



## U13/U14 Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Tips
<p><b>Objectives:</b> Development of Individual Skills. Put players under pressure of time, space and an opponent. Increase technical speed.</p> <p><b>Turning Moves Under Pressure:</b></p> <ul style="list-style-type: none"> <li>• Creating space to receive and turn</li> </ul> <p><b>Attacking Moves Under Pressure:</b></p> <ul style="list-style-type: none"> <li>• Refine the moves</li> <li>• Combination of moves</li> </ul> <p><b>Control and Receiving</b></p> <ul style="list-style-type: none"> <li>• Ground Control</li> <li>• Aerial Control</li> </ul> <p><b>Passing:</b></p> <ul style="list-style-type: none"> <li>• Executing a wide range of passing techniques.</li> </ul> <p><b>Dribbling/ Running with the ball</b></p> <ul style="list-style-type: none"> <li>• Encourage risk taking.</li> <li>• Change of pace and direction.</li> </ul> <p><b>Shooting and finishing</b></p> <ul style="list-style-type: none"> <li>• Finishing from various service</li> </ul> <p><b>Heading:</b></p> <ul style="list-style-type: none"> <li>• Defensive heading</li> <li>• Attacking heading</li> </ul> <p><b>Defending:</b></p> <ul style="list-style-type: none"> <li>• 1v1 facing attacker</li> <li>• Preventing opponents from turning.</li> </ul>	<p><b>Objective:</b> Improve player's confidence to use skills the game.</p> <p><b>Individual and Small Group Offensive tactics</b></p> <ul style="list-style-type: none"> <li>• 1v1 attacking options</li> <li>• 2v1 attacking options</li> </ul> <p><b>Individual and Small Group Defensive tactics:</b></p> <ul style="list-style-type: none"> <li>• 1v1 defending</li> <li>• 2v1 defending</li> <li>• 2v2 defending</li> </ul> <p><b>Principle of Offense</b></p> <p><b>(1)Mobility</b></p> <ul style="list-style-type: none"> <li>• Diagonal /blind side runs</li> <li>• Recognize open space</li> </ul> <p><b>(2)Width</b></p> <ul style="list-style-type: none"> <li>• Movement off the ball</li> </ul> <p><b>(3)Support</b></p> <ul style="list-style-type: none"> <li>• Angle/distance</li> <li>• Give and go</li> <li>• Take over</li> <li>• Overlapping runs</li> </ul> <p><b>Principle of Defense</b></p> <ul style="list-style-type: none"> <li>• Pressure/Cover/Balance</li> <li>• Man marking</li> <li>• Zone marking</li> <li>• Situational Defending (1v2, 2v2, 2v3, 3v3, 4v4)</li> </ul> <p><b>Understanding the 3 key moments</b></p> <ul style="list-style-type: none"> <li>• Own team has possession</li> <li>• Opposition has possession</li> <li>• Possession changes from one team to another.</li> </ul>	<p><b>Objective:</b> Develop basic strength training.</p> <p>Improve player's Anticipation Skills( be 1<sup>st</sup> to the ball)</p> <ul style="list-style-type: none"> <li>• Sprinting and agility training, with and without the ball.</li> <li>• Balance and coordination training</li> <li>• Speed of thought</li> <li>• Strength determination in 1v1 duels.</li> <li>• Winning personal battles</li> </ul>	<p><b>Objective:</b> Ensure that the player is aware of his/her roles and responsibilities.</p> <p><b>Concentration</b></p> <p><b>Co-operation</b></p> <p><b>Team Play</b></p> <p><b>Sportsmanship</b></p> <p><b>Discipline</b></p> <p><b>Determination</b></p> <p><b>Self evaluation of performance, both on the training ground and during competition.</b></p> <p><b>Develop a "Winning Mentality", both on the training ground and during competitive play.</b></p>	<p>It is the responsibility of every player to improve their own individual techniques.</p> <p>The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p><b>Practice individual techniques:</b></p> <ul style="list-style-type: none"> <li>• <b>Turning moves</b></li> <li>• <b>Attacking moves</b></li> </ul> <p><i>Players with good 1v1 skills can make a difference in a game.</i></p> <p><b>REPEAT MOVES OVER AND OVER AGAIN</b></p> <p><b>Develop a "lifestyle for soccer"</b></p> <ul style="list-style-type: none"> <li>• <b>Do not smoke</b></li> <li>• <b>Do not take drugs</b></li> <li>• <b>Eat healthy and regularly</b></li> <li>• <b>Don't skip breakfast</b></li> <li>• <b>Keep clean</b></li> <li>• <b>Dress neat</b></li> <li>• <b>Be polite</b></li> <li>• <b>Get plenty of rest</b></li> </ul> <p><b>Remember to say "thank you"</b></p>