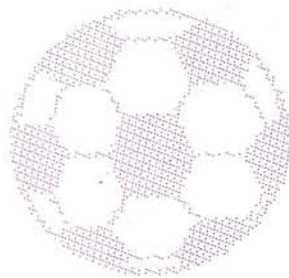


CRM Recreational Soccer



U14 Coaching Resource
Guide

U14 Coaching Guidelines – Key Points

“The Commitment”

1. All the players must be learning skills
 2. Stay focused on the “theme” of practice; don’t try to teach more than one principle per practice.
 3. All players must have equal participation at all positions all the time
 4. Development of skills and small group tactics is very important
 5. Try not to yell at kids, do not point out bad stuff, only reward good stuff
 6. Most activities must include a ball (i.e. don’t run around the field with out a ball)
 7. Practices no longer than the length of a match
 8. Keep kids moving and involved
 9. Players need to understand the rules, make sure to establish discipline
 10. Coaches can demand more out of the players, use good judgment
 11. Goalkeeper is decided by ability and contribution to the team
- Be organized, have the practice plan with you at practice. Have all cones lined up where you need them for the entire practice, with penny’s out, before the start of the practice. Do not make the kids wait, while you set up for the next drill or game. Any questions please forward to goalside@charter.net. Good luck this season.

-Scott Pirstill

Director of Coaching and Player Development.

US Women's National Teams Program U12 – U19 Club, State and Region Curriculum Guidelines

The success of the Women's National Teams Program is largely dependent on the quality of the programs that "feed" into it. True player development occurs when each player's daily training and playing environment is of the highest quality. If this environment is consistent, with a clear vision of what lies ahead for each player, development is then maximized.

Towards that end, the National Staff has put together a list of curriculum guidelines for the U12 through U19 age groups at the club, state, and regional team levels. The purpose of this document is to:

- Educate coaches as to the "standard of play" and "expectations" for each age.
- Provide coaches with a framework with which to organize curriculum decisions.
- Provide for consistency, and guidance throughout all levels of play.
- Improve "vertical integration" for player development.
- Improve the quality of play on a national basis.

It is important to note that each player and each team is different. The following document thus serves as a "guideline" or "standard" by which players and coaches can plan development. Individual and team needs can therefore be identified and addressed. Individual strengths can be stabilized while deficiencies can be improved. Of course, an accurate assessment of each player's and team's needs are essential. It is imperative that each coach take the time to observe and study the level for which their team is preparing to compete. For example, each club coach should be attuned to the state level, state coaches should make an effort to observe the regional team play, regional coaches should be familiar with the age-group specific national team level, and every coach should spend time studying the Full National Team. In this way, a more accurate assessment of player expectations is possible.

The ultimate goal of each coach should be to prepare the players to compete at the "next level." We hope this document will assist you towards your goals of developing more sophisticated

players and teams.

April Heinrichs
Jerry Smith
Tracey Leone
Steve Swanson
Jeff Pill
Janet Rayfield
Dave Simeone
Jay Entlich
Karen Richter
Eric Yamamoto
David Linenberger

Technical Director & Head Coach-US Women's National Teams Program
U21 National Team Coach
U19 National Team Coach
U16 National Team Coach
National Staff Coach - Region I
National Staff Coach - Region II
National Staff Coach - Region III
National Staff Coach - Region IV
National Staff - Youth Goalkeeping Coordinator
National Staff - Goalkeeper Coach
Former National Staff Coach - Region II (Men)

"There are many people, particularly in sports who think that success and excellence are the same thing and they are not the same thing. Excellence is something that is lasting and dependable and largely within a person's control. In contrast, success is perishable and is often outside our control.... If you strive for excellence, you will probably be successful eventually.... An people who put excellence in first place have the patience to end up with success.... An additional burden for the victim of the success mentality is that he/she is threatened by success of others and resents real excellence. In contrast, the person fascinated by quality is excited when he/she sees it in others."

