



Training Program

Under 14: Season Plan

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Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V. (1989). Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). Foundations of Sport & Exercise Psychology. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

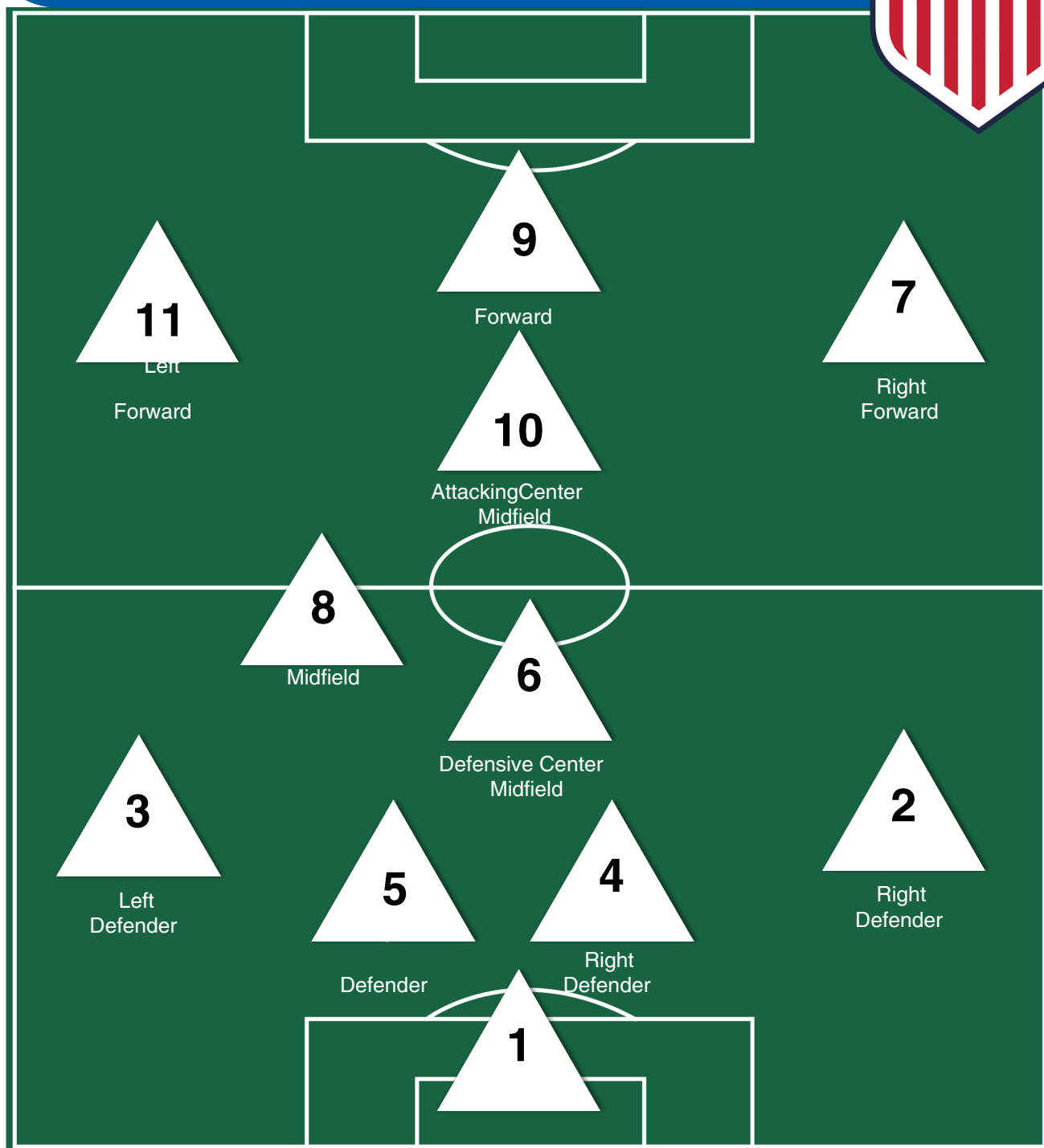
It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

