



DAKOTA ALLIANCE SOCCER CLUB

401 West 39th Street • Sioux Falls, South Dakota 57105
Telephone: 605.332.5911 • Fax: 605.332.0278
www.dakotaalliancesoccer.com

Training Program for U13's - U14's

TRAINING REGIMEN AND GUIDELINES

U13'S - U14's: Focus is continued development (mastery) of "I"ndividual skills and small group tactics.

HIGH PRIORITY

1. *Continued development/mastery of individual technical skills*
2. *Understanding combination play*
 - *Support*
 - *Double passes*
 - *1 - 2's / wall passes*
 - *Overlap passes*
 - *Takeovers*
3. *Individual and small group defending*
 - *Delay/Deny/Direct*
 - *Tracking back*
 - *Pressure / cover / balance*

LOW PRIORITY

Functional play, Team play, Set pieces

TECHNICAL

Build on the base that has been established. Continue to challenge the development of individual skills under time, space and an opponent. Begin to increase technical speed.

- Dribbling:** Encourage to take players on 1v1. Use of feints/moves; Keep possession by shielding and use of spin moves.
- Receiving:** Emphasize the importance of quality first touch. Focus on taking the ball out of the air and turning with the ball; use of all surfaces.
- Shooting:** On the run and on a turn; From all angles/crosses and volleys.
- Passing:** Short, long, bent, crosses, driven, chipped; Train all surfaces and all on the run.
- Heading:** To goal, to pass to clear
- Tackling:** Proper technique, the slide tackle.



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TACTICAL

Increasing Tactical Speed of pace and thought (Decision Making)

Individual = 1v1

Attacking Keep possession; Encourage risk taking. Take players on in proper areas of the field.

Defending Proper pressure (in front and behind). Use of Channel Players. Need for immediate chase. Angles of pressure.

Small group = 2v1, 2v2, 3v2, 3v3, 4v2, 4v4

Attacking Keep possession, support and combination play (wall pass, take over, overlap, double pass); Width, depth and penetration of the attack; Crossing with proper runs in the box; Simple set plays.

Defending Pressure/Cover/Balance

PHYSICAL

Fitness – Done with a ball!!

Flexibility – Dynamic Flexibility / Balance and Static Stretching

Agility – Coordination on the ball

Strength – Especially core strength

PSYCHOLOGICAL

Players need to have Discipline Keep it simple, kept it fun, keep it moving.

Encourage: imagination/creativity, increase decision-making and increase demands on the players.

Encourage to watch high level soccer

GOALS AND EXPECTATIONS

- 1. Soccer should remain FUN!!!**
- 2. Do not give the ball up!! The ball should be viewed as a player who is either a teammate or an opponent.**
- 3. Being able to strike the ball properly and playing balls over distance with both feet.**
- 4. A Great Deal of Coaching Within 4v4 Games.**
- 5. Players should have a passion for the game and should be watching high level soccer.**