Joe Paterno - Penn State University Head Football Coach

Under 14

Formal Phase: (The Commitment)

Adult standards and formal rules become applicable. The pace of development quickens at this time due to the acceleration of physical and mental maturation. The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but have a strong commitment to the team.

A.

Coach:

Strong personality; Soccer knowledgeable; Enthusiastic; Patient but demanding.
Recommended License: 'C' License or higher.

B.

Technique:

Build on the base.
Development of individual skills under the pressure of time, space, and an opponent.
Increase technical speed.

C.

Tactics:

Increase Tactical Speed (decision making under pressure)
Individual: 1v1, in attack and defense.

Attacking: Keep possession; Encourage risk taking; taking players on in the proper areas of the field.
Defending: Proper pressure (in front and behind); Channel player; Immediate chase, angles of pressure.

Small Group: 2v1, 2v2, 3v2, 3v3, 4v2, 4v4.

Attacking: Keep possession; Support; Combination play: wall pass, take-over, overlap, double pass. Width, depth, penetration; Crossing with proper runs in the box; Simple set plays.
Defending: Angle and distance of cover. Balance. Delaying and pressing as a group.

Team:

Attacking: Keep possession. Play the ball away from pressure. Maintaining balance in the chosen system. Interchange of positions during the run of play. Encourage attackers to take defenders on in the final third. Keeper as an integral part of the attack (play balls back to the keeper). Players play a variety of positions.
Defending: Maintain good "shape". Zonal concepts. Knowing when to "delay" or "step." Clear decision on where the "line of confrontation" will be. Maintaining good "pressure & Cover" through all three thirds of the field.

Recommended System: the best system for player and team development; 3-4-3.

A great deal of coaching/teaching within 4 v 4 and 7 v 7 games

D.

Physical:

All fitness work with the ball.

Flexibility - Static Stretching and Dynamic Flexibility

Agility- Coordination with and without the ball.

Speed

Strength - non-weight bearing, core strength and stability

Endurance

Balance

E.

Psychological:

The game should remain fun and enjoyable. Players should have a passion for the game.

Imagination/creativity

Increase demands

Establish training targets

Maintain discipline

Encourage players/teams to watch professional and national teams games on tv.

F.

The Game:

11 v 11

CRM Soccer Club Practice Planner

Name:

Group:

Date:

Warm Up:

Main Theme:

Game:

EFFECTIVE WARM UP FOR SOCCER

Can coaches please explain to their players why we do a warm up to reinforce the concept.

Main Objectives

- 1) To allow the ATP-CP (Alactacid) and the oxygen (lactacid) energy systems to produce energy to get up to speed in preparation for the work they will do.
- 2) To warm muscles and connective tissue (ligaments and tendons) and stretch them to their working lengths to reduce the chance of injury.
- 3) To allow us to mentally focus and get ready for the task in hand and practice some of the skills that may be required.

Elements of Warm Up

- 1) Activities to Raise the Heart Rate
Gradual increase recommended, heat produced in the body warms up the muscles.
- 2) Game specific movements (A.I.A session)
Slow pace – half pace – faster pace.
Changes in direction – turning – striding out.
Passing – receiving and turning.
- 3) Stretching
Muscles to “working length”; up to 15 seconds / stretch.

ALL MOVEMENT ACTIVITIES CAN BEST BE PERFORMED WITH, RATHER THAN WITHOUT SOCCER BALLS DURING WARM UP.

EFFECTIVE COOL DOWN FOR SOCCER

Can coaches please explain to their players why we need to cool down to reinforce the concept.

Main Objectives

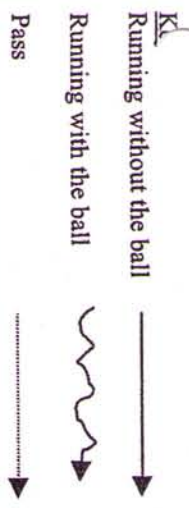
- 1) Remove Waste Products of Exercise : Lactic acid is a by-product of exercise and causes muscular soreness and stiffness after a match or training. Light activity afterwards can accelerate the removal of such waste products and help the body to recover more quickly (up to three times more quickly than when players simply stop).
- 2) To Provide an Opportunity for Stretching Work : Some muscles after activity don't return to their normal length for up to two days , hence stretching immediately when they are still warm can help prevent this.