U.S. SOCCER - Numbering

By Gary Stephenson



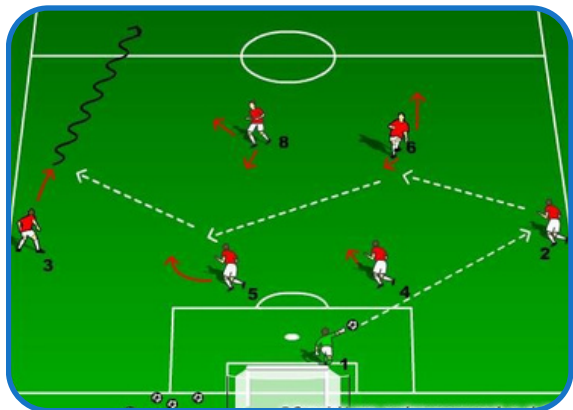
U.S. Soccer's Numbering System (GK-4-3-3)



U14 Week 1

By G Stephenson, Technical Director

Improve teams ability to build up from the defensive half



7v0 Shadow Play

TRAINING AREA = 60W x 55L. Use players #1,2,3,4,5,6,8. Ball originates from the GK. GK plays the ball out from the defensive half, and the team builds in possession. Repetition ends when player dribbles the ball under control across the halfway line.

Variations:

Look to develop new patterns and movements to enable #2,3,8 to carry the ball under control across the line

Coaching Points:

Application of technique (passing, receiving, dribbling) Receive passes across their body with their inside foot; Receive first touch forward into space if there is no pressure; receive sideways or backwards if there is pressure; Possession passes = to the players feet; Penetration passes = into space for the players to advance without the ball

TECHNICAL WARM-UP



7v6 to midline

TRAINING AREA = 60W x 55L. Use players #1,2,3,4,5,6,8. Red team scores by successfully dribbling under control across the mid-line. White team scores on the big goal.

Coaching Points:

Application of technique (passing, receiving, dribbling) ; Timing of support without the ball should be as the ball travels, before the player receives the ball; Expand supporting runs wide with a curved path; Accelerate forward without the ball through angled runs for supporting penetrating runs

SMALL-SIDED ACTIVITY



9v8 to 1 goal & 3 goals

TRAINING AREA = 60W x 75L. Place (3) goals on the end-line below the half way line. Place (1) goal on the opposite end-line. Use players #1,2,3,4,5,6,7,8,9,11. Red (9) v White (8). Red scores on (3) small goals, white scores on (1) large goal.

Coaching Points

What - The moment to build possession; Passing – Accuracy, Timing, and weight of passes ; Support of the ball – Timing, angle, and distance of support

EXPANDED SMALL-SIDED ACTIVITY



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

Central Play Combinations **TECHNICAL WARM-UP**

#6,8,10 inside the space, with #9

outside the space on each vertical end of the grid. Create various passing sequences where all 3 players touch the ball before it is played to a target, and the restart/repeat the pattern. #6 = Deep sitting midfielder; #8 = intermediate linking midfielder for 6/10; #10 = advance midfielder

Possible patterns:

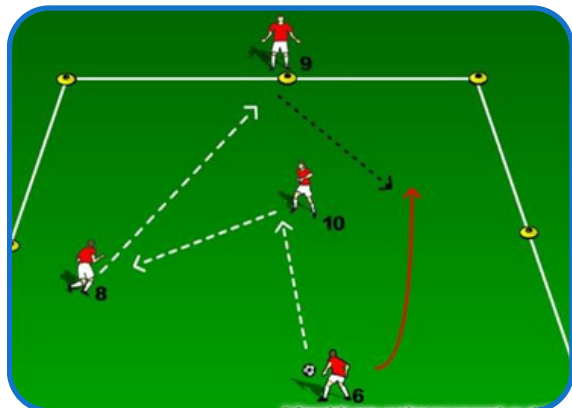
#6-#10-#8-#9

#6-#8-#10-#9

#8-#6-#10-#9

Coaching Points:

Application of Technique (passing, dribbling, receiving) - Proper weight, accuracy, and angle of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



SMALL-SIDED ACTIVITY

5v5 to 4 goals

TRAINING AREA = 40W x 50L. Position (2) goals on each side of the end line in the corner for a total of (4) goal. Play with #4,6,8,10,9. Red v White. Red & white score by passing/shooting the ball into the goal.

