



Johnston - Urbandale  
Soccer Club  
U14

Coaching Curriculum

# U14 Topic Finder

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# U13-14 Training Session 1.

## *Dribbling to Create Space*

### Coaching points:

- Keep control of the ball
- Play with your head up
- Change direction and speed
- Shielding the ball
- Dribble away from pressure

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### Phase #1 { 15 – 20 minutes }



Setup a field of 60 x 40. The teams play 7v7 with goalkeepers. Set up both teams in either a 3-2-1 or a 3-1-2 formation.

**Condition the players to play 2 touch minimum in possession.**

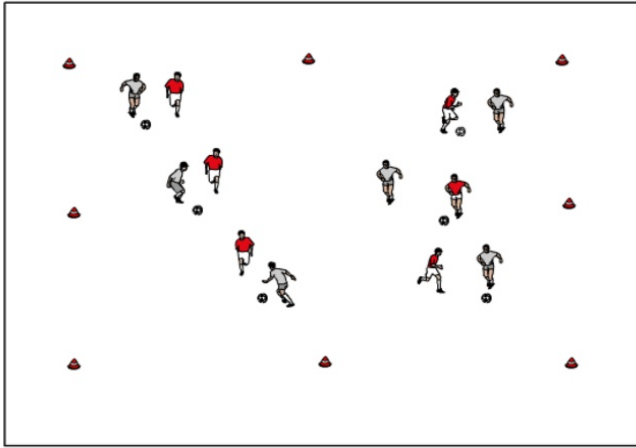
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### Phase #2 { 5 - 10 minutes }



Setup a field of 30 x 20. The players have a ball each and practice turns to create space. Some suggested turns outside hook, inside hook, stop turn, drag back turn. For variation practice a turn for 1-2 minutes and then play a short dribbling game such as king of the jungle.

**Phase #3** { 15 – 20 minutes }



The players are in two teams and pair up with an opposition player with one ball between them. On the coaches instruction the players compete for the ball and aim to maintain possession of the ball. If the ball goes out of play the player who played the ball out must collect and return it to their opponent. The player in possession at the end of the game is the winner and wins a point for their team. Play each individual game for 15 -20 seconds.

**Phase #4** { 20 – 25 minutes }



Setup a field of 60 x 40 as in the opening Phase. The teams play 7v7 with goalkeepers. Set up both teams in either a 3-2-1 or a 3-1-2 formation. **Condition the players to play 2 touch minimum in possession.**

# U13-14 Training Session 2.

## *Dribbling to Create Space*

### Coaching points:

- Keep control of the ball
  - Play with your head up
  - Change direction and speed
  - Shielding the ball
  - Dribble away from pressure
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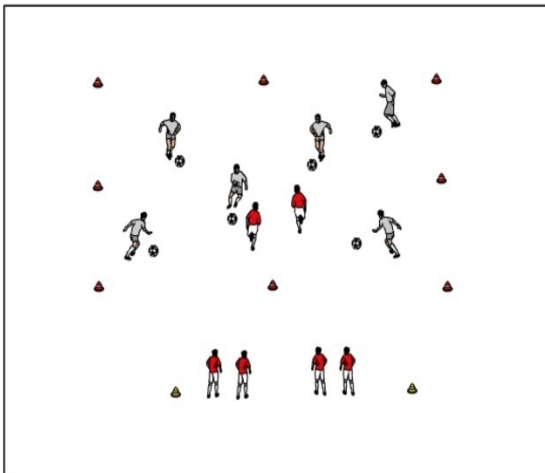
### **Phase #1** { 10 – 15 minutes }



Setup a field of 15 x 15 with a cone in the center. The players dribble towards the cone in the center, turn and dribble back to the starting position. Look for the players to practice individual dribbling techniques to create space, such as the stop turn, drag back turn, and the hook turns. Focus upon good technique and the change of speed coming out of the move.

