

U14

TRAINING TO TRAIN



What U14 Looks Like

- ❖ Transition to 11-aside
- ❖ Players streamed to play either on
 - Divisional Gold, Silver or Bronze teams or
 - WVSC or NV/WVSC MSL teams
- ❖ Full size field
- ❖ Full size goals
- ❖ Size 5 soccer ball
- ❖ Duration of games – 2 x 35 minutes

Technical Focus

Continue with U13 focus and ball mastery at a higher speed. Receiving balls out of the air. Defensive tackling. Develop using deception in dribbling and passing. Execution of skills in a dynamic manner. Continue with GK training for specialist GKs. Develop and emphasise tactical understandings.

Sound technique enables tactics.

Coaching Expectations

- ✓ **Focus – technical and skill development (skill is technique on demand against opposition). Introduction to tactics. Continued focus on Ability/Balance/Coordination.**
- ✓ **Soccer for Life** certification is mandatory for coaches – equivalent to CCS - coaches should be working towards Prep B/B-P1 Provincial License
- ✓ On Girls' teams need to have a "carded" female either coaching or managing
- ✓ Over season all players to be given equal playing time. MSL players guaranteed 1/3 of a game.
- ✓ All players to be rotated through min. 2 positions
- ✓ Focus should be on fun and safety
- ✓ All coaches need to process Criminal Record Check with WVPD – valid for 3 years
- ✓ All coaches need to complete Code of Conduct and Risk Management Form

Parental Expectations

- ✓ Don't encourage players to obsess on the score of the game.
- ✓ Give positive encouragement when cheering on the team.
- ✓ Refrain from giving technical instructions during the game. This is the coaches' job, ---players become confused when they hear different voices telling them what to do
- ✓ Never challenge the referee's decision, however bizarre it may seem.
- ✓ Players need to be at practices and games on time and with the proper equipment (i.e. uniform, shin pads, cleats, etc.)
- ✓ Players need to complete Code of Conduct (Athlete Agreement) and return to their coaches

Centre of Excellence & Travel Team for MSL Players (U13-U18)

GIRLS – Fridays @ Ambleside Turf
5:00-6:30 pm (Sept 21-Dec 7)

BOYS – Sundays @ Wentworth Field, Collingwood
09:30-11:30 (Sept 23-Dec 9)

NEW
Mid-season
Player
Report Card

Player Evaluation



Mark Your Calendar CLUB DAY – September 8th

Free Clinic
Oct 13, 4-6 pm, U14-U17
Welcome Back Street Soccer

Paid Clinic
Dec 1, U13-U14
2 hour training session with
2012 Olympians and Canadian
National Team Members

Divisional Coaches Game
September 22nd