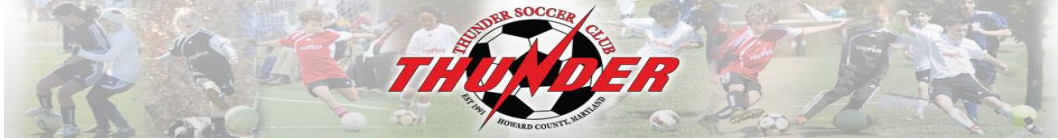


THUNDER SOCCER CLUB

U13/14 Developmental Soccer



Age	U13/14
Fitness	<ul style="list-style-type: none"> • Power • Acceleration • Anaerobic exercise • Cardio respiratory and cardiovascular training
Technique (Field Players)	<ul style="list-style-type: none"> • Continue improving foot skills • Headers and chest traps to win the ball in the air (off punts, goal kicks, etc.) • Heading to pass (including flick-on headers) • Bending balls (inside/outside of the feet, on the ground and in the air) • “Dummying” the ball • Clean first touches • Speed dribbling in traffic • Accurately play long passes • Power/Accuracy shooting • Receiving the ball away from pressure
Technique (Goalkeepers)	<ul style="list-style-type: none"> • Diving saves for medium and high shots • Advanced deflecting (in motion, in traffic, second saves) • Saving the 1v1 breakaway • Dealing with back passes • Throwing to distribute over long distances (30+ yards)
Tactics (Field Players)	<ul style="list-style-type: none"> • Introduce 11v11 systems of play (4-4-2, 3-4-3, 4-3-3) with some functional specialization (playing 2-3 positions instead of all positions) • Switching the point of attack • Playing out of the back • Transition, counterattacking and speed-of-play • Finishing 1v1 breakaways to goal • Attacking runs (third-man runs, checking runs) • Switching positions (roles) during the run of play • Role of the 3rd defender (tracking runs off the ball) • Concentration/compactness in defense (especially in the middle third)
Tactics (Goalkeepers)	<ul style="list-style-type: none"> • Command of the penalty area (communication with field player teammates) • 2v1+GK breakaway (stay-or-go decision with a defender in the play) • Supporting the attack within the penalty area
Psychology	<ul style="list-style-type: none"> • Overcoming adversity • Positive self-talk • Emotional management and self-control • Individual and team discipline • Focus on task (full match)

Training	<ul style="list-style-type: none"> • 80-100 practices per year for primer/advanced level players (mix of team and functional/specialized training, 90 minutes/practice) • 60-70 practices per year for developmental players (mix of team and Academy-style training, 90 minutes/practice) • Separate functional training for goalkeepers (25-40 hours/year) • Majority of training activities have 4-8 players per ball • Very few activities with more than 12 players per ball
Competition	<ul style="list-style-type: none"> • 11v11; Two 35 minute periods; Size 5 Ball • No more than 5 scrimmages per year (using approved U13/14 rules) • 35-45 games per year, be part of organized leagues/tournaments or scrimmages (using approved U13/14 rules) • Practices and games played outside the club (school teams in the Fall) • No more than 2-4 tournaments per season; State Cup & President Cup competitions
Coaching	- Paid Coaches
Playing Levels	<ul style="list-style-type: none"> • Developmental • Advanced • Premier
Year round program	<ul style="list-style-type: none"> • Summer: July 10th - August 15th ; 10-12 practices • Fall: August 15th - November 15th ; 36-38 practices • Winter: January 1st - March 1st ; 16 practices • Spring: March 1st - May 31st ; 36-38 practice
Attendance	<ul style="list-style-type: none"> • Minimum 85-90% attendance at practice and games
Positioning	<ul style="list-style-type: none"> • Beginning of selective positioning, including goalie. However most players will play all positions
Playing Time	<ul style="list-style-type: none"> • Target equal playing time for all players on Developmental teams • Advanced and Premiere teams playing time will be at the coach's discretion based upon player level of commitment, attitude and ability level.