



U . S . S O C C E R F E D E R A T I O N

PLAYER DEVELOPMENT FRAMEWORK

U13 - U14 LEARNING PLAN

11V11



U13-U14 LEARNING PLAN

WHO IS IN FRONT OF US?

A PLAYER-CENTERED APPROACH TO PLAYING THE GAME

FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

The U13-U14 Learning Plan provides answers to the question of, "WHAT IS IMPORTANT TO DEVELOP AT THIS AGE/STAGE?" Clubs and coaches can use this Learning Plan separately or in conjunction with the U.S. Soccer Player Development Framework in its entirety to understand how players may progress as they move from age group to age group.

The age-appropriate Learning Plans combine research on the stages of development with our U.S. Soccer identity. These Learning Plans include learning objectives as well as the Game Model (Game Idea and Principles) that fit each stage as we strive to create fun and maximize development. Based on the players' needs, a coach can use the learning plan to better understand developmentally appropriate soccer beliefs around learning objectives, training activities and coaching.

All players develop at different rates and player development is not always linear, so it is important to approach this framework with a flexible mindset when viewing player development.

U13-U14 PROGRESSION PHASE I

In this first level of the Progression Phase, players continue to develop skills like fundamental movements, scanning, and fundamental soccer skills now with a high level of pressure to develop more complex player actions with a focus on quick combination play under high pressure in tight spaces.

Players in these age groups experience rapid growth that leads to increases in height, weight, and visible physical changes. Each individual will have different rates of neuromuscular strength, height, and weight changes but they all may exhibit adolescent awkwardness as a result of rapid changes. Due to these physical changes, injury rates tend to increase during this stage.

In this phase, players continue to apply team principles in attacking, defending and transition moments with a high level of structured team play including a formation with defined roles and responsibilities. Players continue to focus on anticipation and support.

The Game Model adapts with three new attacking and four new defending subprinciples; three new subprinciples for the transition to Attack game moment and four new subprinciples for the transition to Defense game moment.

This HIGH structure for team play helps the player adapt to a larger game (11v11) on a larger field, with a larger goal.



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE PLAYER

BASIC NEEDS OF PLAYERS

FUN

Fun is the single largest predictor of sport commitment and sustained participation in childhood through adolescence.

Fun is a need for everybody

- All Ages
- All Levels of Play
- All Levels of Talent

Fun should be maintained throughout the different development stages.

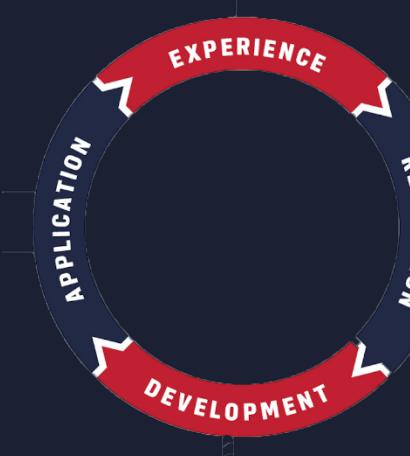
DEVELOPMENT

Holistic approach to Development:

- Physical
- Social
- Mental
- Game Understanding
- Technical Skills

Key aspects of a Development Process:

- Experience
- Reflection
- Development
- Application



BELONGING

Social Environments Built on:

- Positive Emotions (respect and value)
- Inclusion
- Encouragement
- Safety
- Fairness

Learning Environments:

- Are open and collaborative
- Safe for players to be themselves and share ideas
- Encourage players to ask questions and share solutions
- Freedom to make mistakes and learn from them

**BASIC NEEDS
APPLY TO
ALL PLAYERS
REGARDLESS OF
AGE**

B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18
GAME FORMAT: 11v11	SOCIAL CHARACTERISTICS			EMOTIONAL CHARACTERISTICS			COGNITIVE CHARACTERISTICS			PHYSICAL CHARACTERISTICS			
U13 U14	<ul style="list-style-type: none"> Transitioning to a new, unknown social environment (middle school to high school at U14) Start asserting individuality and establishing their own identity which may lead to conflict with authority; may be critical of parents and other authority figures Unsure about their place in society and are heavily dependent on a peer group/best friend Can experience conflict between the need to be an individual while also fitting in with the group In addition to being influenced by friends, are also influenced by pop culture, sports culture, and social media Males may be more concerned about play/game and females may be more concerned about the social interaction Males may show more assertiveness and may exhibit an inner urge to measure and compare oneself to others Females may be a little bit more ahead and more mature in their behavior (more disciplined, less impulsive) Females may often underestimate their own abilities 			<ul style="list-style-type: none"> Sensitive about their appearance May exhibit strong mood swings (struggle with impulse control and lack emotional maturity) Focused on direct satisfaction of one's needs and are opportunistic. They are still impulsive and can often react too quickly because they don't see all consequences May feel anxious or sad and sometimes worried because they are not able to see all the potential outcomes Vulnerable to peer pressure May feel embarrassed if parents are around them in social settings May begin to be more aware of physical changes and sexuality particularly in comparison to their peers (early vs. late maturing individuals) Females may exhibit more fear of exclusion (bullying/social media impact) Incidents of depression increases after puberty. Females show higher rates than males 			<ul style="list-style-type: none"> They can form abstractions and generalizations that apply across different situations (i.e., justice, equality, etc.) Can use their own reasoning to move beyond the information given and form conclusions and their own opinions (not everything is accepted unthinkingly) Begin to be mature enough to take responsibility for their own commitment to consequences Can plan ahead and organize tasks with little to no guidance from adults They can start to pursue gaining expert knowledge in some domains inside or outside school, and began to develop an identity around that domain (i.e. 'the artist', 'the midfielder', etc.) Have sense of respect for their sport and can begin to make commitments (either in performance or participation) 			<ul style="list-style-type: none"> Rapid growth leads to increase in height, weight, and visible physical changes (increase in muscle mass and body fat) Will have different rates of neuromuscular strength, height, and weight changes May exhibit adolescent awkwardness as a result of rapid changes (injury rates tend to increase during this stage due to physical changes such as sprains, tendonitis, patellofemoral pain, pain at tendon insertions - Osgood-Schlatters, and Sever's Disease) In general, early maturing females who have begun the adolescent growth spurt have been on a low, steady growth spurt compared to early maturing males who may experience a much more accelerated growth spurt The culmination of physical changes plus the start of menstrual cycle predisposes females to injuries Due to hormone changes caused by the menstrual cycle, females may experience increased joint laxity (looseness) Females may show increased hip width Females may exhibit a reliance on quad/abdominal strategies 			

PROGRESSION PHASE I

CANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING

GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL)
- Players develop high structured team play based on a game model (ME AND MY TEAMMATES)

LEARNING ENVIRONMENT: OBJECTIVES

- To understand injury prevention methods and techniques
- To continue to develop more complex movement skills with an emphasis on multi-lateral development
 - maintain and enhance flexibility, strength, power, agility and mobility
- To develop reaction speed and acceleration speed: focus on accelerations and deceleration
- To develop a systematic approach to solving game situations (collaboration)
- To develop coordinated movements with groups of teammates: including increased spatial awareness and interchange of roles during play
 - midfield interchange (rotations)
 - penetrations by center backs (dribble with the ball to create numerical overload in midfield)
- To develop more complex player actions with a focus on quick combination play (pace and fluidity) under high pressure in tight spaces
- To develop the understanding and execution of overload situations in attacking and defending
- To apply team principles in attacking, defending and transition moments: utilize a Game Model as a structure for decision-making
 - play in a formation with roles and responsibilities:
 - focus on anticipation and support
- To develop a deeper understanding of responsibilities of players off the ball
 - including a player-led warm-up routine
 - player to player coaching (using verbal and non-verbal communication)
 - To develop self-efficacy, self-reflection and self-regulation skills
 - To develop teamwork: group discussion and reflection skills

WARMING ENVIRONMENT: ACTIVITIES

- Utilize a variety of activities that help develop the U.S. Soccer Key Qualities
- Activities should be flexible enough to allow for individual differences concerning the growth spurt
 - activities should be flexible to allow for the workload placed on individuals
- Activities can still be formed around deliberate PLAY with the ball (one player - one ball), but should now focus on small group and team play
 - utilize specific training session goals(team tactical principles, sub-principles, and player actions)
- Focus on decision-making through GAMES (learning through highly structured play that allows for player's choice)
 - utilize inclusionary small sided games: 1v1 → 11v11 (based on roster size and including use of unbalanced games)
- Use of positional games (rondos)
- Use of activities over both short and long distances to develop different player actions