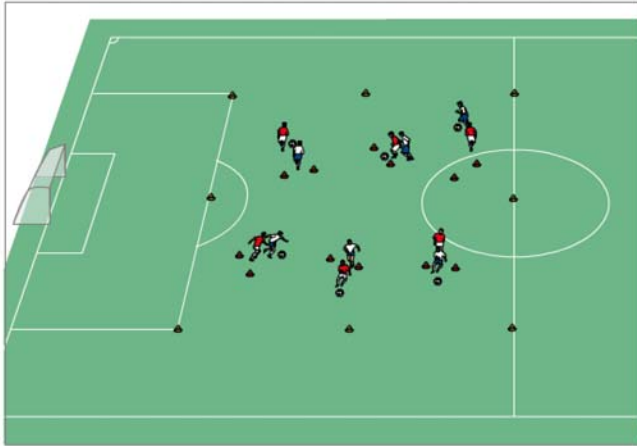
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### **Phase #2** { 15 – 20 mins }



Setup a field of 25 x 20. The players are in two teams. The players on one team have a ball each with the other team lined up on the outside of the field. As the game starts the defending team in teams of two run onto the field and aim to kick three balls out of play. If a player's ball is kicked out of play they bring it back on to the field and continue dribbling. The defending players when they have finished, tag the next two players in line. The coach times the game and stops the watch when the last group have finished. The teams then switch roles.

**Phase #3** { 15 – 20 minutes }



Setup a field of 30 x 20 and a number of small goals 2-3 yards wide. The players are in two teams and play 1 v 1 for a period of 30 seconds. The player in possession wins a point for their team every time they dribble through one of the small goals. Add the points up and the team with the most points wins the game. Switch partners after each game.

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**Phase #4** { 25 - 30 minutes }



Setup two fields of 40 x 30. The teams play 4 v 4 with floating goalkeepers. **Condition the players to take a minimum of two touches to encourage them to dribble in possession.**

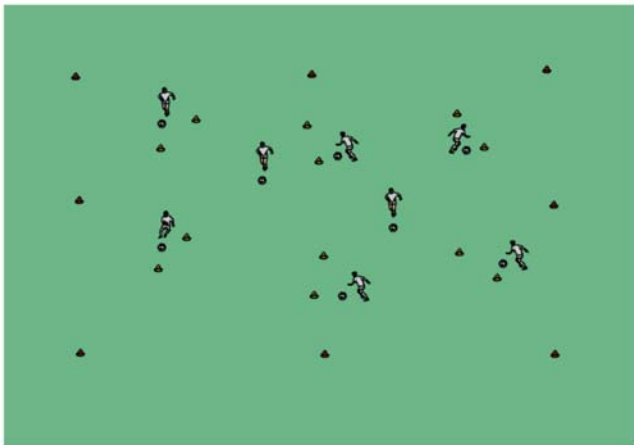
# U14 Training Session 3.

## Dribbling to Keep Possession, Create Space.

### Coaching Points:

- Maintain close control
  - Keep your head up
  - Change direction
  - Change speed
  - Look for the players to maintain possession in one v one situations
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### **Phase #1** Technical practice. Field 25 x 20 { 5 minutes }

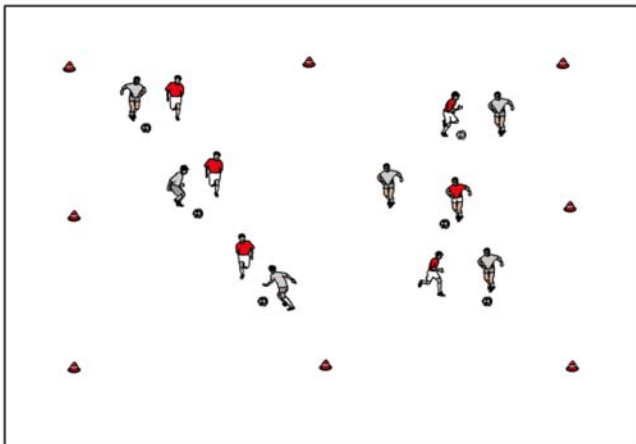


Technique: Stop turn.

The players dribble around the field. The players stop the ball with the sole of the foot, turn and dribble through one of the small goals before moving onto another goal.

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### **Phase #2** Game Protectors. { 10-15 minutes }



The players are in three groups with one group defending. On the coaches instruction the players compete for the ball and aim to maintain possession. If the ball goes out of play it is out of the game. Any player in possession at the end of the game wins a point. Switch the defenders each game and play for 10 – 20 seconds. The player with the most points at 5-6 games is the winner.

**Phase #3** 1 v 1 Turn and Dribble through the Goal. { 15–20 minutes }



Setup a field with the goals 20 yards apart. The coach plays the ball in and the players play one v one. The player who wins possession aims to score by dribbling through either one of the two goals. Encourage the players to turn and change direction to lose the defending player. Play for 15-20 seconds or until a goal is scored and then repeat with the next two players in line.

