



Guide to coaching U13s and U14s

What to Coach



Small-Sided Games

- Small-sided games: 1v1 to 11v11 including unbalanced teams
- Continue to encourage players to play in different positions



Ball

- Fundamental soccer skills with and without the ball under high pressure
- Overload scenarios in attack and defense
- Quick combination play in tight areas

- How to find and use space in small groups
- No more than 30 mins heading practice per week/no more than 15-20 headers per player per week



Body

- Focus on multi-directional movements
- Help players improve reaction and acceleration speed
- Help players understand how to avoid injuries



Tactics

- Help players learn 11v11 using a game model
- Introduce formations for 11v11: 1-4-3-3
- Develop player roles in attack, defense and transition

- Interchange of position with teammates

How to Coach



Values and Beliefs

- Help players become good learners who can reflect on own and others performance
- Notice player frustration and disappointment
- Don't compare or criticize players



Coaching Approach

- Provide both challenge and support
- Encourage players to coach each other
- Find different ways to include all players in each activity



Communication

- Use different types of questions to engage players
- Encourage teamwork through group discussion



Individual Player Focus

- Focus on individuals in a team setting
- Support players to develop at their own rate

Practice Design: Incorporate routines and moderate level of practice structure

Each coaching guide builds on the content of the previous age-group.
Coaches should use a blend of activities and behaviors that meet the needs of the individuals in their group.