Coaching Points:

What - Supporting movements off of one another and #4,10.; Passing - Accuracy, Timing, and weight of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



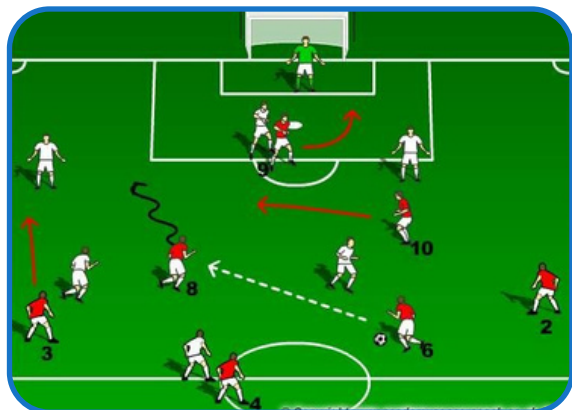
EXPANDED SMALL-SIDED ACTIVITY

8v7 to Goal

TRAINING AREA = 60W x 70L. Place (1) goal on each end of the space allow for each team to score on 1 goal. Play with #1,2,3,4,6,8,10,9. Red v White. Red & White score by passing/shooting the ball into the goal.

Coaching Points

When - The buildup begins when in possession, and moves forward if there are numbers in midfield; Passing - Accuracy, Timing, and weight of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



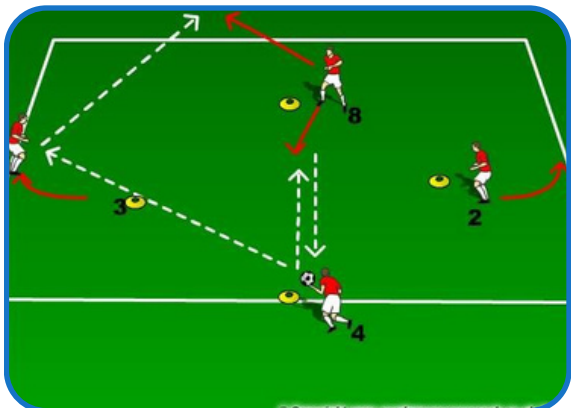
TECHNICAL WARM-UP

Pattern Passing & Combinations

TRAINING AREA = 30W x 30L. Use players #2,3,4,8. Develop various patterns and combinations, encouraging possession & penetration from wide areas of the field #2,3. Pass across the line to a player running into the space timed to stay on-sides. Example sequence = #4-8-3-8

Coaching Points:

Application of technique (passing, receiving, dribbling) Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



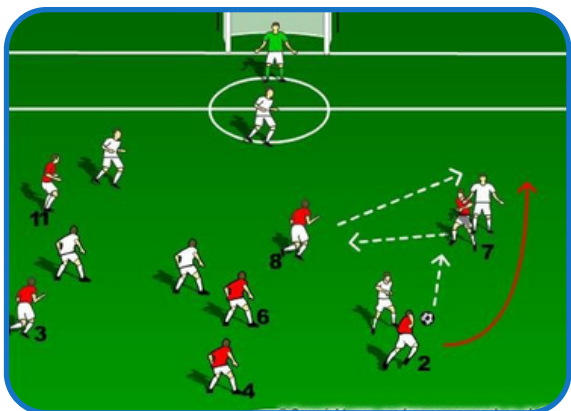
SMALL-SIDED ACTIVITY

5v4 - Line soccer & 2 goals

TRAINING AREA = 60W x 50L. Place two lines across the field 25 yards from the center line. On one line place (2) small goals on the left & right side of the field. Play 5v4 in the space. Red (#3,4,2,6,8) score by being played into space (can not cross the line before the ball). White (4) score on small goals.

Coaching points

What - Individual attacking decisions based on play of #4,6,8; Application of technique (passing, receiving, dribbling) Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



EXPANDED SMALL-SIDED ACTIVITY

8v7 to goal

TRAINING AREA = 60W x 70L. Red (#1,2,3,4,6,8,7,11) vs White (7). Score by shooting the ball in the goal.

Coaching Points:

Who - #2,#3,#7,#11; What - Combinations through possession in wide areas ; Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



U14 Week 4

By G Stephenson, Technical Director



To improve the player's and team's ability to create and finish scoring opportunities from wide positions through the #7, #11, #2, #3

TECHNICAL WARM-UP

Shadow Play 6v0 TRAINING AREA = 60W x 70L

Pattern/shadow play. Position (1) large goal at one end of the field for players to attack. Place balls at opposite end of field to begin the play. Ball starts with #2/3. Players look to combine in with emphasis on wide play patterns & combinations. Work the ball through the thirds of the field to score on goal. (Flags, cones, mannikins should serve as "goalie")

*Variations - limit touches, type of service, type of finish, direct v indirect attack

Coaching Points:

Application of Technique (passing, receiving, support) Who - Players #2,3,7,11; What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8,10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



SMALL-SIDED ACTIVITY

6v6 - 1 goal & counter goals

TRAINING AREA = 60W x 70L. Build a free zone for #8 = 60W x 10L. Play 6v6.