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**Phase #4** Scrimmage. Field 35 x 25. { 20-25 minutes }



Teams play 4v4 with a floating goalkeeper. **The players are conditioned to play 2 touches or more. Restart the game by passing the ball into play with the inside of the foot.**

# U13-14 Training Session 4.

## *Running with the Ball*

### Coaching points:

- Keep your body over the ball
  - Make contact with the laces with toe pointed down
  - Play with your head up
  - Maintain control of the ball
  - Recognize situations when you can take longer touches and accelerate into space
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### **Phase #1** { 15 – 20 minutes }



Setup two fields of 40 x 30. Start the training session by getting the players into teams and play 4 v 4. Identify one or two examples when players have the opportunity to dribble the ball in space. **Condition the players to take a minimum of 2 touches in possession.**

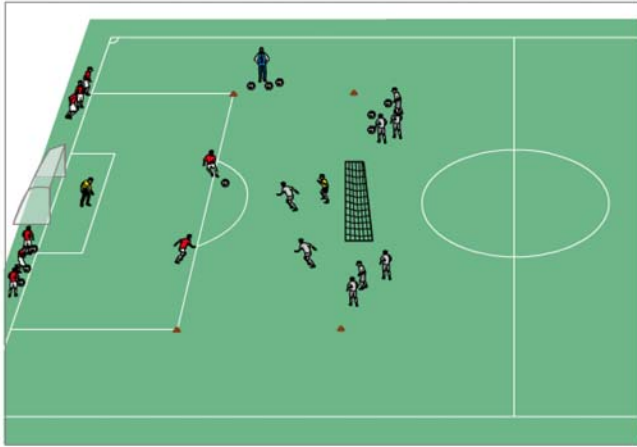
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### **Phase #2** { 15 – 20 minutes }



The teams are in three teams and stand 25 – 30 yards apart. The players dribble and perform a takeover with the next player in line who dribbles in the opposite direction. Encourage the players to take 3 – 4 touches. Concentrate on the correct technique for the first few minutes and then introduce an element of competition by making it a relay race with each player completing two runs.

**Phase #3** { 20 – 25 minutes }



Setup a field of 35 x 25. The players are in two teams and line up to the side of the goal. The coach calls out one of the teams and they become the attacking team. The teams play 2 v 2 with one player from each line joining in as an attacker or a defender. If one team has a shot at goal they stay on the field but become defenders. The next two players in line on the other team become the attacking team and can dribble forward as soon as the shot is taken. If the ball goes out of play the players return to their lines and the coach calls out the next attacking team.

**Phase #4** { 20 – 25 minutes }



Setup two fields of 40 x 30 as in Phase 1. The teams play 4 v 4 with a floating goalkeeper. **Condition the players to take a minimum of 2 touches.**

# U13-14 Training Session 5.

## *Dribbling to Beat a Player*

### Coaching points:

- Encourage players to take on defenders in 1 v 1 situations
  - Keep control of the ball
  - Play with the head up
  - Change direction and speed
  - Recognize where the space is to attack
- 

### **Phase #1** { 10 - 15 minutes }



Setup two fields of 40 x 30. The teams play 4 v 4. The players can score in either one of the two goals opposite although they must be in the opponents half to score. **Condition the players to have a minimum of 2 touches and encourage them to look for the open goal.**

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### **Phase #2** { 10 - 15 minutes }



Setup cones 25 yards apart. The players dribble towards each other and perform an assigned dribbling move, such as the inside cut or the Matthews as they meet the player opposite in the center.

**Phase #3** { 15 - 20 minutes }



Setup two fields of 40 x 30. Each player is given a number with a player on the opposite team having a corresponding number. The coach calls out a number and the respective players come out and play one on one until a goal is scored or the ball goes out of play. After 5 minutes start calling out numbers at intervals so you have two or three games going on at the same time. The first team to score 5 goals wins the game.

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**Phase #4** { 20 – 25 minutes }



Setup two fields of 40 x 30 with the teams playing 3 v 3 or 4 v 4. **Condition the players to play 2 touch minimum and encourage them to take players on when they have the opportunity.**

# U13-14 Training Session 6.

## *Shooting Off the Dribble*

### Coaching Points:

- Good control off the dribble
  - Preparation touch, get a big stride in
  - Position of non-kicking foot
  - Good technique, ankle locked, knee over the ball
- 

### **Phase #1** { 10-15 minutes }



Setup two fields of 35 x 30. The players dribble from opposite corners and shoot at goal. After each shot players join the back of the line opposite. Encourage the players to keep a record of the number of goals they score.