Elements of Cool Down

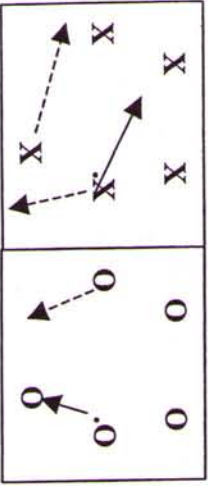
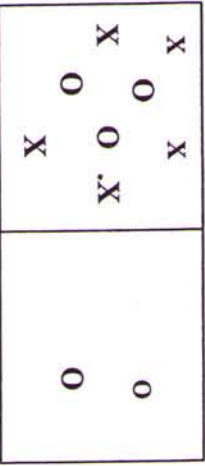
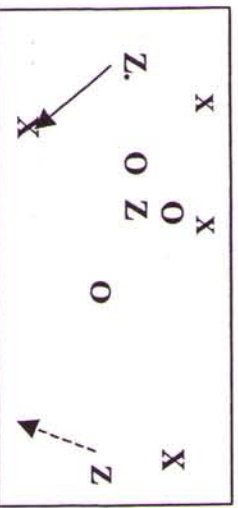
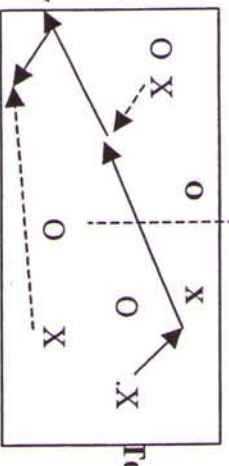
- 1) Game Specific Movements (A.I.A. session)
Maintain blood flow and assist removal of waste products by low intensity work such as passing , turning , running , changing direction.
- 2) Longer Hold Stretching
Maintenance of muscle length.
- 3) Limb Shaking
Promotes the return of blood to the heart and feelings of relaxation eg players lying on the ground , raised legs with a partner gently shaking their legs.
- 4) Rehydration
Particularly sports drinks.

ALL MOVEMENT ACTIVITIES CAN BEST BE PERFORMED WITH ,
RATHER THAN WITHOUT SOCCER BALLS DURING COOL
DOWN.

TOPIC: Dribbling (Individual Possession)



	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p>ACTIVITY 1</p>	<p>Moving with the ball in a confined space.</p> <ul style="list-style-type: none"> • Introduce turning with the ball – outside and inside of foot, pullback and cruyff. 	<ul style="list-style-type: none"> ✓ Change direction and speed ✓ Head up ✓ Awareness of space
<p>ACTIVITY 2</p> <p style="text-align: center;">X X.</p> <p style="text-align: center;">.X X</p>	<p>1 v 1 combat</p> <ul style="list-style-type: none"> • Whoever has the ball at the end wins. • 30 seconds and switch partners • Players should attempt to hold their ground and not run away 	<ul style="list-style-type: none"> ✓ Balance, stay low ✓ Shielding ✓ Turning away from pressure
<p>ACTIVITY 3</p>	<p>Multiple Base Game</p> <p>Play to a player in a base and take their place.</p> <ul style="list-style-type: none"> • 1 ball 1v0 • (Include a change of direction move) • 2 balls 2v0 • 3 balls 3v0 • 3 balls 3v1 (add a defender) • 4 balls 4v3 (add a couple of defenders) • Every time you add a ball or a pass you remove a base. The game becomes more complex. 	<ul style="list-style-type: none"> ✓ First touch away from pressure ✓ Awareness of opponents and teammates ✓ Players in bases be ready to play
<p>ACTIVITY 4</p>	<p>4 v 4 + GK's</p> <ul style="list-style-type: none"> • Play with no restrictions 	<ul style="list-style-type: none"> ✓ Team shape in possession ✓ Reinforce same points as above