Position (1) large goal at one end of the field for players to attack. Place (2) counter goals at the opposite end of the field, 3 yards wide. Place balls at opposite end of field to begin the play. Ball starts with #8 to initiate the play. Red (6) = #8,2,3,10,7,11 v White (6). Red scores by passing the ball through the goal, white scores by passing through the orange counter goals

Coaching Points:

What - Attacking runs forward with or without ball; What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8,10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



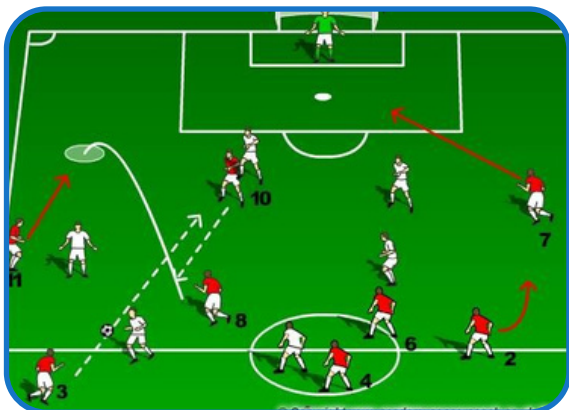
EXPANDED SMALL-SIDED ACTIVITY

8v7 to goals

TRAINING AREA = 60W x 70L. Play 8v7 to 1 goal each. Red (8) = #1,2,3,6,8,10,7,11 v White (7). Red & white score by passing/shooting the ball into the goal.

Coaching Points:

What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8,10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

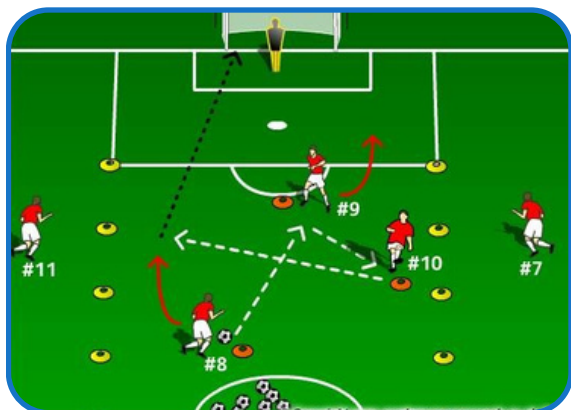
GK-3-2-3



U14 Week 5

By G Stephenson, Technical Director

Improve team's ability to create scoring chances from central areas (#6,#8,#9,#10)



4v0 to goal

TECHNICAL WARM-UP

TRAINING AREA = 44W x 50L. Red(4) - #6,8,10,9 - work various combinations in central areas in front of goal to produce a strike on the goal.

Combinations:

Up, back, through

Dribble penetration - pass - shoot

Penetrate into #9, and lay off for shot #10,8

Combination with #8/10 - shot for #6

Coaching Points:

Application of Technique (passing, receiving; shot) What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass); Passing - Accuracy, Timing, and weight of passes; Receiving/Control the pass - body shape, angle of 1st touch, surface used to control pass; Shooting - Look up at target - then down to ball, Watch foot strike the ball, follow through with strike, position of non-kicking/plant foot to impact shot



4v5 to Goal & Target

SMALL-SIDED ACTIVITY

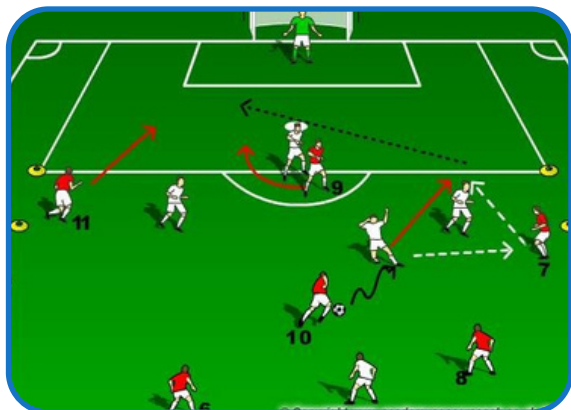
TRAINING AREA = 44W x 50L. Place (1) large goal at the end of the field Red is attacking. Place a TARGER player at the opposite end of the field outside the playing area. Red (4) - #6,8,9,10 v White (5). Red scores by passing/shooting ball into the goal. White scores by passing the ball to TARGET.