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### **Phase #2** { 10-15 minutes }



Setup two fields of 35 x 30 as in Phase 1. The players dribble the ball at the cone 15 yards from goal, perform the Matthews move and shoot at goal. Condition the players to shoot immediately they move past the cone.

**Phase #3** { 20-25 minutes }



The setup is the same as Phase 2. Give each player a number 1 – 5 and have the players play 1 v 1 until a goal is scored or the ball goes out of play. The first team to score 5 goals wins the game.

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**Phase #4** { 25-30 minutes }



Setup two fields of 40 x 35. The teams play 4 v 4 or 3 v 3 with a goalkeeper. **Condition the players to take a minimum of two touches to encourage them to dribble.** Rotate the teams after every 7- 8 minutes.

# U14 Training Session 7.

## *Goalkeeping.*

### Coaching Points

- Good footwork to get behind ball
  - Palms facing away from goal
  - Shoulders remain square to the ball
  - Make contact with the hands first
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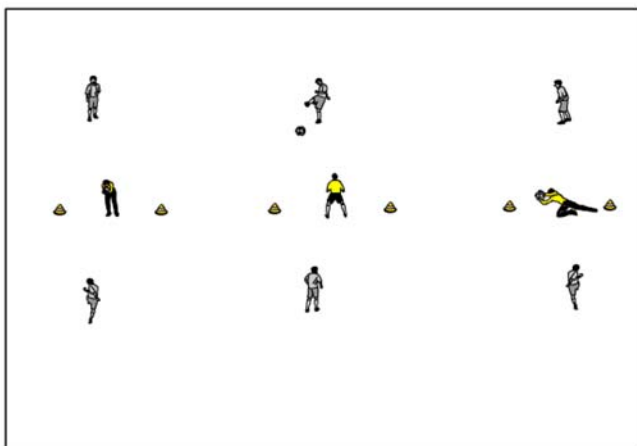
### **Phase #1** { 15-20 minutes }



Set up a field of 30 x 20. The players are in two teams and play 5 v 5. The players pass the ball to their teammates by throwing the ball. The other team can win the ball by intercepting the passes or by collecting a ball on the ground. The team in possession must complete 1-2 passes before attempting to score. A goal is scored by throwing the ball into the goal. For variation look for the players to roll the ball on the ground when passing to a team mate.

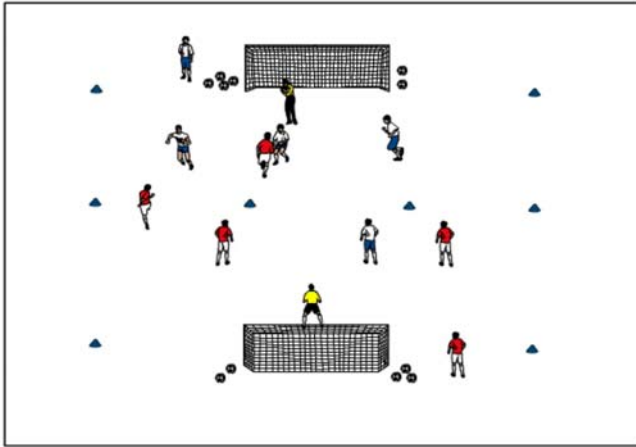
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### **Phase #2.** { 10-15 minutes }



The players are in groups of three with one player at each end of the field 20 yards apart. The goalkeeper stands in the center in a small goal { 5-6 yards wide }. The players take it in turns to shoot at goal. Change the goalkeepers every 5 minutes. **Encourage the goalkeepers to use their hands as much as possible.**

**Phase #3** { 25-30 minutes }



Setup a field of 30 x 30. The players are in two teams and play 3 v 1 or 4 v 1 in each half of the field. The players have to stay in their designated half but anyone can score. Switch the players every game so they get experience shooting from different distances and positions. **Coach the goalkeepers to use their hands to collect the ball.** The first team to score 3 goals wins the game.. If you have extra players you can have three teams with one team sitting out.