LEARNING ENVIRONMENT: COACHING

- Be supportive, challenge appropriately, and prevent/manage conflict
- Educate players and provide autonomy for them to lead different activities including injury prevention routines
- Control workload to help prevent injury (as bodies continue to grow)
 - help players understand the difference between "being hurt" and "being injured"
 - coordinate with any other medical professionals or sport coaches
- Encourage and support playing and development in multiple roles and positions throughout the season
- Encourage collaboration: a coach can expect his or her players to understand the game, anticipate problems and use teammates to solve them
 - promote players to ask questions and provide input and feedback to each other
- Promote individuality within the team setting
- Continue to be aware of individual differences (especially between boys and girls) in maturation as some players will have already completed their growth spurt.
 - be aware of early and late developers and help players not compare themselves to others
- Be wary of verbal comparisons and- or over criticizing (also within player-to-player interactions both on and off the field including social media)
 - maintain zero tolerance for bullying
- Acknowledge frustrations and disappointment and help them develop coping strategies
- Empower players to resolve conflict
- Incorporate routines and moderate-level of structure
- Understand the different means of engaging players and when to guide versus when to command/instruct (use different types of questions (higher order questions) to engage players)



U13-U14: THE PLAYER

Developmental Characteristics

SOCIAL

- Transitioning to a new, unknown social environment (middle school to high school at U14)
- Start asserting individuality and establishing their own identity which may lead to conflict with authority; may be critical of parents and other authority figures
- Unsure about their place in society and are heavily dependent on a peer group/best friend
- Can experience conflict between the need to be an individual while also fitting in with the group
- In addition to being influenced by friends, are also influenced by pop culture, sports culture, and social media
- Males may be more concerned about play/game and females may be more concerned about the social interaction
- Males may show more assertiveness and may exhibit an inner urge to measure and compare oneself to others
- Females may be a little bit more ahead and more mature in their behavior (more disciplined, less impulsive)
- Females may often underestimate their own abilities

EMOTIONAL

- Sensitive about their appearance
- May exhibit strong mood swings (struggle with impulse control and lack emotional maturity)
- Focused on direct satisfaction of one's needs and are opportunistic. They are still impulsive and can often react too quickly because they don't see all consequences
- May feel anxious or sad and sometimes worried because they are not able to see all the potential outcomes
- Vulnerable to peer pressure
- May feel embarrassed if parents are around them in social settings
- May begin to be more aware of physical changes and sexuality particularly in comparison to their peers (early vs. late maturing individuals)
- Females may exhibit more fear of exclusion (bullying/social media impact)
- Incidents of depression increases after puberty. Females show higher rates than males



U13-U14: THE PLAYER

Developmental Characteristics

COGNITIVE

- They can form abstractions and generalizations that apply across different situations (i.e., justice, equality, etc.)
- Can use their own reasoning to move beyond the information given and form conclusions and their own opinions (not everything is accepted unthinkingly)
- Begin to be mature enough to take responsibility for their own commitment level
- Can plan ahead and organize tasks with little to no guidance from adults
- They can start to pursue gaining expert knowledge in some domains inside or outside school, and began to develop an identity around that domain (i.e., 'the artist', 'the midfielder', etc.)
- Have sense of respect for their sport and can begin to make commitments (either in performance or participation)

PHYSICAL

- Rapid growth leads to increases in height, weight, and visible physical changes (increase in muscles mass and body fat)
- Will have different rates of neuromuscular strength, height, and weight changes
- May exhibit adolescent awkwardness as a result of rapid changes (injury rates tend to increase during this stage due to physical changes-ankle sprains, tendonitis, patellofemoral pain, pain at tendon insertions-Osgood-Schlatters, and Sever's Disease)
- In general, early maturing females who have began the adolescent growth spurt have been on a slow, steady growth spurt compared to early maturing males who may experience a much more accelerated growth spurt
- The culmination of physical changes plus the start of menstrual cycle predisposes females to injuries
- Due to hormone changes caused by the menstrual cycle, females may experience increased joint laxity (looseness)
- Females may show Increased hip width
- Females may exhibit a reliance on quad landing strategies



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE PLAYER



PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

Soccer Development

GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
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Learning Environment: Objectives

- To understand injury prevention methods and techniques
- To continue to develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, power, agility and mobility
- To develop reaction speed and acceleration speed: focus on accelerations and deceleration
- To develop a systematic approach to solving game situations (collaboration)
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- To develop the understanding and execution of overload situations in attacking and defending
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 - play in a formation with roles and responsibilities:
 - focus on anticipation and support
- To develop a deeper understanding of responsibilities of players off the ball
- To develop player ownership and independence:
 - including a player-led warm-up routine
 - player to player coaching (using verbal and non-verbal communication)
- To develop self-efficacy, self-reflection and self-regulation skills
- To develop teamwork: group discussion and reflection skills

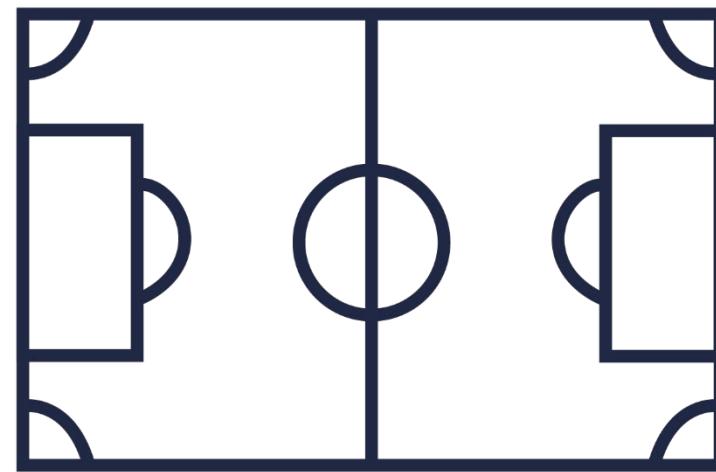


U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

THE GAME FORMAT: 11V11

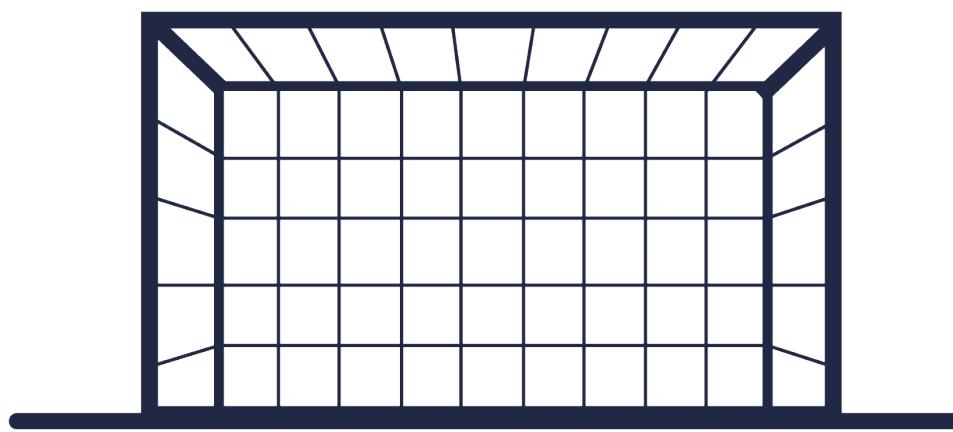
FIELD OF PLAY



Length- Min 100 yards/ Max 130 yards

Width- Min 50 yards/ Max 100 yards

GOALS



Goals should be 8 feet (height) x 24 feet (width)

LAW 2 - BALL



U13: Size 4 or lower PSI Size 5 ball (recommended)
U14: Size 5 ball

LAW 3 – # OF PLAYERS



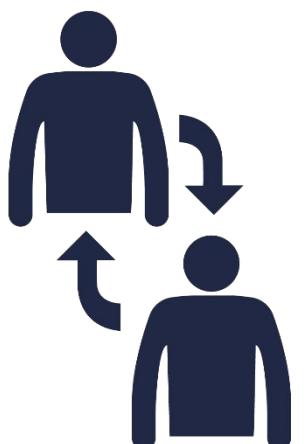
10 field players and 1 goalkeeper

LAW 3 - # OF PLAYERS



Game may not start or continue if there are less than 7 players on a team

SUBSTITUTIONS



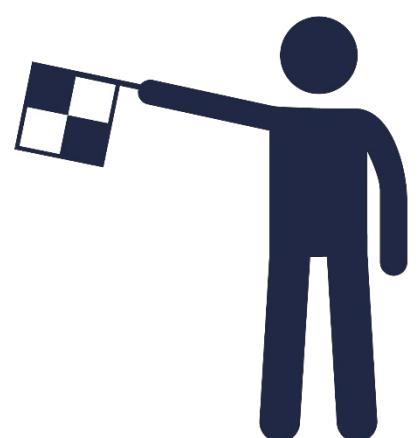
*Substitutions are unlimited (Modified Laws of the Game) and can occur at any stoppage

LAW 5 - REFEREE



As a minimum, referees must have the U.S. Soccer Referee License.