Coaching Points:

What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass)

What - Types of shot used from central areas (driven, lofted, bent, curled)

Passing - Accuracy, Timing, and weight of passes; Receiving/Control the pass - body shape, angle of 1st touch, surface used to control pass; Shooting - Look up at target - then down to ball, Watch foot strike the ball, follow through with strike, position of non-kicking/plant foot to impact shot



6v6 to Goal & 2 small goals

EXPANDED SMALL-SIDED ACTIVITY

TRAINING AREA = 44W x 60L. Place (1) large goal at the end of the field Red is attacking. Place (2) small goals on the opposite end of the space in each corner for white to attack. Red (6) - #6,8,10,11,7,9 v White (6). Red scores by passing/shooting the ball into the goal. White scores by passing/shooting the ball into the small goals.

Coaching Points:

What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass)

What - Types of shot used from central areas (driven, lofted, bent, curled)

Passing - Accuracy, Timing, and weight of passes; Receiving/Control the pass - body shape, angle of 1st touch, surface used to control pass;

Shooting - Look up at target - then down to ball, Watch foot strike the ball, follow through with strike, position of non-kicking/plant foot to impact shot



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3 [8]



TECHNICAL WARM-UP

Overload Build Up

TRAINING AREA = 30W x 30L. Place (1) goal on each end line. Organize 4v4 in each area. Start with 1v1 and progress to 4v4. A new player comes on the field: after a goal, or ball out of bounds. 1v1-2v1-2v2-3v2-3v3-4v3-4v4. Red & white teams score by passing the ball into the goal

Coaching Points:

Application of defensive technique & pressure; Who - Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender



SMALL-SIDED ACTIVITY

6v6 - Big Goal & Small Goals

TRAINING AREA = 60W x 70L. Place (2) cones in each corner 3 yards wide making (2) goals above the mid-line. Place (1) goal on the opposite end line. Play 6v6 to goal. When red scores, White (server) immediately plays ball back into white team. Red defends, denies penetration, and delays while teammate recovers defensively. Red scores by dribbling through cone goals, white scores by passing/shooting the ball in the goal.

Coaching Points:

Who - The closest two players to the ball = pressuring (1st) & covering defenders (2nd); Direct pressure away from goal, or towards defenders (support/cover, balance); Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; All other defenders recovery run = Behind the ball, preferably behind pressuring defender



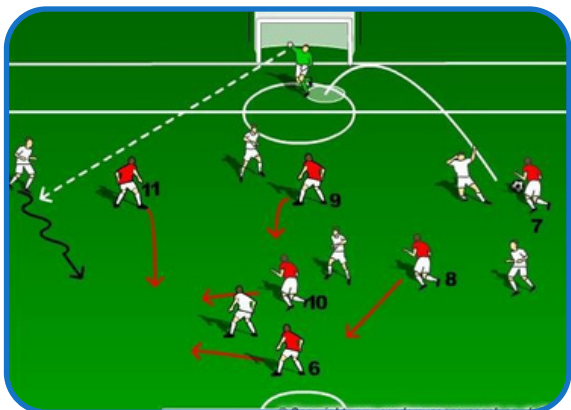
EXPANDED SMALL-SIDED ACTIVITY

7v7 - Big Goals

TRAINING AREA = 60W x 70L. Place (1) goal on each for the teams to score on. Red & white score by passing/shooting the ball into the goal

Coaching Points:

Who - The balance player (furthest from the ball) & recovering defender; What - As the furthest from the ball, the balancing player may need to shift forward and across to reduce penetration (runs, passes, dribble) through the center of the field; Recovery run = Behind the ball, preferably behind pressuring defender



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



U14 Week 7

By G Stephenson, Technical Director

Improve teams ability to defend against wide attack (#7,#11,#2,#3,#8,#6)