# U13-14 Training Session 8.

## *Shooting and Finishing*

### Coaching points:

- Encourage the players to shoot when they can
  - Place the non-kicking foot next to the ball
  - Open body position when receiving
  - Keep the ankle locked, strike through the ball
  - Keep the knee over the ball
  - Team to create width and depth
- 

### **Phase #1** { 15 - 20 minutes }



Setup a field of 30 x 30. The players are in two teams lined up on the corners of the field facing their team mates. The players on the opposite corners have a ball each. The first players in line serve the ball to their team mates and run to the line opposite while the shooting players takes one touch before shooting at goal. The shooting players then run to the back of the serving line. If the shooting players miss the target they collect the ball before returning to the serving line.

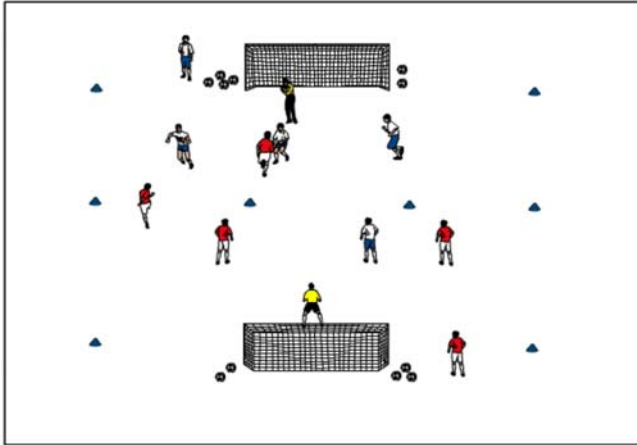
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### **Phase #2** { 15 - 20 minutes }



Setup a field of 30 x 30. The game is organized as the warm up with a line halfway across the field. If a player scores a goal they are given 3 points if they are inside their own half of the field and 1 point if they are inside the other half. Restrict the players to one touch before they shoot. The first team to score 15 points wins the game.

**Phase #3** { 35 - 40 minutes }



Setup a field of 30 x 30. The players are in two teams and play 3 v 1 or 4 v 1 in each half of the field. The players have to stay in their designated half but anyone can score. Switch the players every game so they get experience shooting from different distances and positions. The first team to score 3 goals wins the game. If you have extra players you can have three teams with one team sitting out.

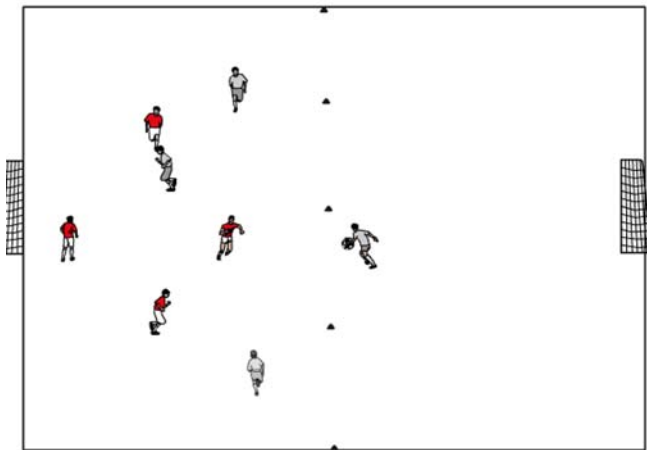
# U14 Training Session 9.

## *Transition in attack and defense.*

### Coaching Points:

- Staying compact, moving up and down the field as a team.
  - When you win the ball can you penetrate the opposition with a pass or off the dribble.
  - Width and movement in attack.
  - When you lose the ball can you win it back quickly.
  - Recovery runs, can you get between the ball and the goal.
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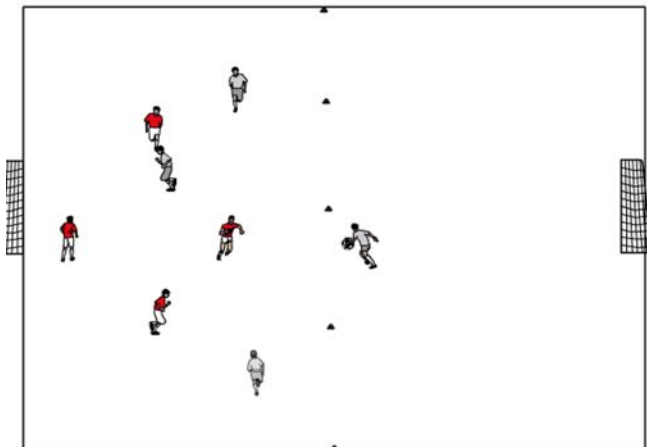
### Phase #1 { 15 – 20 minutes }



