

# Best Practices

## Coaching Guidelines for U13/14

### Mission:

- Provide players an opportunity to play soccer
- To foster a love of the game of soccer

### Style of Play:

- Have Fun! - Attacking soccer!
- Make soccer decisions only - dribble, pass, shoot
- Aggressive Defending - Where does your team want to win the ball?

### Practice Guidelines:

- Use Play - Practice - Play or 4 Stage Model
  - Play 1 is 1v1 to 5v5 games
    - Can be played in various game types - 2 goal, 4 goal, endlines, endzones, etc
  - Practice should be realistic to 11v11
  - Play 2 is 11v11 or smaller
- High Energy - Have Fun!
- NO LINES - NO LAPS - NO LECTURES
- Set up all your activities before training begins
- Short quick transitions and water breaks (if needed)
- Training topics should focus on attacking 75% of the time
- Positive Reinforcement, Guided Questions, Key Words, and Constructive Feedback are the preferred coaching toolkit options

### Game Guidelines:

- Games should be played 11v11 or smaller
- Can play in a 4-2-3-1, 4-3-3, 4-4-2, 3-4-3, 3-5-2 formation
- Work towards 75% playing time for all players

### Goals:

- Focus on technique and tactics
- Define positions and their roles and responsibilities
- Creativity
- Retention rates above 75% for next season

### Coaching Points:

- Creativity is encouraged and celebrated
- Take players on, it's okay to be selfish
- Use both feet
- Dribbling Technique
- Spread out
- Support the attack
- Create Passing Options
- Passing Technique
- Create 1v1 and 2v1 situations
- Switching the point of the attack
- Shooting Technique
- Switch Positions
- Change the pace/rhythm
- Change
- Steal the ball
- Protect the goal
- Make it compact
- Pressure, cover, balance
- Stay involved
- Mark the player/mark the area
- Outnumber the opponent