LAW 6 – OTHER MATCH OFFICIALS



Assistant Referees must have at minimum the U.S. Soccer Referee License

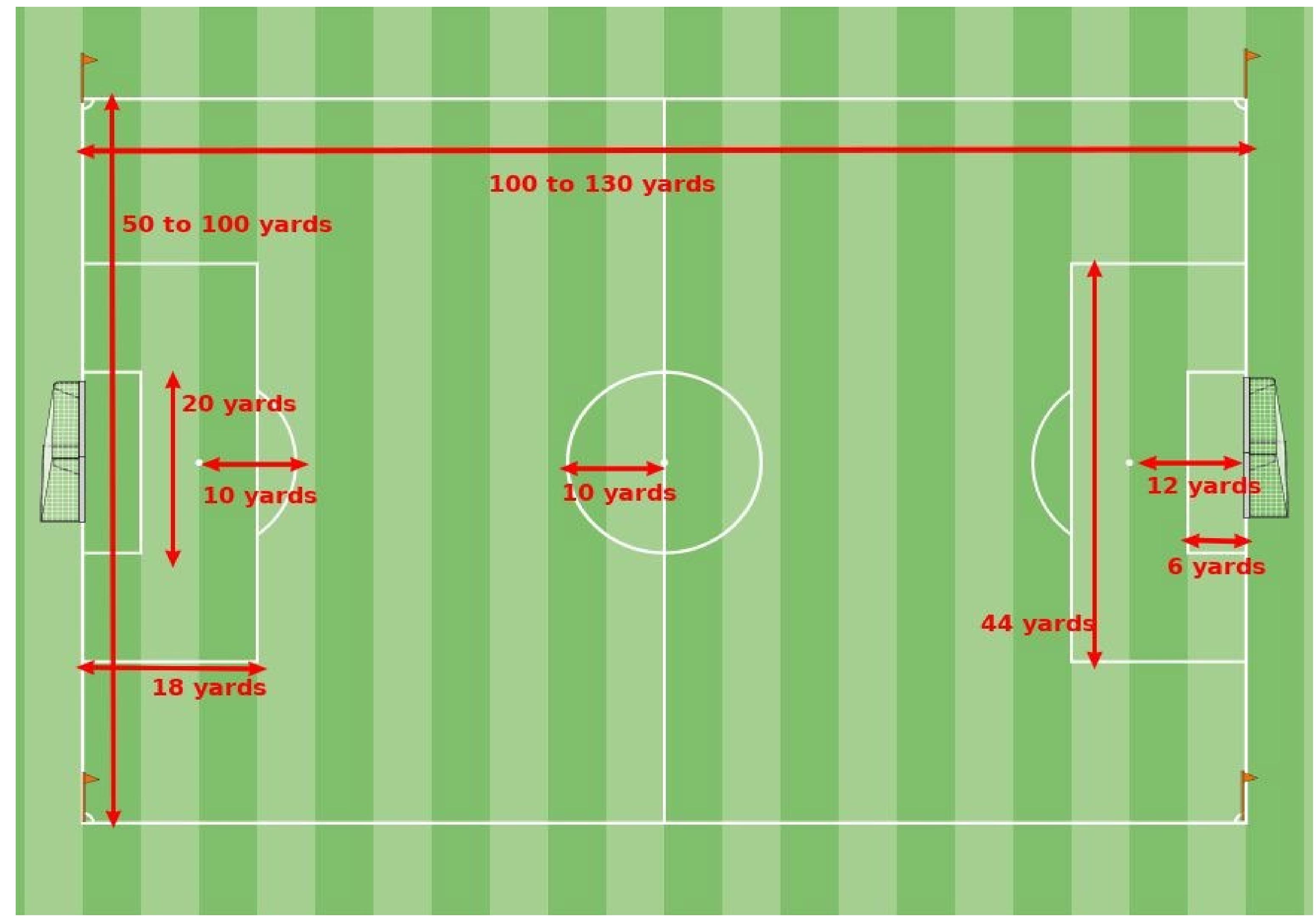
*The use of return substitutions is only permitted in youth, veterans, disability and grassroots football, subject to the agreement of the national football association, confederation or FIFA



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

FIELD SIZE

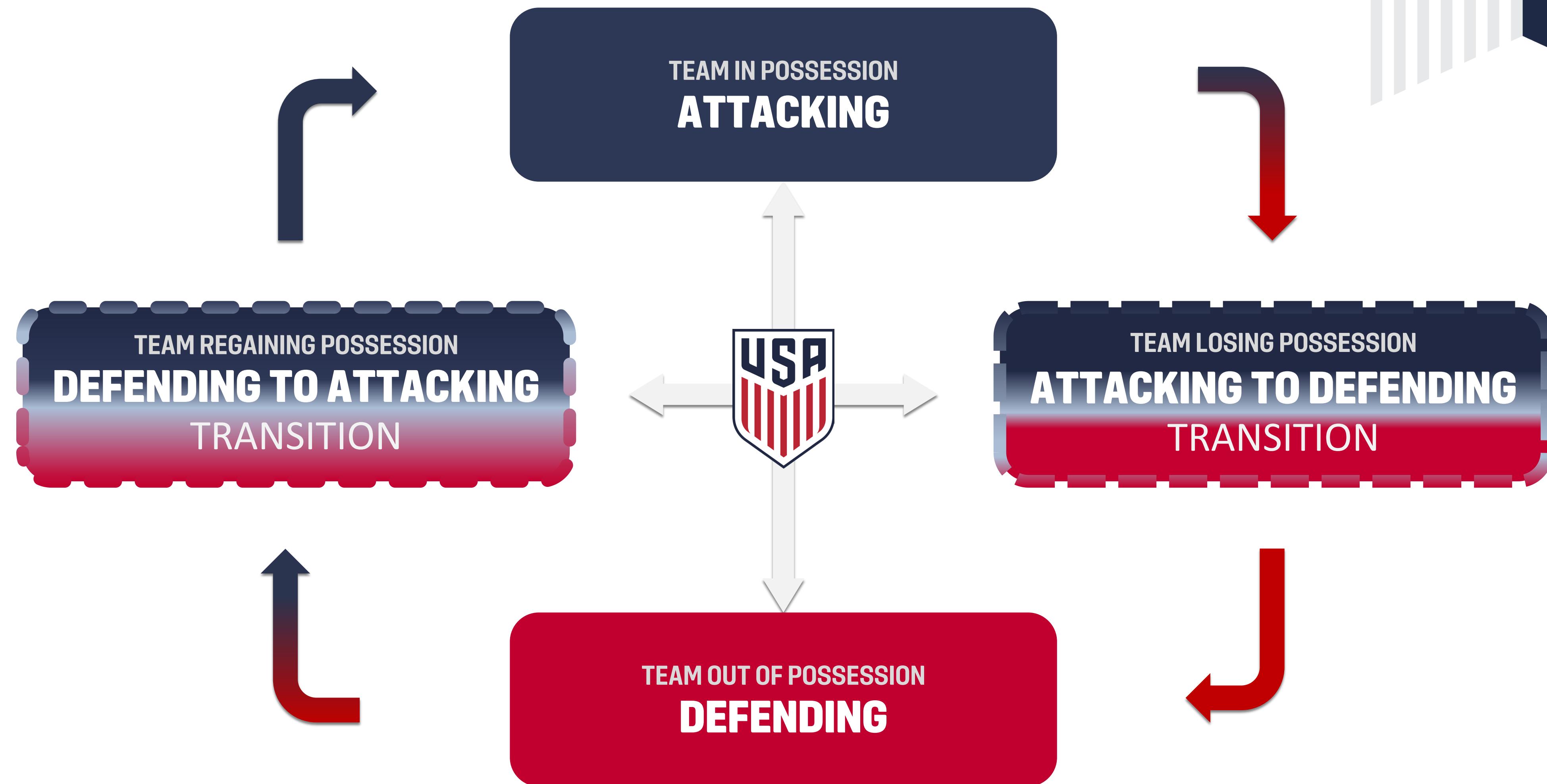




U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

THE GAME MOMENTS





U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

The Game Model is the description of the desired behavior on the pitch. It contains the **game idea**, team tactical **main principles**, team tactical **sub-principles**, and individual **player actions**.