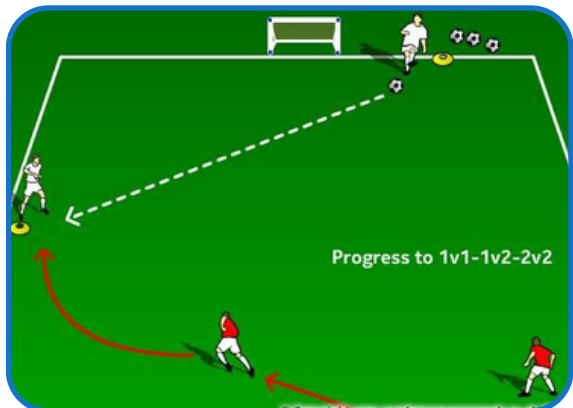
TECHNICAL WARM-UP

Wide play defending 1v1, 1v2, 2v2

TRAINING AREA = 10W x 15L. Place (1) goal on one end line. On the opposite endline make a 10W x 3L scoring end-zone. The team that starts with the ball tries to dribble into the end-zone under control in possession. The team that starts on defense scores on the goal. Progress 1v1, 1v2, 2v2.

Coaching Points:

Application of defensive technique & pressure ; Who -Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



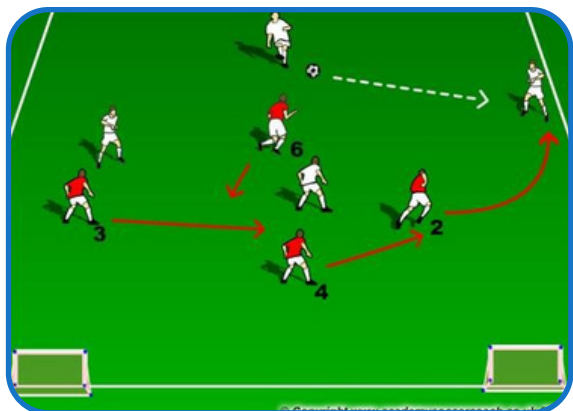
SMALL-SIDED ACTIVITY

4v4 - 2 goals, 1 goal

TRAINING AREA = 30W x 40L. Place (2) goals on one end-line, and on the opposite end-line place (2) cones 5 yards wide making a goal. Red & white score by passing/shooting the ball into the goal.

Coaching Points:

Application of defensive technique & pressure ; Who -Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



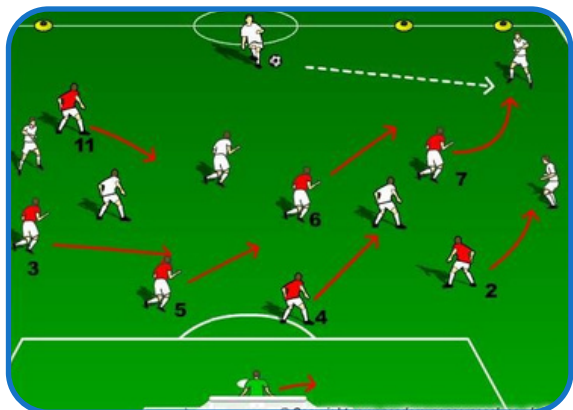
EXPANDED SMALL-SIDED ACTIVITY

8v7 - Big goal, and small goals

TRAINING AREA = 60W x 55L. Place (1) big goal on one end lines, place (2) cones on each corner of the opposite end-line 5 yards wide making (2) goals. Red & white score by passing/shooting the ball through the goals.

Coaching Points:

Who - #7,#11,#2,#3; What - To tackle the ball, or block penetrating cross; Why - In wide areas near the goal, there is a great need to deny penetration; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



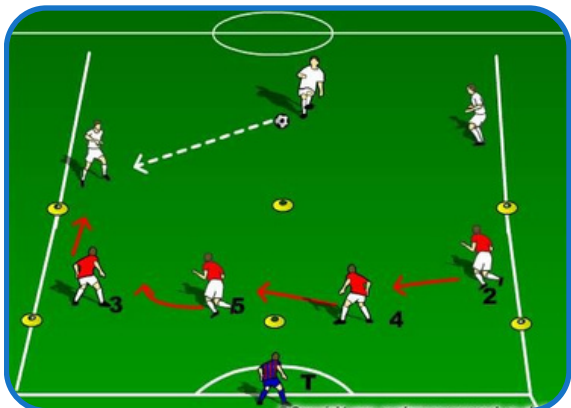
TECHNICAL WARM-UP

4v4 Penetration

TRAINING AREA = 44W x 30L. Make a 44W x 15L channel in the middle of the space where the defenders will play. Place a (T) target player on the other side of the channel. The offense (white) tries to pass the ball around to connect with the target. White players must stay in their zones. Reds must stay in the middle channel. Reds (Defense) emphasize = Pressure on ball, stepping up individually & group, shift right/left, drop, slide, cover, etc. to deny penetration