Setup one or two fields of 40 x 30 with a halfway line and the teams playing 4 v 4. **For a goal to be scored all the players from the attacking team must be in the attacking half of the field when the shot is taken.**

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### Phase #2 { 15 – 20 minutes }



Setup one or two fields of 40 x 30 with a halfway line and the teams playing 4 v 4 as in Phase 1. **If a goal is scored a bonus goal is awarded for every opposition player who has not in the defending half of the field as the ball crosses the line.**

**Phase #3** { 25 – 30 minutes }



Setup a field 70 x 50 and play 8 v 8 with the same conditions as in Phases 1 and 2. **For a goal to be scored all the players from the attacking team must be in the attacking half of the field when the shot is taken. Bonus point are awarded if any of the defending team have not recovered into their own half of the field.**

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# U13-14 Training Session 10.

## *Receiving*

### Coaching Points:

- Players need to be on their toes
  - Get the body in line behind the ball
  - Select the controlling surface
  - Relax the controlling surface upon impact
  - Look to take your first touch away from pressure
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### **Phase #1** { 15-20 minutes }



Setup a field of 60 x 45. The teams play 7v7 with goalkeepers. Set up both teams in either a 3-2-1 or a 3-1-2 formation. **Condition the players to play 2 touch minimum in possession.**

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### **Phase #2** { 10-15 mins }



Setup a field of 20 x 20. The players are in two teams of 6 – 8 players. Two players on each team have a ball with the other players as target players on the outside of the field. The players with a ball pass to a target player and follow the pass taking that players space on the outside. Restrict the players in the center to three touches.

**Phase #3** { 15 - 20 minutes }



Setup a field 20 x 20. The players in the center play 2 v 2. The players aim to pass to a team mate on the outside. Each time they complete a pass they take the place of that player and the game continues. A point is awarded for every completed pass that is received under control. The first team to get to 10 points wins the game. Repeat a number of times.

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**Phase #4** { 30 – 35 minutes }



Setup a field of 60 x 45. The teams play 7 v 7 with goalkeepers. **Condition the players to have a minimum of 2 touches in possession.**

# U13-14 Training Session 11.

## *Passing to Keep Possession*

### Coaching points:

- Play with your head up
  - Good first touch
  - Good passing technique
  - Accuracy and weight of pass
  - Play away from pressure
  - Create space as a team, width and depth
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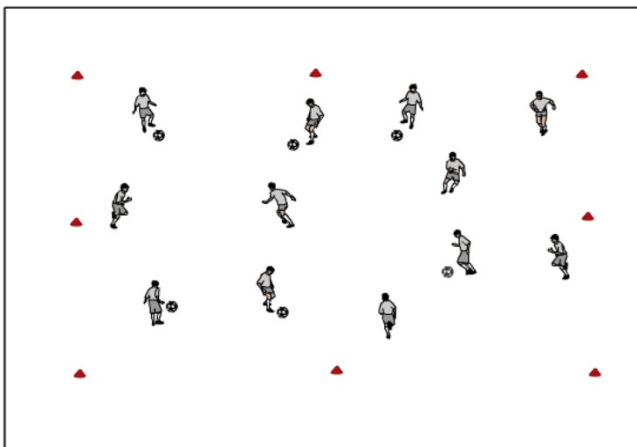
### **Phase #1** { 15 – 20 minutes }



Setup a field of 60 x 45. The teams play 7v7 with goalkeepers. **Condition the teams to play 2 touch minimum in possession.** Encourage the players to pass the ball accurately when they have the opportunity.

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### **Phase #2** { 10 – 15 minutes }



Setup a field of 40 x 30. Half the players have a ball and pass to one of the supporting players. Encourage the players to keep moving at all times and pass at game speed. As the phase continues limit the players to 3 touches.

**Phase #3** { 20 - 25 minutes }



Setup two fields of 30 x 20 as illustrated below. The teams play 7 v 3 in one half and aim to complete 5 passes before being able to score in the end line goal. If the defending team wins the ball they pass the ball into the other half and move there to support the ball. Three players also move over as defenders every time the ball is passed into the other half. Encourage different players to move over as defenders from each team. Progress to play 7 v 4 if the passing team has some success.

**Phase #4** { 20 - 25 minutes }



Setup a field of 60 x 45. The teams play 7v7 with goalkeepers. **Condition the teams to play 2 touch minimum in possession.** Encourage the players to pass the ball when they have the opportunity.