Game Idea

The Game Idea is the description of the unique and fundamental **tactical intentions** of a team to achieve the team goals during competition. The Game Idea is influenced by culture, region, history, characteristics of the players, and the coaches' philosophy.

There is a game idea for each of the four moments of the game. The level of complexity in our Game Idea(s) change based on the player's stage of development. For instance, in the Learning Plans the players' stages of development are listed along with developmental goals, including the developmentally appropriate game idea(s) and principles.

Principles & Sub-Principles

Principles are the guidelines for the decision making and behavior of an individual or group of players in a specific game situation based on the game idea.

Principles exist in multiple layers. Also known as Team Tactical Main Principle or Sub-Principles. Each principle has been defined with developmentally appropriate language in each of the Age Group Learning Plans.

Player Actions

A fundamental soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring a high level of perception (scanning), decision-making (reading and understanding game situations), communication, physical and technical execution.

The language used to describe the game ideas, principles, and sub-principles in the Game Model evolves throughout the age groups as players progress through the stages of development.



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

Game Model

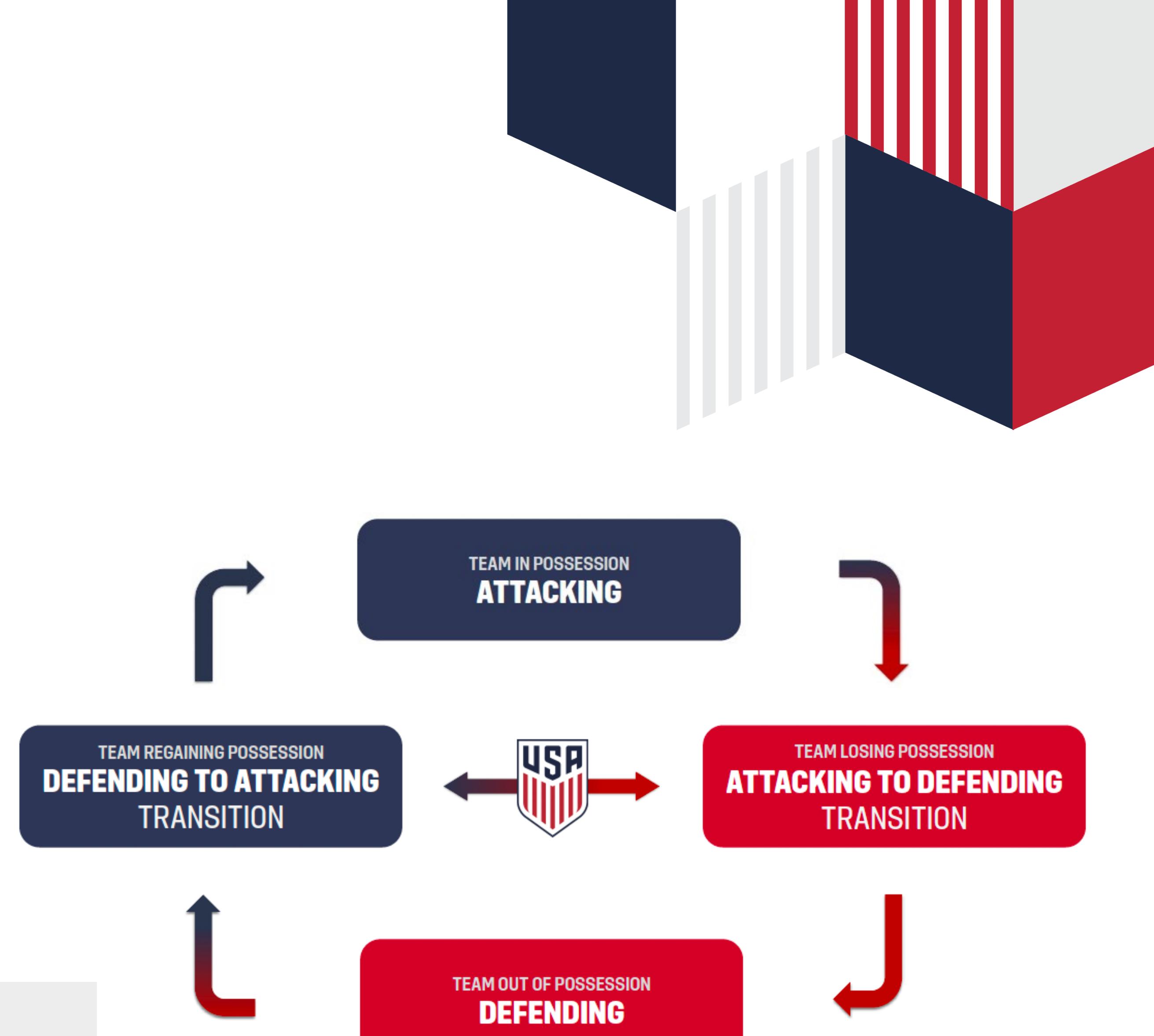
The Game Model is the combination of our fundamental ideas (game ideas) and game principles (main and sub). The combination of both the ideas and principles are meant to inform decision making of the player(s) in specific game situations based on the desired behaviors. The Game Model gives us the answers to and how we want our players to react to the following questions:

- What do we do when we have the ball?
- What do we do when we lose the ball?
- What do we do when we do not have the ball?
- What do we do when we regain possession of the ball?

Based on Stages of Development:

U10 and below we only focus on two game moments – Attacking and Defending

U11 and above we focus on all four game moments





U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING	
GAME IDEA	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
CREATE ATTACKING SHAPE	Create appropriate height, width, depth Create optimal attacking distances between players
PROVIDE OPTIONS TO PLAY FORWARD	Provide vertical or diagonal passing options Overload centrally or wide Move or lose opponent when marked Make runs behind the defensive line Give immediate support to teammate under pressure
BREAK LINES TO ADVANCE ATTACK	Drive with the ball to exploit space Engage opponent: create 1v1 or 2v1 Find a free player between or behind the lines Switch play: pass the ball to opponent's weak zone
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	Push up the defensive line with speed: stay connected and compact Separate: time run or quick movement to unmark Final pass: through ball or combination play
FINISH THE ATTACK AS FAST AS POSSIBLE	Numbers in the box: fill zones in front of goal Cross: into space or player Take on 1v1 to create or score Finish: use limited touches

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE ATTACKING SHAPE POSITION TO STRETCH OPPONENT AND CREATE SPACE	<ul style="list-style-type: none"> • Create appropriate height, width, depth 	<ul style="list-style-type: none"> • Attacking players position as high as possible: <ul style="list-style-type: none"> - Pin or move the opponent's back line to stretch the opponent's team in length. - Lower the level of vertical compactness of opponent: <ul style="list-style-type: none"> - create more space between the opponent's defensive lines (specifically, between the the opponent's back line and midfield). • Wide forwards and/or fullbacks (wide players): <ul style="list-style-type: none"> - Position wide while avoiding two players in a direct line: position attack across different lanes - Lower level of horizontal (sideline to sideline) compactness of opponent - create more space centrally: creating passing lanes into the opponent's block or - take advantage of space in wide areas • Center backs and/or fullbacks (occasionally midfielders): <ul style="list-style-type: none"> - Position behind the ball in supporting position. - Lower the level of vertical compactness of opponent: <ul style="list-style-type: none"> - create enough space to create strong ball circulation - enable a switch of play
	<ul style="list-style-type: none"> • Create optimal attacking distances between players 	<ul style="list-style-type: none"> • Spread out with optimal passing distance between players. • Create relationships - connections between players. • Exploit space in opponent's defending team shape.

