



U13 / U14 Training Priorities



Psychological:

- Fun
- Goal Setting (the whole process, written and visualization)
- Mental Toughness

Fitness:

- Good nutritional habits
- Running and movement technique (speed training, agility training)
- Strengthening joints

Technique:

- Dribbling (shielding, taking players on, and running with the ball)
- Control (all surfaces, all types of balls played in)
- Kicking (short, medium, some long range balls, crossing, and introduce bent balls)
- Heading (defensive, passing, and on goal)
- Goalkeeping
 - o Catching (low, middle, and high balls)
 - o Footwork (getting across the goal, and coming out of goal)
 - o Distribution (throwing, rolling, goal kicks and punting)
 - o Diving (concentrate on solid technique)

Tactical:

- Develop an understanding of combination play (takeovers, wall passes, overlapping runs)
- Decision making (reinforce in every training session)
- Creating and recognizing space (for self and for others)
 - o Checking runs
 - o Clearing runs
- Communication (offensive and defensive)
- Introduce functional play (ones role in the game)
- Defending
 - o 1 v 1, 2 v 2, 3 v 3
 - o Introduce zonal defending

Overriding Considerations:

Continued work on skill development is the number one priority at this age. In addition, players should be introduced to things such as zonal defending and creating space. Set plays and some team play should be covered as well.