# U13-14 Training Session 12.

## *Switching Play*

### Coaching points:

- Play with your head up
  - Good 1<sup>st</sup> touch, open body position
  - Good passing technique, accuracy and weight of pass
  - Create space, width and depth
  - Look to play away from pressure, recognize where you have numbers up
- 

### **Phase #1** { 15 – 20 minutes }



Teams play 8 v 8 on a field 70 x 55. Have both teams play 3 – 3 – 1. Look for examples in the game when the players can switch the point of attack. **Condition the players to take a minimum of 2 touches in possession.**

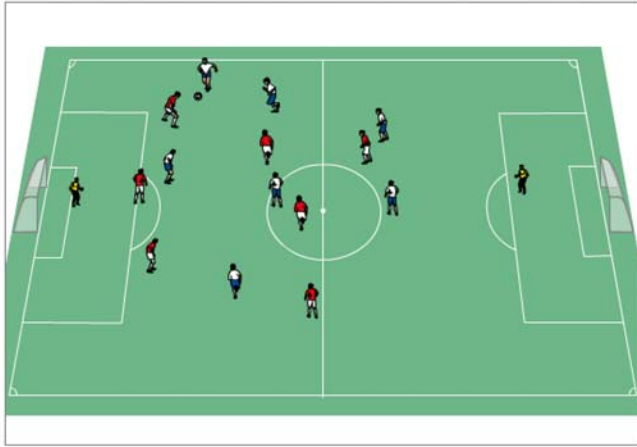
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### **Phase #2** { 25 – 30 minutes }



Teams play 8 v 8 on a field 60 x 55. The teams must complete one pass and be in the opposition half to score a goal. The teams can score in any one of the three goals. Encourage the teams to be patient in possession.

**Phase #3** { 25 – 30 minutes }



Teams play 8 v 8 on a field 70 x 55. Have both teams play 3 – 3 – 1. Encourage the players to switch play when they can get numbers up on one side of the field.  
**Condition the players to take a minimum of 2 touches in possession.**

## U13-14 Training Session 13.

### *Forward Passing Into Space to penetrate.*

#### Coaching points:

- Play with your head up
  - Good first touch, open body position.
  - Good passing technique, accuracy weight of pass
  - Creating space, width and depth
  - Recognize when you can pass with penetration
- 

#### **Phase #1** { 10 – 15 minutes }



Setup a field of 50 x 40 with small squares in the corners. Half the group has a soccer ball. The players look to pass into one of the 4 squares to any of the supporting players without a ball. The players must pass the ball into space for the supporting players to run onto.

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#### **Phase #2** { 25 – 30 minutes }



Set up two fields of 40 x 30 with an end zone { 10 x 40 }. The teams play 4 v 4. The aim of the game is to pass the ball into the other team's end zone for a teammate to run onto. The players from either the attacking or defending team are not allowed to go into the end zone until the ball has been passed there. Play for 8-10 minutes and rotate the teams so that they all get to play each other.

**Phase #3** { 25 – 30 minutes }



Set up two fields of 45 x 35. The teams play 4 v 4 with a floating goalkeeper. Encourage the players to be creative with their passing and play balls into space for players to run onto.

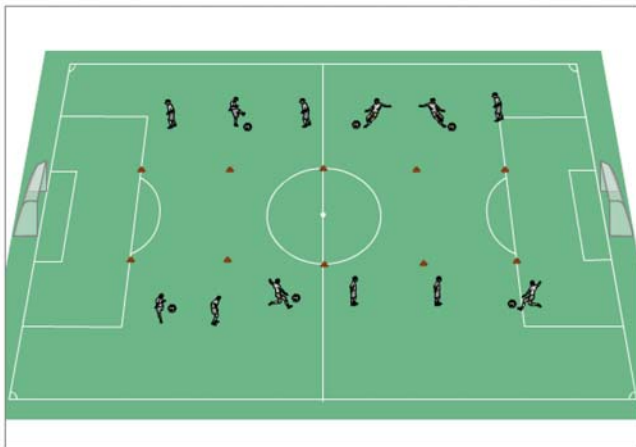
# U13-14 Training Session 14.