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PROVIDE OPTIONS TO PLAY FORWARD (RE-)POSITION TO CREATE ADVANTAGE AND RECEIVE THE BALL	<ul style="list-style-type: none"> Provide vertical or diagonal passing options 	<ul style="list-style-type: none"> Exploit the space in and around the opponent's defensive block and create a positional advantage: <ul style="list-style-type: none"> Avoid two players in a direct line. Move and provide a good supporting angle: receive facing forward to play forward when possible. Stay away from the ball when player on the ball has time and space to play forward. Triangulate: we position to provide the player on the ball with at least two forward (diagonal/vertical) passing options on different levels of height and width. Rotate: interchange position to create a dynamic advantage.
	<ul style="list-style-type: none"> Create overload centrally or wide 	<ul style="list-style-type: none"> Create a numerical advantage in a specific area of the field: <ul style="list-style-type: none"> Position to outnumber opponent in the area around the ball or area away from the ball Allow more players to attack - penetrations of midfielders or defenders Drop midfielders or attackers
	<ul style="list-style-type: none"> Move or lose opponent when marked 	<ul style="list-style-type: none"> If marked move to <u>open space</u> or move to <u>open the space</u>: Lose opponent to receive the ball <ul style="list-style-type: none"> Distance from defender in space (get unmarked) / move between the lines Move opponent to receive the ball <ul style="list-style-type: none"> Draw opponent out of defending position to create space for self to receive (requires explosive change of direction) Move to create space and passing options for teammate to receive <ul style="list-style-type: none"> Draw opponent out of defending position to create space for teammate to exploit and receive ball
	<ul style="list-style-type: none"> Make runs behind the defensive line 	<ul style="list-style-type: none"> Make run when player on the ball is facing forward and has no pressure or has pressure but can play forward Use different runs and time run to avoid offside (straight run, curved run, ...) Receive the ball facing forward
	<ul style="list-style-type: none"> Give immediate support to teammate under pressure 	<ul style="list-style-type: none"> Recognize the player on the ball is under pressure and has no immediate options: <ul style="list-style-type: none"> Above the ball: move towards the ball to create a passing option Behind the ball: adjust position to create passing option

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BREAK LINES TO ADVANCE ATTACK PROGRESS THE BALL FORWARD AND ELIMINATE OPPONENT(S)	<ul style="list-style-type: none"> Drive with the ball to exploit space 	<ul style="list-style-type: none"> Recognize and exploit space. Accelerate play through dribble: individually progress the ball into space with change of tempo. Attract opponent (draw attention).
	<ul style="list-style-type: none"> Engage opponent: create 1v1 or 2v1 	<ul style="list-style-type: none"> Dribble and look for 1v1 or 2v1 : <ul style="list-style-type: none"> Engage to isolate opponent: Eliminate through dribble: take opponent on in 1v1 Eliminate through pass or give and go Move or hold the ball to attract opponent: <ul style="list-style-type: none"> Move the opponent, invite pressure to create space for teammate.
	<ul style="list-style-type: none"> Find a free player between or behind the lines 	<ul style="list-style-type: none"> Pass quickly, accurately and with appropriate pace to a free player. Skip a line: recognize opportunity & take risk: look furthest first, look nearest second. Pass dictates the action: pass with intent.
	<ul style="list-style-type: none"> Switch play: pass the ball to opponents' weak zone 	<ul style="list-style-type: none"> Draw opponent to one side and find space on the opposite side: <ul style="list-style-type: none"> Direct change of point: long pass Indirect change of point: short pass
TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	<ul style="list-style-type: none"> Push up the defensive line with speed: stay connected and compact 	<ul style="list-style-type: none"> Provide balance (numbers). We all move with the same speed and lose space in between lines that the opponent could exploit. Create as high a line as possible. GK take high position: stay connected with the backline . <ul style="list-style-type: none"> GK anticipate long pass from opponent and adjust quickly.

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
FINISH THE ATTACK CREATE SCORING OPPORTUNITY AND SCORE	<ul style="list-style-type: none"> Separate: time run or quick movement to unmark 	<ul style="list-style-type: none"> Move into a position in and around the box to score or assist: <ul style="list-style-type: none"> Forward run behind the opponent's back line from a high position (attacking position) Forward run behind the opponent's back line from a deeper position (midfield position) Move out of sight to receive Counter movement: opposite movement between two players Quick movement from opponent to create space
	<ul style="list-style-type: none"> Final pass: through ball or combination play 	<ul style="list-style-type: none"> Disguised pass to manipulate opponent Pass quickly, accurately and with appropriate pace: <ul style="list-style-type: none"> through ball or chip ball to player who runs in behind pass to unmarked player in or around the box Quick combination play between 2 or more players to find a teammate in a goalscoring position Recognize the player in the better position.
	<ul style="list-style-type: none"> Numbers in the box: fill zones in front of goal 	<ul style="list-style-type: none"> Efficient occupation of zones in the box on cross: near post, back post, penalty spot, edge of box <ul style="list-style-type: none"> Time your run in the box Get unmarked or in front of opponent Attack the ball
	<ul style="list-style-type: none"> Cross: into space or player 	<ul style="list-style-type: none"> Time the cross in front or behind the backline <ul style="list-style-type: none"> Recognize space (positioning of goalkeeper and defenders) recognize the positions and runs of teammates in penalty box
	<ul style="list-style-type: none"> Take on 1v1 to create or score 	<ul style="list-style-type: none"> Eliminate opponent through dribble to create goalscoring opportunity
	<ul style="list-style-type: none"> Finish: use limited touches 	<ul style="list-style-type: none"> Shoot from (short/long) distance Finish off the cross: choose your final touch React quickly on rebounds



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

PLAYER ACTIONS	
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.	
ATTACKING	
WITH THE BALL	
Controlling	
Protecting	
Driving	
Dribbling	
Passing	
Shooting	
SPACIAL & POSITIONAL AWARENESS	
Scanning	
Supporting	
Adapting body shape	

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION	DEFINITION
WITH THE BALL	
CONTROLLING	<ul style="list-style-type: none"> • Receiving and preparing the ball from short passes (distance of 5 to 20 yards) • Receiving and preparing the ball in such a way that you can immediately go to goal • Receiving and preparing the ball in such a way that it stays as close to you as possible • Receiving by moving towards the ball when opponent is close by (attacking the ball) • Receiving and preparing the ball from a long pass in the air • Receiving and preparing the ball on the bounce • Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible • Receiving and playing in 1 touch if you can pass accurately • Avoiding looking at the ball when receiving and preparing the ball • Scanning for a free teammate after performing the control • Scanning for a free teammate before or while receiving and preparing the ball • Avoiding a long ball from bouncing - receiving before the bounce • Receiving and playing a long ball in 1 touch if you can pass accurately
PROTECTING	<ul style="list-style-type: none"> • Shielding and maintaining possession of the ball, by placing most of the body between the ball and opponent, keeping the ball on the furthest foot away from the defender while looking for teammates • Turning away from and out of reach of your opponent
DRIVING	<ul style="list-style-type: none"> • Running with the ball, keeping the ball as close as possible to the body • Avoiding looking at the ball while driving the ball • Keeping your body between the ball and the approaching opponent while driving the ball • Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible • Creating space in advance (before controlling) in which you want to drive the ball

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION	DEFINITION
WITH THE BALL	
DRIBBLING	<ul style="list-style-type: none"> • Taking on the opponent • Reading the body shape of the opponent and engaging on the most obvious/weak side • Accelerating when eliminating the opponent • Avoiding looking at the ball while dribbling • Keeping your body between the ball and the opponent while dribbling • Holding off the opponent and creating distance from the opponent • Dribbling through a change of direction at the right time, or through a change of speed or through a feint • Dribbling when you can cause direct danger on target
PASSING	<ul style="list-style-type: none"> • Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards • Playing the ball to the foot so that the player receiving the ball can continue to play forward • Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down • Looking at the player you are passing to when passing • Trying to take out an opponent with a quick wall pass (give and go) in a small space • Making a long pass in the air • Playing a long ball in space so a teammate can receive the ball while running • Avoiding passing to a player surrounded by opponents who can be immediately put under pressure • Playing the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender • Disguising the pass
SHOOTING	<ul style="list-style-type: none"> • Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on the goal (finishing) • Looking at the position of the goalkeeper before shooting at goal, and selecting a target • Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post • Finishing in 1 time/touch when closely marked • Finishing on the volley / bounce • Following the ball after the shot • Dribbling at the goalkeeper when he/she comes out at full speed or when he or she protects the goal well and scoring from the shot becomes difficult • Chipping the goalkeeper • Disguising the finish

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	<ul style="list-style-type: none"> • Searching for the ball, teammates and the goal: <ul style="list-style-type: none"> - scanning for a free teammate after performing the control - scanning for a free teammate before or while receiving and preparing the ball (passing) - scanning and avoiding looking at the ball while dribbling - scanning and looking at the position of the goalkeeper before shooting at goal, and selecting a target (shooting)
SUPPORTING (POSITIONING)	<ul style="list-style-type: none"> • Looking at the player in possession of the ball • Finding open space for self and indicating this, verbally or non-verbally, to the player in possession of the ball • Repositioning after giving a pass (ex. give and go) • Assessing teammates' movements and moving off each other • Unmarking and running behind opponent when a teammate on the ball is looking for options • Looking to get out of sight from the defender's vision • Losing direct opponent by switching positions with a teammate • Anticipating as the third player who will get the ball after a pass between two teammates
ADAPTING BODY SHAPE	<ul style="list-style-type: none"> • Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal • While approaching, have an optimal overview of the game situation.

