

U14-U16-U18 Priorities

You get what you give

Training priorities for the category

Technical	Tactical	Physical	Psychological	Games
Set plays (Corner kick, free kick,...)	Coverage as a team	Speed	Combativity	11 vs 11
Movement in the air	Width and depth	Endurance	Focus	1 vs 1
Feints and shooting	Playing without the ball	Cardio	Constructive criticism	2 vs 2
Perfect your play	Zones	Power	Attentiveness	3 vs 2
	Transitions			6 vs 4

The challenges for the coach

At this age, players should be at a certain technical level in their development. You can use that to make it even better for shots on goal and set plays. The work during training will be more in game situations on a full field. You can place your exercises where you would normally be in on the field and repeat the actions multiple times.

The work must be done in sub-groups (def., mids, att.) and work the passes in triangles and diamond shapes. Work the counter-attacks at different heights on the field and work the defensive support. The repositioning must be done quickly to stop the opposing team. In a game, you must force the opponents to move the ball and create mistakes. For our part, we must avoid those mistakes and change the rhythm of play by playing the ball back to create space.

1

TEAM

We must play as a team and be available for your teammates.

2

CARDIO

Physical shape will make a difference, you must work on the cardio with the ball.

3

TACTICAL

It is the perfect age to deepen our tactical notions.

Position



At this age, everyone should know their favorite position.



Duel

You must face the duels and try and win them.



Possession

The more you move the ball around, the more you create opportunities to score.

The basic techniques

Coaches must start to be demanding about the development of technical abilities.

Passing

Passing is mostly done with the inside of the foot, although it can also be done with the outside. The pass is useful to move the ball quickly. The supporting foot must be beside the ball and pointing in the direction that you want the ball to go. The foot that is hitting the ball must be «locked» which means that the ankle stay solid so that there is power in the movement of the ball. If the foot hits the ball a little under the center of the ball it will have a tendency to lift up but if it's hit straight in the middle, it will be straight and strong. After passing, the player must move in order to be available for his teammates.

Controlling the ball

It's the motion that a player executes when he receives the ball. If it's a pass, the player will normally control with the inside of the foot. He must go towards the ball in order to be the first there, lock his ankle and absorb the ball by doing a little backwards movement on reception. If the ball is airborne, he can execute control with his chest, his thigh or his head. It's not recommended to practice headers because of the risk of concussion. The player will

automatically develop the reflex to do it in games.

Movement with the ball

The player must keep the ball close to his body and lift his head to look up. There is no need to look down at the ball. All the surfaces of the foot can be used.

Dribbling

It is the action of outplaying an opponent. It is composed of a feint followed by a change of pace in order to bypass the opponent completely. The player must start practicing these moves early but, of course, they will not be able to succeed right away. It's important that they try because it will become useful in the near future. On YouTube you can easily find some videos about the different feints and moves used to bypass a player. Invite the parents and the kids to go take a look.

Shooting

Shooting is the kids favorite technical motion although it can be difficult to get it just right. The player has to put his body over the ball for precision and transfer weight on the supporting leg. The shot must be executed using the laces or the inside of the foot like a pass to increase the precision.

SOCCER CHELSEA IS HERE FOR YOU

During the season a technician will be assigned to your category. He will be giving the coaches comments, suggestions and will be able to provide specific exercises on different themes.

If you need more information, our technical director Patrick Woodbury will gladly help. You can always reach him by email: patrick@soccerchelsea.ca