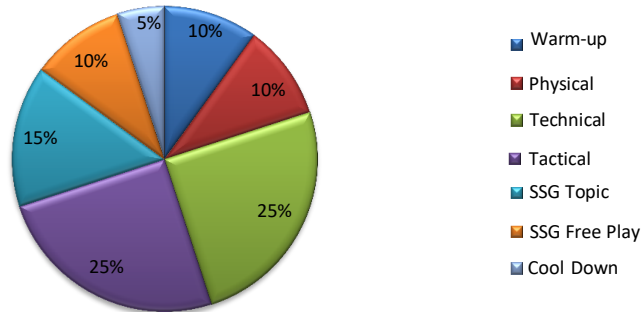




U14 INTERMEDIATE SHOWCASE

Session Structure



2015 U14 Intermediate Showcase	
Playing Format	11v11
Lead Coach Requirement	Pre B + RIS – Ideally Provincial B
Assistant Coach Requirement	S4L + MED + RIS or Old Senior + RIS – Ideally Pre B
Training Session Length	60-90 minutes
Game Day Squad Size	18 maximum
Substitutions	Unlimited
Training to Game Ratio	3:1
Training Hours Per Week	5
Game Duration	2x45 minutes
Playing Time	Equal
Program Length	44 weeks
Maximum Games Outdoor Session	TBD
Ball Size	5
Referees	Full Crew
Field Size	FIFA
Goal Size	FIFA
Standings and Scores	Yes
Throw-ins	Yes
Offside	Yes
Travel	3 Away

Physical Literacy	Technical	Mental/Emotional	Small Sided Games	Tactical - Attacking	Tactical - Defending
Aerobic development at onset of growth spurt	Refine passing skills and increase to 35m at varied heights using inside, outside, bent, driven, chipped, back heel, volley and head	Self-talk, goal setting, mental preparation, visualization and relaxation exercises	1v1-8v8	Decision making prior to having the ball and on technique to pass and where to pass	Offside principles, position not to concede depth between defenders
Advanced soccer specific movement to enhance agility, balance and coordination	Speed between actions. Ex. Control and pass or control and shoot	Motivation to work independently	Multi Directional Games	Possession, build up and controlling/changing rhythm of game in defensive and middle 1/3	Refine marking in penalty area and around – good cover – close and far away from ball
Linear, lateral and multi directional speed	Shooting/Finishing with volley, inside, bent, driven, head and chipping at varied distances	Teamwork and Cooperation	Multi Target Games – goals, gates, end zones	Wing play with runs down the line and inside	Defensive unit movement and reading pressure cues
Introduce resistance exercises	Refine 1v1 attacking and running with the ball in functional roles	Self-Esteem and Peer Acceptance	Uneven numbered games	Overlapping and different types penetrating runs/passes	Preventing shots in defensive third
Functional Strength	Checking, fixing and creating space for self and teammates	Competitiveness		2-3 player combinations in functional situations	Denying a cross from wide areas individually and collectively
Perception and Awareness	Technical speed – receiving, turning, and dribbling	Self-Discipline		Attacking Transition and Counter-Attacking	Pressure, cover and balance
Reaction	1v1 Defending – when to delay and when to challenge. Separating opponent from ball.	Commitment and dedication		Near and far post runs with a third player	Compactness and Concentration
Flexibility and mobility	Increase speed of closing and reading cues	Communication		Creating a numerical advantage on attack	Defending Set Plays
Acceleration	Passing techniques for last pass to prepare for a shot	Leadership and accountability		Switching play quickly with long driven passes	Zonal Defending
Speed	Shielding the ball			Dispersal - Width and Depth	Proper Recovery Runs
Speed-endurance	Introduce defensive heading and clearance			Attacking Set Plays	Introduce how to pressure and prevent a counter-attack
Educate on sleep habits	Introduce finishing with half-volley, deflections and rebounds			Striker functional play	Introduce line of confrontation. Restraint
Monitor nutrition and hydration	Different types of crosses			Surprise	Introduce doubling up