ATTACKING

Game Idea: When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS WITH THE BALL
			MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> Advance the ball Keep the ball 	CREATE ATTACKING SHAPE	<ul style="list-style-type: none"> Create appropriate height, width, depth Create optimal attacking distances between players 	<ul style="list-style-type: none"> Controlling Protecting Driving Dribbling Passing Shooting
			PROVIDE OPTIONS TO PLAY FORWARD	<ul style="list-style-type: none"> Provide vertical or diagonal passing options Create overload centrally or wide Move or lose opponent when marked Make runs behind the defensive line Give immediate support to teammate under pressure 	
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> Score goal Create chance Advance the ball Keep the ball 	BREAK LINES TO ADVANCE ATTACK	<ul style="list-style-type: none"> Drive with the ball to exploit space Engage opponent: create 1v1 or 2v1 Find a free player between or behind the lines Switch play: pass the ball to the opponent's weak zone 	<ul style="list-style-type: none"> Scanning Supporting Adapting body shape
			TAKE COUNTERMEASURES: ANTICIPATE OPPONENT COUNTER	<ul style="list-style-type: none"> Push up the defensive line with speed: stay connected and compact Create high defensive shape behind the ball 	
			FINISH THE ATTACK	<ul style="list-style-type: none"> Separate: time run or quick movement to unmark Final pass: through ball or combination play Numbers in the box: fill in zones in front of goal Cross into space or player Take on 1v1 to create or score Finish: use limited touches 	



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

ATTACKING TO DEFENDING TRANSITION	
GAME IDEA	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
APPLY IMMEDIATE PRESSURE ON THE BALL	<ul style="list-style-type: none">Press to regain or prevent progress of the ballProvide cover and balance: eliminate options
DELAY THE COUNTERATTACK	<ul style="list-style-type: none">Drop off and block direct path to goalSlow down and dictate opponent
RECOVER WITH SPEED	<ul style="list-style-type: none">Get numbers back quickly and take defensive positionPress from behind as quickly as possible
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	<ul style="list-style-type: none">Create passing option(s): between the lines
DENY FINISH FROM COUNTERATTACK	<ul style="list-style-type: none">Defend the goal and create conditions to engageChallenge to protect against a goal attempt

ATTACKING TO DEFENDING TRANSITION

Game Idea: When we lose the ball, we want to regain it early by reacting immediately with maximum intensity.
When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
APPLY IMMEDIATE PRESSURE ON THE BALL REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY	<ul style="list-style-type: none"> Press to regain or prevent progress of the ball 	<ul style="list-style-type: none"> Recognize situations when to press or hold and force wide (awareness) Win the ball when opportunity to regain (distance, numbers and levels of compactness) Nearest player(s): <ul style="list-style-type: none"> - React immediately, reduce space with speed and intensity - Apply (frontal/diagonal) pressure on the ball: deny switch - stop long ball - prevent forward pass - Stay disciplined: no foul
	<ul style="list-style-type: none"> Provide cover and balance: eliminate options 	<p>PROTECT THE NEAREST SPACE: ANTICIPATE SHORT PASSING</p> <ul style="list-style-type: none"> Teammates collectively reduce space and area around the ball Mark outlet players - block passing lines - cover space Push up the lines when opposition is forced backwards <p>PROTECT THE SPACE IN BEHIND: ANTICIPATE THE LONG BALL</p> <ul style="list-style-type: none"> Central defenders anticipate the long ball when inefficient pressure: read pass and drop Wide defenders attach to the backline Adjust body position to anticipate opponent's movement or action
DELAY THE COUNTERATTACK DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER	<ul style="list-style-type: none"> Drop off and block direct path to goal 	<ul style="list-style-type: none"> Drop-off and protect the center: <ul style="list-style-type: none"> - Drop centrally, get narrow and defend in relation to goal - Create compact block - numbers between ball and goal (to force play wide) Reduce the central space between the backline Identify and mark the most dangerous player
	<ul style="list-style-type: none"> Slow down and dictate opponent 	<ul style="list-style-type: none"> Slow down the opponent when we are unable to pressure the player on the ball and in a disadvantage (ex. outnumbered) to allow players to return in the defensive block Dictate direction (force backwards or wide) and speed of play (reduce speed) Create equal numbers or overload (in area of the ball): eliminate passing options (2v1 → 1-1)

ATTACKING TO DEFENDING TRANSITION

Game Idea: When we lose the ball, we want to regain it early by reacting immediately with maximum intensity.
When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
RECOVER WITH SPEED SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE	<ul style="list-style-type: none"> Get numbers back quickly and take defensive position 	<ul style="list-style-type: none"> Sprint back to get behind the ball to support teammates. Attach to the backline and defend in relation to the goal.
	<ul style="list-style-type: none"> Press from behind as quickly as possible 	<ul style="list-style-type: none"> Sprint back and put pressure on the opponent in possession: <ul style="list-style-type: none"> -Prevent the opponent from playing forward or dribbling with the ball. -Try to recover the ball (don't give up).
TAKE COUNTERMEASURES POSITION TO PREPARE THE COUNTERATTACK	<ul style="list-style-type: none"> Create passing option(s): between the lines 	<ul style="list-style-type: none"> Anticipate the moment when team wins the ball back : <ul style="list-style-type: none"> -Stop defending -Unmark from defender -Position (diagonally) between the lines to set up a possible counter-attack
DENY FINISH FROM COUNTERATTACK DENY SCORING OPPORTUNITY AND PREVENT SCORING	<ul style="list-style-type: none"> Defend the goal and create conditions to engage 	<ul style="list-style-type: none"> Be patient and don't commit too early (recognize distance from goal, wait for teammates) Isolate opponent on the ball when possible: 2v1 → 1-1
	<ul style="list-style-type: none"> Challenge to protect against a goal attempt 	<ul style="list-style-type: none"> Challenge with strong determination: block shot to tackle - intercept to prevent assist <ul style="list-style-type: none"> -When we are organized and have a numerical advantage -When opponent is in shooting distance

ATTACKING TO DEFENDING TRANSITION

Game Idea: When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS AGAINST THE BALL
			MAIN PRINCIPLES	SUB PRINCIPLES	
ATTACKING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> Regain the ball Prevent the opponent from playing forward Deny penetration from the dribble Reducing time and space 	APPLY IMMEDIATE PRESSURE ON THE BALL	<ul style="list-style-type: none"> Press to regain or prevent progress of the ball Provide cover and balance: eliminate options 	<ul style="list-style-type: none"> Intercepting Pressing Challenging Delaying Blocking the shot
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> Prevent goal Deny a chance Regain the ball Prevent the opponent from playing forward Deny penetration from the dribble Reducing time and space 	DELAY THE COUNTERATTACK	<ul style="list-style-type: none"> Drop off and block direct path to goal Slow down and dictate opponent 	SPACIAL & POSITIONAL AWARENESS <ul style="list-style-type: none"> Scanning Adapting body shape
			RECOVER WITH SPEED	<ul style="list-style-type: none"> Get numbers back quickly and take defensive position Press from behind as quickly as possible 	<ul style="list-style-type: none"> Covering
			TAKE COUNTERMEASURES	<ul style="list-style-type: none"> Create passing option(s): between the lines 	
			DENY THE FINISH	<ul style="list-style-type: none"> Defend the goal and create conditions to engage Challenge to protect against a goal attempt 	<ul style="list-style-type: none"> Marking