## *The Driven Pass and Lofted Drive*

### Coaching Points:

- First touch out of your feet
  - Head up
  - Angle of approach, position of non kicking foot, wider angle for the lofted drive
  - Contact through the center of the ball, through the bottom half for the lofted drive
  - Ankle locked knee over the ball, leaning back slightly for the lofted drive
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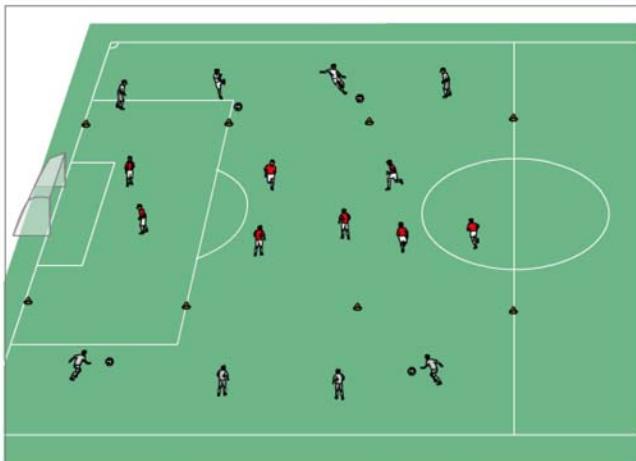
### **Phase #1** { 15 - 20 minutes }



Setup cones 50 – 60 yards long and 15 yards apart. The players in pairs drive the ball to a partner taking no more than 3 touches to control and then deliver the ball. Encourage the players to keep the ball moving and to play at game speed if they have good technique. After 5-10 minutes introduce an element of competition and have the players get a point every time they can clear the central zone with a pass that stays in play.

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### **Phase #2** { 15 – 20 minutes }



Setup a field of 60 x 40 with two end zones and a middle zone of 20 x 40. The players are in two teams with the passing team in the two end zones and a defending team in the middle zone. The passing team start with a ball each and get a point every time they complete a pass from one end zone to the other. If the defending team intercept a pass they keep possession of the ball. Play for 5 minutes and then switch roles.

**Phase #3** { 25 – 30 minutes }



Setup a field of 70 x 55. The teams play 8 v 8. Encourage the players to look for opportunities to play longer passes forward or to switch the point of attack **but only when the game situation demands it and if they can still keep possession.**

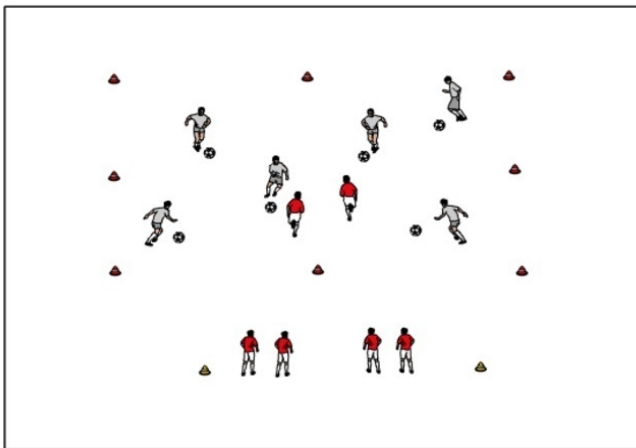
# U13-14 Training Session 15.

## *Defending - The Role of the 2<sup>nd</sup> Defender*

### Coaching points:

- Communication, identify 1<sup>st</sup> and 2<sup>nd</sup> defender
  - Good body position, low and touch tight when defending
  - Supporting position, the position of the 2<sup>nd</sup> defender
  - Recognize opportunities to win or intercept the ball
- 

### **Phase #1** { 15 – 20 minutes }



Setup a field of 25 x 20 with two teams. The players on one team have a ball each with the other team lined up on the outside of the field. As the game starts the defending team in teams of two run onto the field and aim to kick 2-3 balls out of play. If a player's ball is kicked out of play they bring it back on to the field and continue dribbling. The defending players when they have finished, tag the next two players in line. The coach times the game and stops the watch when the last group have finished. The teams then switch roles.

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### **Phase #2** { 20 - 25 minutes }



Setup a number of fields 20 x 15. The teams play 2 v 2 and the aim is to dribble across the opponents end line. Play for 3-4 minutes and then rotate the teams. Encourage the teams to defend as a unit and win the ball when they have the opportunity.

**Phase #3 { 30 – 35 minutes }**



Setup two fields of 40 x 30 with goals. The teams play 4 v 4 including goalkeepers.

**Condition the players to take a minimum of 2 touches when in possession and encourage the defending players to pressure the ball.** Play for 6-7 minutes and then rotate the teams.