Coaching Points:

Application of defensive technique & pressure ; Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance; Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



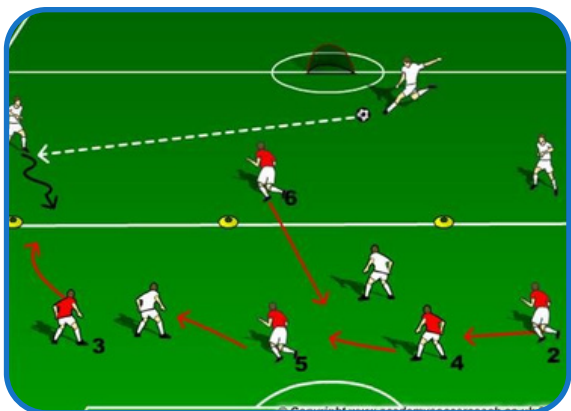
SMALL-SIDED ACTIVITY

6v5 - Big goal & small goal

TRAINING AREA = 60W x 55L. Place (1) one large goal on one end-line, and small goal on the half-way line. Build a "restraining" line 60W x 40L for #1,2,3,4,5 to defend behind. #6 can move across the lines & between spaces. Red & white scores by passing/shooting the ball in the goal.

Coaching Points:

Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter); What - Shifting cover, and rotating across the field based on the speed, distance, and angle of pressure of #6 on the ball; Who - #1,#2,#3,#4,#5 rotate across the field above the 18 yard box below the restraining line

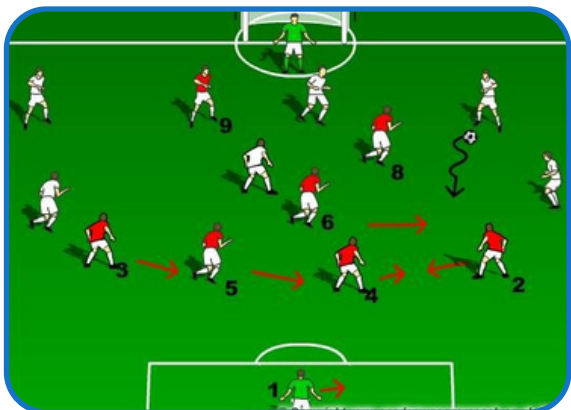


EXPANDED SMALL-SIDED ACTIVITY

8v7 Big Goals TRAINING AREA = 60W x 55L. Place (1) big goal on the end-line and half-way

Coaching Points:

Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter); What - Shifting cover, and rotating across the field based on the speed, distance, and angle of pressure of #6 on the ball; Who - #1,2,3,4,5 rotate across the field above the 18 yard box below the restraining line. Recovery run behind ball or to center of goal



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



TECHNICAL WARM-UP

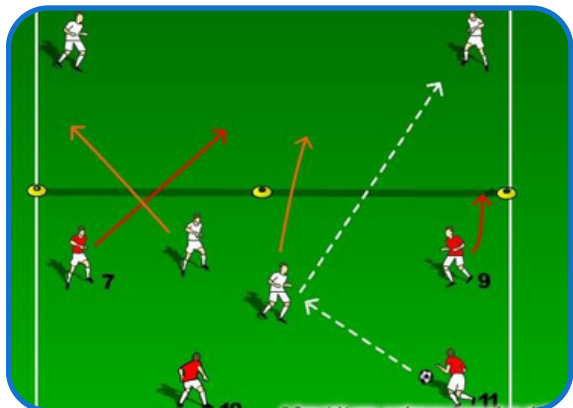
4v2 - 4v2 TRAINING AREA = 15x25L. Divide the space into (2) separate spaces

Play 4v2 in

one space. The attacking team should try to keep possession and count the highest number of consecutive passes. The defending team should try to regain possession, and pass the ball to their teammates in the opposite grid. As the ball transitions to the opposite grid, (2) attacking players and defending players transition to the grid with the ball.

