



U14 HCSC Competitive Players Criteria

Player Development Guideline

The goal of this document is to:

- Establish clear and age-appropriate goals and objectives so our coaches, players and parents know what we are working towards.
- Establish objectives so coaches have a common understanding of which skills players should have when they proceed to the next age group.
- Establish appropriate priorities and focus areas in the four elements of the game (technical, tactical, psychological, and physical)
- Ensure consistency among our programs so we are all teaching the same way and using the same vocabulary
- Create confident coaches that are better prepared

Field play- Technical Skills:

- Dribble with all sides of both feet (inside, outside, sole)
- Dribble out of trouble
- Dribble past someone (feints, fakes, stepovers etc.)
- Quick changes of direction and turns (rollback, inside/outside turns, Cruyff turn)
- Speed dribbling in traffic
- Soft first touch
- First touch away from pressure
- Receiving the ball with all parts of the body
- Shielding-
- Shooting with both feet (with inside of foot and laces)
- Shooting for power, for accuracy, and volleying
- Introduce proper volleying technique
- Passing with inside and outside of both feet
- Passing to feet and passing to space
- Ability to chip the ball
- Accurately play long passes
- Juggling with both feet and thighs (allowing one bounce between juggles if needed)
- Throw in technique
- Proper defending technique

- Block tackles
- Proper heading technique (attacking and defensive)
- Players should spend equal time developing both feet

Field Play- Tactical Skills:

- Combination plays (short passes, wall passes, overlaps, and takeovers)
- Importance of first touch
- Immediate transition from defense to offense or vice versa
- Attacking concepts (possession, penetration, width, depth, mobility, and support)
- Introduce basic defending concepts (pressure, cover, balance, compactness and depth)
- Player movement on throw-ins
- Free kicks
- Introduce position specific training (backline, midfield, and striker/wingers)

Psychological Development

- Keep it fun and enjoyable! This will help foster a desire to play (intrinsic motivation)
- Build confidence
- Encourage imagination and creativity
- Foster our players to be part of a team
- Independent decision making
- Problem solving
- Encourage players to learn to deal with winning / losing
- Encourage players to watch professional games on TV
- Increase demands
- Maintain discipline
- Establish training targets

Physical Development

Physical development is not a high priority for U11/12 soccer. Encouraging all players to play and participate and give their best is all that is required. However, some physical development can be incorporated into practices and activities.

- Just play soccer
- Proper warm-up and cool down with stretching
- Introduce speed training
- Introduce conditioning