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14 - THE GAME

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

GAME IDEA

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES
CREATE DEFENDING SHAPE	<ul style="list-style-type: none">• Make team compact: vertical and horizontal<ul style="list-style-type: none">- (Re-) Position to create a high front line- (Re-) Position to create a high defensive line• Create optimal defending distances between players
BUILD PRESSURE ON THE BALL	<ul style="list-style-type: none">• Move as a collective unit: make play predictable• Initiate pressure on the opponent with the ball• Engage when chance of regaining the ball• Provide cover and balance: eliminate passing options• Prevent the switch: keep opponent on one side
RECOVER WHEN PRESSURE IS BROKEN	<ul style="list-style-type: none">• Immediately (re-) apply pressure on the ball• Delay attack and regain defensive shape• Look to intercept pass or win second ball
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER	<ul style="list-style-type: none">• Create passing option(s): between the lines
DENY THE FINISH	<ul style="list-style-type: none">• Get narrow and close the center: denying the through ball• Marking and tracking opponent• Deny the cross• Defending the cross: protect the width of the goal• Challenge to protect against goal attempt

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
CREATE DEFENDING SHAPE POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE	<ul style="list-style-type: none"> • Make team compact: vertical and horizontal <ul style="list-style-type: none"> - (Re-) Position to create a high front line - (Re-) Position to create a high defensive line 	<ul style="list-style-type: none"> • Create a defensive block and reduce passing options for the opponent on the ball <ul style="list-style-type: none"> - as high as possible • Attacking players (re-)position to create a high line of confrontation • Position to block passing lanes, make play predictable and build pressure • Center backs and/or fullbacks take a high defending position to support compactness <ul style="list-style-type: none"> - Reduce space between different lines of the team - Manage offside: central defender closest to the ball creates the offside line (if in own half) • High position of the goalkeeper to stay connected with the backline
	<ul style="list-style-type: none"> • Create optimal defending distances between players 	<ul style="list-style-type: none"> • Create relationships - connections between players through spacing and distances : <ul style="list-style-type: none"> - Reduce options to penetrate with the ball - Ensure cover - Allow for interception

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BUILD PRESSURE ON THE BALL CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	<ul style="list-style-type: none"> Move as a collective unit: make play predictable 	<ul style="list-style-type: none"> Move relative to the position of the ball while maintaining optimal distances between players: <ul style="list-style-type: none"> - Reduce time and space for the opponent on the ball - Shift and slide: no crossover with nearest teammate - Step: when the ball is played backwards or when pressure on the ball Direct the player on the ball: <ul style="list-style-type: none"> - Reduce the options for the opponent on the ball and force to one area: - Block passing lanes - Allow passes to pressing area
	<ul style="list-style-type: none"> Initiate pressure on the opponent with the ball 	<ul style="list-style-type: none"> Nearest player pressures the ball: <ul style="list-style-type: none"> - Prevent opponent from playing forward - Limit time on the ball - Force opponent to look down - Force to make mistake
	<ul style="list-style-type: none"> Engage when chance of regaining the ball 	<ul style="list-style-type: none"> Engage in the identified situations: <ul style="list-style-type: none"> - Step out and intercept when possible: for example - slow pass, bad touch,... - 1v1: don't get eliminated by dribble, touch or pass
	<ul style="list-style-type: none"> Provide cover and balance: eliminate passing options 	<ul style="list-style-type: none"> Block immediate passing options when teammate puts pressure on the ball <ul style="list-style-type: none"> - Cover by the closest player to prevent forward passes / progression: mark, front or track - Weakside players move centrally - Bring numbers to the area / outnumber the opponent/bring numbers around the ball
	<ul style="list-style-type: none"> Prevent the switch: keep opponent on one side 	<ul style="list-style-type: none"> Bring numbers around the ball Keep opponent locked and stop from getting out of the area

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

TEAM TACTICAL PRINCIPLES			
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION	
RECOVER WHEN PRESSURE IS BROKEN RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS	<ul style="list-style-type: none"> Immediately (re-) apply pressure on the ball 	<ul style="list-style-type: none"> Re-apply pressure on opponent when line is broken: <ul style="list-style-type: none"> From behind: chase the player in possession and attempt to win the ball back without fouling In front: step up and press when cover is present Recover from switch of play: <ul style="list-style-type: none"> Strong shift of the team when opponent was able to switch the play 	
	<ul style="list-style-type: none"> Delay attack and regain defending shape 	<ul style="list-style-type: none"> Slow down the opponent's attack: drop and narrow. Reduce speed of opponent to allow teammates to recover Recover with numbers between the ball and the goal <ul style="list-style-type: none"> outnumber opponent when possible get organized Track and/or mark the most dangerous players 	
	<ul style="list-style-type: none"> Look to intercept pass or win second ball 	<ul style="list-style-type: none"> When the line is broken by the long ball: defending players <ul style="list-style-type: none"> Drop and narrow together Compete for the second ball 	
TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER POSITION TO PREPARE THE COUNTERATTACK	<ul style="list-style-type: none"> Create passing option(s): between the lines 	<ul style="list-style-type: none"> Anticipate the moment when team wins the ball back and set for transition: <ul style="list-style-type: none"> Stop defending Unmark from defender Scan field and position (diagonally) between the lines to set up a possible counter-attack 	

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
DENY THE FINISH PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES	<ul style="list-style-type: none"> Get narrow and close the center: denying the through ball 	<ul style="list-style-type: none"> Always pressure the player on the ball: reduce time, space and options for the opponent on the ball Prevent opponent from passing and making runs to receive behind the defensive line Reduce space between teammates: narrow when closer to goal <ul style="list-style-type: none"> Get numbers in the central areas Always provide protection for center backs by fronting them drive opponent's offensive play towards wide areas
	<ul style="list-style-type: none"> Marking and tracking opponent 	<ul style="list-style-type: none"> Close marking of direct opponent in zone: <ul style="list-style-type: none"> split-vision: keep eye on ball and opponent Change marking: <ul style="list-style-type: none"> Scan your surroundings and communicate Stay in your defensive zone when the opponent changes position Pass on opponent to teammate or mark opponent coming from another zone Switch to player-marking: when necessary, switch from zonal marking to player marking
	<ul style="list-style-type: none"> Deny the cross 	<ul style="list-style-type: none"> Defend the cross with support from midfielder or winger <ul style="list-style-type: none"> Deny cross into space or player Center backs stay in central position
	<ul style="list-style-type: none"> Defending the cross: protect the width of the goal 	<ul style="list-style-type: none"> Get organized and increase the protection in front of the goal on the cross: <ul style="list-style-type: none"> Weakside fullback is connecting to the backline Occupy strategic zones Close marking of direct opponent: <ul style="list-style-type: none"> split-vision: keep eye on ball and opponent Challenge: be first on the ball <ul style="list-style-type: none"> Aggressiveness
	<ul style="list-style-type: none"> Challenge to protect against goal attempt 	<ul style="list-style-type: none"> Engage and commit when chance of attempt on goal <ul style="list-style-type: none"> Don't get eliminated by dribble Block shot Win the second ball Clearance

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION	DEFINITION
AGAINST THE BALL	
INTERCEPTING	<ul style="list-style-type: none"> • Winning or deflecting the ball, if not stay in position • Deflecting an opponent's pass away from the intended target • Staying in possession of the ball after stealing it and continuing with an attacking action • Playing in one touch to a teammate • Intercept the ball as high as possible (high point) on a long (high) ball
PRESSING	<ul style="list-style-type: none"> • Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving (to reduce the space for the opponent or force error) • Having fast approach but slow arrival • Approach is forcing into desired area
CHALLENGING	<ul style="list-style-type: none"> • Taking good defensive posture (on toes, knees are bent, staggered stance, ...) that allows to start the 1v1 in favorable conditions • Always look at the ball • Stay on your feet • Retaining possession of the ball after winning the duel • If you are eliminated, don't give up, challenge again immediately
DELAYING	<ul style="list-style-type: none"> • Slowing down, reducing speed from the opponent's action • Driving the player on the ball to the outside (away from goal)
BLOCK THE SHOT	<ul style="list-style-type: none"> • Getting in between the ball and the defending goal to redirect the ball away from goal

