



## Elite Soccer U13-U14 Year Old Curriculum



### The Practice Elements and Environment

- **Vigorous, pressured activities and intense, competitive games are the core of practice.**
- **Understanding of specific roles of each position**
- **Tactical problems to solve at every practice.**
- **3 v 3 or 4 v 4 games at every practice.**
- **Practicing situations and restarts: corners, free kicks, penalty kicks, throw-ins.**
- **Lots of refined, incisive technical and tactical advice and suggestions from the coach.**
- **Group Attacking and Group Defending tactics**
- **# 5 ball, regular goals.**

**Practice Duration: 90 min.**

### II. Age Group Themes:

- Challenging and high intensity environment
- Balance of continued technical development and tactical understanding
- Tactical Implications to Technique
- Tactical Functional Training Component-Decisions by players as to which skill is necessary as dictated by the game. It joins together technical implications and tactical functions of players by their respective positions. It is position specific and the training is done in that area of the field where the player normally plays

### III. Practice Plan Progression:

“Small to big” “Simple to Complex” “No pressure to Game Speed”

U13-U14

Stage I: Warm Up-Technical

Stage II: Technique and small group tactics

Stage III: Large Group tactics or Functional Activities

Stage IV: Game-8 vs. 8 or 9 vs. 9 with GKs

### IV. Success in Soccer Practice Suggestions:

[http://elitesoccer.net/Resorces/best\\_of\\_success\\_in\\_soccer.pdf](http://elitesoccer.net/Resorces/best_of_success_in_soccer.pdf)

ADDITIONAL RESOURCES: “Soccer Specific”

<http://www.elitesoccer.net/coaches/activities%20resource.htm>

## **Week 1: Dribbling**

- Able to use a variety of turns and moves to escape pressure
- Able to use a variety of attacking moves to go past defenders
- Exhibits change of pace and direction, with balance
- Makes correct tactical decision when and where to dribble
- Continuing to become "friends with the ball": maximum ball touches and repetitions in footwork activities.
- Starting and stopping with the ball; changing direction with the insides and outsides of both feet.
- Turning through 180 degrees with the ball with the soles of the feet and the insides and outsides of the feet: emphasis on balance
- Turning with the ball through 180 degrees, continued, with soles of feet, insides, and outsides - now, "More speed, bend your knees more, get your head up, don't get the ball stuck under you!"
- Practice changes of speed and direction with the ball. Guiding the ball at a 45 degree angle off a straight line: the technical rudiments of beating an opponent with a dribble.
- With an accurate "first touch" getting into a running stride to dribble, or setting up a pass or a shot. Should be comfortable with the insides and outsides of both feet.
- "Driving" or "cruising" with the ball: running fast with the ball, generally in straight lines.
- Shielding the ball effectively, "sideways on" to the defender.

### **Practice Progression**

Stage I: Warm up dribbling-Coerver Moves

Stage II: 1 vs. 1 or 2 vs. 2 directional to end zone or small goals dribble through

Stage III: 4 vs. 4 with GKs

Stage IV: 8 vs.8 or 9 vs. 9

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

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## **Week 2: Individual and Group Defense**

- Pressures the ball after loss of possession
- Uses the proper side on defensive stance
- Composed and patient when defending
- Able to challenge and win the ball
- Able to make correct recovery runs
- Able to provide basic cover & balance for the pressuring defender
- Uses verbal communication while defending
- Able to mark key players in danger areas
- Understanding defenders' priorities: intercept the ball, tackle at the moment your opponent receives the ball, etc
- Defenders understanding how to "shepherd" attackers,
- How and when to push attacker wide
- How and when to push attacker inside
- Slide tackles

### **Practice Progression**

Stage I: Warm up-defensive stance

Stage II: 1 vs. 1 defending, 2 defenders vs. 1 attacker or 2 vs. 2 defending

Stage III: 4 vs. 4 with or without GKs

Stage IV: Game: 8 vs. 8 or 9 vs. 9

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

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### **Week 3: Passing & Receiving**

- Uses a variety of passes
- Proper weight and timing of pass
- Able to complete pass under pressure
- Moves toward the ball to receive and attempts to lose
- Defender prior to receiving
- Uses a variety of controlling surfaces in the correct fashion
- Takes a positive 1st touch into space
- Able to maintain ball under pressure
- Positive movement after a pass in an effort to support the play
- Passes - on the ground and in the air - are accurate over 20 to 30 yards, delivered with the correct weight and to the proper side of the receiver.
- Receiving air balls as well as ground balls effectively.

### **Practice Progression**

Stage I: Warm up- Grid work-4 vs.1, 5 vs. 2

Stage II: Small possession activities-2 vs. 2 plus 2 neutral players

Stage III: Possession Activities-6 vs.6 plus 2 Neutral players

Stage IV: Game: 8 vs. 8 or 9 vs. 9

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

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### **Week 4: Finishing**

- Demonstrates good shooting technique
- Shoots accurately and powerfully
- Recognizes shooting opportunities
- A really aggressive, dynamic attitude about shooting
- Secure tactical sense about shooting: generally to the far post as opposed to the near post, low rather than high, etc
- Looking for the third attacker when in possession of the ball; solid grasp of playing in triangles.
- Roles of the first and second attackers 2 v 2 situations:
- Ideas for combination play
- Ideas for check, threaten and width
- Volleys and half volleys, shooting from crosses.
- Lots of shooting under pressure: always hitting the frame of the goal with hard shots, aggressive attitude about trying to hit the sides of the net.
- Lots of 2 v 1 and 2 v 2 duels.

