>• Attacking</li> <li>• Defending</li> </ul>	<p><b>Objectives</b></p> <ul style="list-style-type: none"> <li>• In relation to the principle and sub-principle of play.</li> <li>• What are you trying to accomplish?</li> <li>• Do the activities bring out your objectives?</li> </ul>
<p><b>Sub-Principle (Defending)</b></p> <ul style="list-style-type: none"> <li>• Immediate Chase</li> <li>• Pressure</li> <li>• Cover</li> <li>• Balance</li> <li>• Compactness</li> <li>• Control and Restraint</li> </ul>	<p><b>Activities</b></p> <ul style="list-style-type: none"> <li>• Need to be age appropriate</li> <li>• Activities need to flow together from stage to stage</li> </ul>
<p><b>Sub-Principle (Attacking)</b></p> <ul style="list-style-type: none"> <li>• Penetration</li> <li>• Support</li> <li>• Mobility</li> <li>• Width</li> <li>• Improvisation/Creativity</li> </ul>	<p><b>Field dimensions</b></p> <ul style="list-style-type: none"> <li>• Always error on the side of the field being too big</li> <li>• Easier to decrease the size than to expand</li> </ul>

### Model Training Session - Attacking Principles of Play

#### TRAINING EXERCISE

##### Dutch Passing Box



- Passing and Receiving
- U12 to Senior
- 8 to 12 Players
- Cones, Balls
- Intensity: Low
- 16:00 min  
(4 x 03:00 min, 01:00 min rest)

**Objective**

Improve players passing and receiving technique. Improve players body positioning in receiving to face the field.

**Description**

Player 1 plays the ball to Player 2 who take a touch around the cone and then plays the ball to Player 3. The same pattern happens on the other side of the box as well. Progressions: Give and Go at the cone. Lay off followed by a long pass (3rd man).

**Key Points**

See the ball and the target. Body weight over the ball. Push the ball with your first touch in the direction to wish to go. Punch through the middle of the ball.

#### TRAINING EXERCISE

##### 2v1 3 Zone Game.



- Attacking Principles
- Possession
- Switching Play
- Passing and Receiving
- U12 to U18
- 6 to 9 Players
- Cones, Balls
- Intensity: Low
- 21:00 min  
(3 x 05:00 min, 02:00 min rest)

**Objective**

Improve players ability to recognize and penetrate through open gaps. Improve supporting angles around the ball. Improve players individual possession of the ball.

**Description**

3 zones (10x15 yards) with a player from each team in each zone. In each zone there are 2 attackers and 1 defender. The attackers in all grids are trying to keep the ball away from the defenders. If the defender wins the ball the attacking color, who touched the ball last, becomes the defending team. Points: Points can be scored with a designated number of passes for the attacking team. Progressions: Add a player to each team to increase difficulty. Add a neutral player to help the attacking players.

**Key Points**

Immediate options around the ball. Move to support after your strike. First touch away from pressure. Can we split defenders to open space.

#### TRAINING EXERCISE

##### 3v3+1 Transition



- Attacking Principles
- Possession
- Transition
- Switching Play
- Passing and Receiving
- U9 to U12
- 8 to 10 Players
- Balls, Cones
- Intensity: Medium
- 24:00 min  
(4 x 04:00 min, 02:00 min rest)

**Objective**

Improve teams ability to possess to penetrate. Improve players ability to Recognize opportunities to penetrate (pass and dribble).

**Description**

A 30x30 field split into two halves. On one half of the field there are two teams of 3 playing against each other with one neutral player. On the other half of the field sits one neutral player. The two teams are trying to maintain possession against each other in the one half. After the attacking team connects 4 passes they then may transition over to the other half and play the ball to the other neutral to score a point. Once they have transitioned over to the other half all players, both attacking and defending, transition over and the game repeats on that half of the field. The neutral players stay in their own half. If the defending team wins the ball they then look to connect 4 passes and the game continues. Points are scored by transitioning over to the other half successfully. Progressions: If, after 4 passes, the attacking player can successfully dribble across they get a point. If, after 4 passes, the attacking team can pass the ball into the neutral player and maintain possession they get a point. Points can be scored by either passing over or dribbling. Coaches should illustrate how and when to pass to score vs when to dribble to score.

#### TRAINING SESSION

##### 3 goal build-up game



- Passing and Receiving
- Playing out from the back
- Attacking Principles
- U12 to U13
- 12 to 15 Players
- Three (3) small goals, 1 large goal, cones, balls
- Intensity: Medium
- 00:20 min  
(4 x 04:00 min, 01:00 min rest)

**Objective**

To develop how the 2 and 3 make passes on the ground. To develop principles of attack: penetration, support, mobility, width

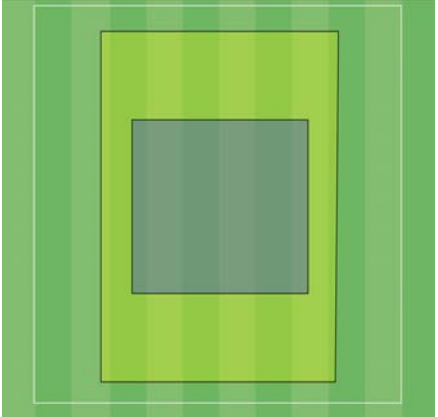


**Description**

This exercise will develop how the 2 and 3 pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the 2 and 3 help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

**Key Points**

Passing-short, intermediate, accuracy, weight. Receiving-vision to play forward quickly. Principles of Play: Penetration, width, support, and mobility.

## Recommended Field Dimensions and Layout

Technical Training Dimensions	40x30 / 50x40	Half Field
		
<ul style="list-style-type: none"> <li>• These dimensions should be used during phase 1 of your training session.</li> <li>• 6x6 should be used when doing individual ball mastery.</li> <li>• 15x12 can be used when doing 1v1 or 2v2 attacking or defending.</li> <li>• 20x20 can be used when doing a small sided possession game with numbers up or down.</li> </ul>	<ul style="list-style-type: none"> <li>• 40x30 should be used in a 4v4 activity.</li> <li>• Increased numbers in a tighter space will increase the technical demands of the players.</li> <li>• End-zones are used to add direction to your activity.</li> <li>• The match has a direction so therefore so should your activities.</li> </ul>	<ul style="list-style-type: none"> <li>• This should be used for your extended small sided game as well as your game at the end of the session.</li> <li>• It is important that in those phases the field resembles the game.</li> <li>• Allows players to have an actual feeling for the conditions in an actual game.</li> </ul>
<p style="text-align: center;"><b><i>These dimensions are to be used as guidelines when starting your planning. As a coach is it important to make sure the players are having success. If these field dimensions do not work well for your specific group then adjust the size as you see fit for improved performance.</i></b></p>		

