

Coaching Recommendations for U13 and U14.

Practice Sessions.

All the fundamentals to be taught at this age group should be in small-sided games starting at 3v3 and working up to 6v6

Techniques should be practiced under pressure and at game speed.

Discipline and attitude is important at this age group. Players should arrive on time, they should have clean cleats and they must do their best at all times.

Encourage your players to do their homework.

Encourage your players to watch top class games on TV.

Passing.

Players need to be able to do a lofted pass with the instep of the foot and get backspin on the ball.

Players need to know how and when to disguise a pass.

The most important thing at this age group is that the players must keep possession and having confidence when on the ball.

Players need to learn how to switch play.

Players need to learn when to play long passes and when to play short passes.

Control.

Players need to be able to control a ball from a lofted pass.

Players need to be able to control a ball away from pressure.

Players need to know how to control the ball when pressured from the front or from behind.

Players need to be learning how to control a ball as a means to an end.

Dribbling.

Players need to learn when and where to dribble in 3v3 or 4v4 situations.

Players must know when and where to dribble in small-sided and 11v11 games.

Encourage your attacking players to take risks in the attacking third of the field during 11v11 games.

Defending.

Players must learn how to be able to defend in 3v3 and 4v4 situations.

Players need to understand when to put pressure on the ball, the importance of patience and also knowing where to cover.

Players must start to understand the importance of balance at U13.

Players need to be able to defend against crosses.

Players must start to understand the role of a sweeper in 11v11 games.

The players now must know the following fundamentals of defending and be able to execute them correctly:

- Players must get their body between the ball and the goal as soon as they lose possession.
- They must communicate as a team
- When to pressure the ball
- To be patient and delay
- Where the balancing player should be
- The closer they are to the ball the tighter they mark
- Players should understand how to get their body in position so they can see the ball and the player they are marking.
- Players should understand when and how to force play in one direction.
- Players should understand when to defend high up the field or deep.

Shooting.

Players must learn to shoot from outside the penalty area.

Players must learn to finish in tight situations in the penalty area in 3v3 and 4v4 situations.

Player must learn when and where to shoot.

Players must learn how to finish with volleys.

Players must learn how to finish from crosses.

Heading.

Players must be able to do attacking and defending headers in 6v6 and 11v11 games.

Combination Play.

Players must learn the following combination plays in 3v3 or 4v4 situations.

Dribbling and the wall pass

Overlapping Runs

Crossover Plays

Attacking.

Players must understand the positions of forward and midfield players and the runs that they make in 11v11 games.

Players must learn the importance of speed and movement in 3v3, 4v4 and 11v11 game situations.

Players must start to understand width, movement and improvisation in attack.

Players must have an understanding of finishing from crosses.

Flexibility.

It is important to continue with player stretching and cool downs.

Set Plays

Set plays must be introduced at this age group.

Corners

Free kicks

Throws

Penalties

Goal kicks

Games.

Players must continue to master their techniques and apply them in 11v11 games.

Players need to identify a position they want to play.

Players must have an understanding of how to play one of the following systems.

4-4-2

3-5-2

Players must now know they have to have a good attitude and a good mentality in games and practices to get playing time.

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