Coaching Points:

Application of defensive technique & pressure ; What - Pressure, cover, balance;
Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance



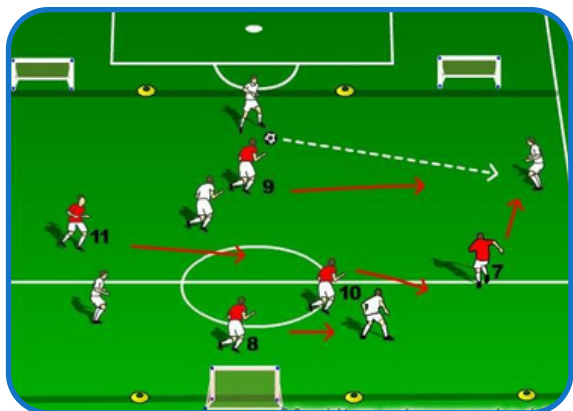
SMALL-SIDED ACTIVITY

5v5 - 2 Goals & 1 Goal

TRAINING AREA = 60W x 50L. Place (2) goals on the end-line of the team you are not coaching (white), and place (1) goal on the end-line of the team you are coaching (red). Teams play 5v5. Red & White score by passing/shooting the ball in the goal.

Coaching Points:

Application of defensive technique & pressure ; What - Pressure, cover, balance;
Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance; What - Cover for the pressuring defender. Angle, speed, and distance of support based on pressuring defender;
Who - The supporting defender



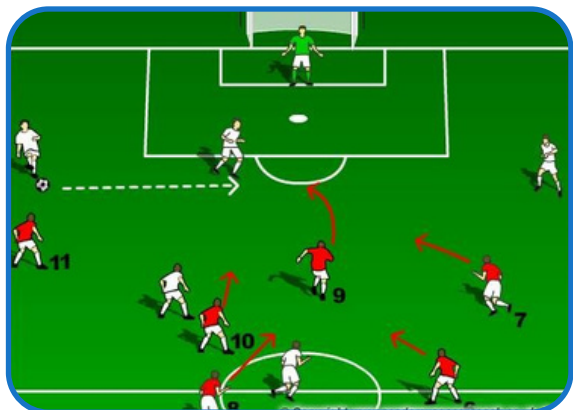
EXPANDED SMALL-SIDED ACTIVITY

7v6 - Big Goals

TRAINING AREA = 60W x 70L. Place (1) goal on each end-line for the teams to attack. Red & White score by passing/shooting the ball in the goal.

Coaching Points:

What - Compress spaces between supporting/balancing defenders to deny penetration; Who - The balancing player, defender (2) or more passes away from the ball; Why - To eliminate penetrating opportunities, and to win possession near goal in order increase scoring chances



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



TECHNICAL WARM-UP

Double 18 Shot Stopping

TRAINING AREA = 44W x 36L. Build a "second" 18 yard box off the existing 18 yard box. Have the white 18 yard box line serve as the mid-line between the two zones. In (1) zone = K, #3,4,5,2 v (2) attackers; in the (2) zone = #6 v (4) attackers. Balls always start with white opposition in far grid with (4) attackers. Their objective is to strike on goal, or combine with their (2) attackers. If red team wins possession they can shoot on goal, or combine with #6 to go to goal. ALL PLAYERS ARE RESTRICTED TO THEIR SPACE/ZONE.

Coaching Points:

Technical application of collecting the ball – footwork, handling, starting position; What - GK(#1) movement, positioning, and angle play based on shape of the back 4 (#2,3,4,5); When - As the ball moves in front of the back 4, read the body shape of back 4 & #6 to determine if shot on target is possible



SMALL-SIDED ACTIVITY

7v7 to 1 large goal, & 2 small goals.

TRAINING AREA = 60W x 55L. Place (1) large goal the end-line, and (2) small goals on the halfway line. Balls always start with white team in possession from the mid-line. White scores on large goal, red scores on small goals.

Coaching Points:

What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Why - Reading the defensive body shape and being prepared will allow the GK to position themselves more efficiently to make more saves



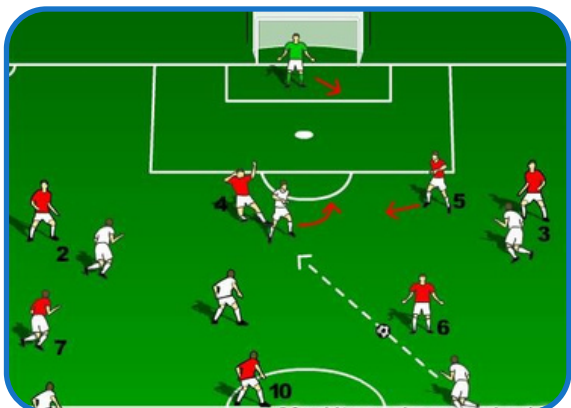
EXPANDED SMALL-SIDED ACTIVITY

9 v 8 to large goals.

TRAINING AREA = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points:

What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