### **Practice Progression**

Stage I: Warm up and technique review

Stage II: Finishing close range and long distance 18 yard box finishing activities

Stage III: 4 vs. 4 plus 2 with GKs

Stage IV: 8 vs. 8 or 9 vs. 9 Game

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

**PAGES: 56-59, 108-110, 354-361, 372-375, 461-462, 537-538,**

### **Week 5: Creating Space and Combination Play**

- Use of combination plays
- Movement off the ball
- Able to provide width and depth, both in attack & defense
- Able to find ways to get behind the defense
- Takeovers and blind side runs (to go with wall passes and overlaps): ways for two attackers to outplay one defender.
- Ideas for ways to create space for a teammate.

#### **Practice Progression**

Stage I: Warm up-passing actives

Stage II: Possession activities 3 vs. 3 plus 1 neutral, directional-goals or end line

Stage III: 6 vs. 6 to goals with or without GKs

Stage IV: 8 vs. 8 or 9 vs. 9 Game

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

**PAGES: 106-107, 378-385, 412-418, 454-460, 520-524,**

### **Week 6: Game Awareness, Transition, and Decision-Making**

- Responds to gain or possession
- Responds to loss of possession
- Exposure to various systems: 4-3-3, 4-4-2, 3-4-3
- Making good choices about when to pass, dribble, or shoot.
- Appreciating variables: weather, size and condition of the field, etc.
- Awareness of the situation during a game: ahead, behind, tied, time left.
- Roles of the players on the field in the three "blocks": forwards, midfielders, and backs.
- Recognizing numbers up situations in attack and numbers down in defense

#### **Practice Progression**

Stage I: Warm up

Stage II: Functional shadow play

Stage III: Set Plays and restarts

Stage IV: 8 vs. 8 or 9 vs. 9 Game

## **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

**PAGES: 429-433, 454-464, 543-556,**

### **Week 7: Principles of Defense**

- Understands the following:
  - Delay or immediate chase
  - Tracking/recovery runs
  - Pressure/cover/balance

- Roles of the first and second defenders in 2 v 2 situations
- Ideas for pressing, cover
- Compactness

### Practice Progression

Stage I: Warm up-defensive stance intro

Stage II: 2 vs. 2 or 3 vs. 3 activities, directional to goals or end line

Stage III: 4 vs. 4 to defend 2 goals

Stage IV: 8 vs. 8 or 9 vs. 9 Game

## SUCCESS IN SOCCER PRACTICE SUGGESTIONS

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### Week 8: Heading

- High and wide in defense
- Low and hard in attack
- Attack the ball (a positive approach to the ball)
- Heads for a purpose
- Heading with a jump: accurate headers at the goal, effective defensive heading.
- Players are cultivating a "What if?" or "What's next?" mentality
- Getting free of markers: "checking off" and creating space for yourself. "Make an area of green grass around you!"
- Wall pass, the give-and-go, the 1 - 2. Beginning to build up options for the two attackers in a two versus one situation.
- Building up an aggressive attitude about shooting.
- Recognizing when you're under pressure and when you're not under pressure when you receive a pass..
- Players should be looking up and around and away from the ball, on both attack and defense. No "ball watching."

### Practice Progression

Stage I: Warm up, basic heading technique

Stage II: Finishing activities against GK, emphasis on the head

Stage III: 4 vs. 4 plus 4 neutral channel players on the flanks to serve in crosses

Stage IV: 8 vs. 8 or 9 vs. 9 Games

## SUCCESS IN SOCCER PRACTICE SUGGESTIONS

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### Week 9: Group Attacking and Counter Attacking

- Is positive when attacking defenders in final 1/3 of field
- Anticipates to ball movement in penalty area
- Shows good balance and creative ability in tight situations
- Combination play-wall passes, overlaps,
- Using the flank, serving ball ins
- Unpredictable play
- Runs in behind the defense

- Counter attacking and creating numbers up situations

### Practice Progression

Stage I: Warm up-partner dribbling and passing

Stage II: Transition play 3 vs. 3 to 2 goals (4 goals total)

Stage III: 6 vs. 6 to goals with GKs

Stage IV: 8 vs. 8 or 9 vs. 9 Games

### **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

**PAGES: 377-382, 414-418, 606-615,**

#### **Week 10: All Principles of Attack**

- Penetration
- Depth and Support
- Mobility
- Width
- Improvisation

### Practice Progression

Stage I: Warm up-partner passing activities

Stage II: 4 vs.4 activities

Stage III: 6 vs. 6 to goals with GKs

Stage IV: 8 vs. 8 or 9 vs. 9 Games

### **SUCCESS IN SOCCER PRACTICE SUGGESTIONS**

**PAGES: 130-133, 261-265, 600-605, 606-615, 654-663**