	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p><u>ACTIVITY 1</u></p> 	<p>20x20 2 groups of 5 v 0 2 Touch rhythm "Desegregate" – both groups using 20x45 Keep count of passes to add competition against other group</p> <p>OBJECTIVE: Highest number of passes in given time</p>	<ul style="list-style-type: none"> • Appropriate shape as to the ball and other players on the field. • Close support, long support • Angle of support • Weight of passes (long and short) • Choice of pass • Short vs. long
<p><u>ACTIVITY 2</u></p> 	<p>20x45 Continuous 5 v 3 + 2 Keep away</p> <p>OBJECTIVE: Every 5 passes is a point</p>	<ul style="list-style-type: none"> • Composure upon winning possession • Key first pass away from area where ball was won. • Transition • Establish shape as soon as possible • Keep shape expanded on offense
<p><u>ACTIVITY 3</u></p> 	<p>20x45 3 v 3 v 4 (Note this creates a 6 v 4 when X is defending and a 7 v 3 when Z or O is defending.)</p>	<ul style="list-style-type: none"> • Team shape • Close support, long support • Transition <ul style="list-style-type: none"> • Establish shape as soon as possible • Awareness of surroundings
<p><u>ACTIVITY 4</u></p> 	<p>20x45 4 v 4 to targets</p> <p>Play into target and keep possession, get ball back into defensive half and play into target again. Target player switches when she plays ball into team mate.</p> <p>OBJECTIVE: Ball to target and back into team for possession = 1 point</p>	<ul style="list-style-type: none"> • Attacking shape • Now that there is direction – support in front, behind, or square • Movement and positions of support that make defenders make choices.

TOPIC: Possession – Speed and Purpose

U13's

Cochair Name: Janet Rayfield, USSF
National Staff Coach

Key:

Running without the ball



Running with the ball



Pass



	<p>ORGANIZATION</p> <p>25-30 yard diameter circle Half-in without balls/half out with balls Progression of passing and combinations</p> <ul style="list-style-type: none"> • Receive and return • One touch return and spin • Give and go (switch inside to out) • Double pass • 3-Man double pass (depends on level) <p>OBJECTIVE: Create HABITS!</p>	<p>KEY COACHING POINTS</p> <p>Creating HABITS of movement and ball handling</p> <ul style="list-style-type: none"> ✓ Inside players <ul style="list-style-type: none"> - Angle of checking run - Vision – taking looks - Changing pace ✓ Outside players <ul style="list-style-type: none"> - Movement with the ball - Angle of support after playing the ball – make angle bigger
<p>ACTIVITY 1</p>	<p>ACTIVITY 2</p> <p>OBJECTIVE: Every 5 passes is a point</p>	<ul style="list-style-type: none"> ✓ All of the above PLUS ✓ Angle and distance of support with respect to the defensive pressure ✓ Speed of play ✓ Transition to offense ✓ First pass – long or combination to relieve pressure
<p>ACTIVITY 3</p> <p>OBJECTIVE: To get from one end zone to the other while maintaining possession</p>	<p>20x60 with two 10-yard “end zones”</p> <p>5 v 5 + 2 (or 4 v 4 + 3)</p> <ul style="list-style-type: none"> • Team X attacks one end zone • Players can not enter end zone ahead of the ball 	<ul style="list-style-type: none"> ✓ All of the above PLUS ✓ The “final” combination that gets you behind defenses is now exposed. (The one that gets you into the end zone.)
<p>ACTIVITY 4</p> <p>8 v 8</p>	<p>8 v 8 with GK's to big goals!!</p> <ul style="list-style-type: none"> • The Game 	<ul style="list-style-type: none"> ✓ All of the above PLUS ✓ Game factors (defensive safety vs. attacking risk)