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION	DEFINITION
SPACIAL & POSITIONAL AWARENESS	
SCANNING	<ul style="list-style-type: none"> • Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting
ADAPTING BODY SHAPE	<ul style="list-style-type: none"> • Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal
COVERING	<ul style="list-style-type: none"> • Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed • Preventing the opponent behind your back (between the lines) from being an option
MARKING	<ul style="list-style-type: none"> • Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance) • Trying to look at both the ball and direct opponent • Marking closer when closer to goal

DEFENDING

Game Idea: When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS AGAINST THE BALL			
			MAIN PRINCIPLES	SUB PRINCIPLES				
ATTACKING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> Regain the ball Prevent the opponent from playing forward Deny penetration from the dribble Reducing time and space 	CREATE DEFENDING SHAPE	<ul style="list-style-type: none"> Make team compact: vertical and horizontal <ul style="list-style-type: none"> Position to create a high front line Position to create high defensive line Create optimal defending distances between players 	<ul style="list-style-type: none"> Intercepting Pressing Challenging Delaying Block the shot 			
	DENYING CHANCES & SCORING		BUILD PRESSURE ON THE BALL		SPACIAL & POSITIONAL AWARENESS <ul style="list-style-type: none"> Move as a collective unit: make play predictable Initiate pressure on the opponent with the ball Engage when chance of regaining the ball Provide cover and balance: eliminate passing options Prevent the switch: keep opponent on one side 			
			RECOVER WHEN PRESSURE IS BROKEN					
DEFENDING HALF	<ul style="list-style-type: none"> Prevent goal Deny a chance Regain the ball Prevent the opponent from playing forward Deny penetration from the dribble Reducing time and space 	TAKE COUNTERMEASURES: ANTICIPATE TO COUNTER		<ul style="list-style-type: none"> Immediately (re-) apply pressure on the ball Delay attack and regain defensive shape Look to intercept pass or win second ball 	<ul style="list-style-type: none"> Scanning Adapting body shape Covering Marking 			
		DENY THE FINISH						



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME

PROGRESSION PHASE I

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
PLAY FORWARD QUICKLY	<ul style="list-style-type: none">• First action forward• Continue to play forward
SECURE THE BALL	<ul style="list-style-type: none">• Play out of pressure• Keep the ball and initiate build up
JOIN THE ATTACK WITH SPEED	<ul style="list-style-type: none">• Provide support in front of the ball• Provide support behind the ball
TAKE COUNTERMEASURES : ANTICIPATE THE COUNTER	<ul style="list-style-type: none">• Push up the defensive line with speed: stay connected and compact
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	<ul style="list-style-type: none">• Create and exploit space for self or teammate• Attack space or engage opponent• Recognize player in a better position to score• Finish: use limited touches

DEFENDING TO ATTACKING TRANSITION

Game Idea: When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
PLAY FORWARD QUICKLY PLAY FORWARD WITH AS FEW PASSES AS POSSIBLE	<ul style="list-style-type: none"> First action forward 	<ul style="list-style-type: none"> Start attacking transition immediately with forward action: <ul style="list-style-type: none"> Pass forward into open space or feet to (highest) transition player (vertical / diagonal) Touch forward and run or dribble aggressively at maximum speed when space GK distribution: throw/volley into space or feet
	<ul style="list-style-type: none"> Continue to play forward 	<ul style="list-style-type: none"> Continue to progress the ball forward at speed to prevent the opponent from returning into defensive shape: dribble or pass Play with limited touches to increase the speed of the transition: <ul style="list-style-type: none"> Direct: open body shape to receive the ball facing forward or turn when time on the ball Indirect: lay-off / playing backwards to supporting teammate (3rd man running) Stay central if possible Take advantage of space behind the opponent's backline - pass behind
SECURE THE BALL ESCAPE COUNTERPRESS FROM CLOSEST OPPONENT(S)	<ul style="list-style-type: none"> Play out of pressure 	<ul style="list-style-type: none"> Shield the ball when pressure from opponent Move the ball out of the zone when possession is regained to escape counter press Play sideways or backwards when unable to dribble or pass forward (or draw foul)
	<ul style="list-style-type: none"> Keep the ball: initiate build up 	<ul style="list-style-type: none"> Keep possession when opponent is balanced and organized Recognize risk vs reward: priority is to secure possession Move into attacking shape
JOIN THE ATTACK WITH SPEED SPRINT FORWARD TO ATTACK OR SUPPORT	<ul style="list-style-type: none"> Provide support in front of the ball 	<ul style="list-style-type: none"> Sprint forward and commit numbers into the attacking half Get players in front of the ball as quickly as possible to attack the backline of the opponent Provide a passing option: make a run in behind
	<ul style="list-style-type: none"> Provide support behind the ball 	<ul style="list-style-type: none"> Position to enable the attack to continue by creating passing options behind the ball Recycle the attack when unable to continue the counter

DEFENDING TO ATTACKING TRANSITION

Game Idea: When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals. When we recognize we cannot play forward, we keep the ball and move into our attacking shape.

TEAM TACTICAL PRINCIPLES		
MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER POSITION TO PROTECT AGAINST COUNTERATTACK	<ul style="list-style-type: none"> Push up the defensive line with speed: stay connected and compact 	<ul style="list-style-type: none"> Provide balance (numbers) Close space in between lines that the opponent could exploit Create as high a line as possible
FINISH THE COUNTERATTACK AS FAST AS POSSIBLE CREATE SCORING OPPORTUNITY AND SCORE	<ul style="list-style-type: none"> Create and exploit space for self or teammate 	<ul style="list-style-type: none"> Separate from opponent and receive between the lines Exploit space behind opponent backline: make a run to receive in behind Make a run to free up space for teammate to receive
	<ul style="list-style-type: none"> Attack space or engage opponent 	<ul style="list-style-type: none"> Dribble at speed into open space: <ul style="list-style-type: none"> Invite pressure to create (more) space for teammate(s) Dribble at speed to isolate defender: <ul style="list-style-type: none"> Attract to free up teammate (2v1) Eliminate defender or create separation and shoot (1v1)
	<ul style="list-style-type: none"> Recognize player in a better position to score 	<ul style="list-style-type: none"> Keep composure (decision at full speed) Recognize the right moment to pass to a teammate in a better position to score or assist <ul style="list-style-type: none"> We attack/occupy different areas in the box
	<ul style="list-style-type: none"> Finish: use limited touches 	<ul style="list-style-type: none"> Select the best surface and shoot on goal with a minimal touches.

DEFENDING TO ATTACKING TRANSITION

Game Idea: When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS WITH THE BALL
			MAIN PRINCIPLES	SUB PRINCIPLES	
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> Advance the ball Keep the ball 	PLAY FORWARD QUICKLY	<ul style="list-style-type: none"> First action forward Continue to play forward 	<ul style="list-style-type: none"> Controlling
			SECURE THE BALL	<ul style="list-style-type: none"> Play out of pressure Keep the ball and initiate build up 	<ul style="list-style-type: none"> Protecting
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> Score goal Create chance Advance the ball Keep the ball 	JOIN THE ATTACK WITH SPEED	<ul style="list-style-type: none"> Provide support in front of the ball Provide support behind the ball 	<ul style="list-style-type: none"> Driving
			TAKE COUNTERMEASURES: ANTICIPATE THE COUNTER	<ul style="list-style-type: none"> Push up the defensive line with speed: stay connected and compact 	<ul style="list-style-type: none"> Dribbling
			FINISH THE COUNTERATTACK AS FAST AS POSSIBLE	<ul style="list-style-type: none"> Create and exploit space for self or teammate Attack space or engage the opponent Recognize player in better position to score Finish: use limited touches 	<ul style="list-style-type: none"> Passing Shooting <p>SPACIAL & POSITIONAL AWARENESS</p>



U.S. SOCCER PLAYER DEVELOPMENT FRAMEWORK

U13-U14: THE GAME



11v11

Progressing from 9v9 to 11v11, there is now an additional center back to create a backline of four as well as the addition of two attacking midfielders to form the triangle shape in the midfield.

The formation begins with the back line (goalkeeper and defenders) and then progresses to the midfielders and then forwards.

1=Goalkeeper

4=Defenders

3=Midfielders

3=Forwards

This formation is just one organizational structure. It is not the only way, but A way.

1-4-3-3 provides a structure for multiple triangles and diamonds (to create passing lanes).

It creates two blocks (5 attacking players and 5 defending players) as well as 1v1 situations across the field.

The goal is to help players develop individual qualities that can connect in small groups (lines) and then into the larger 11v11 game (multiple lines).

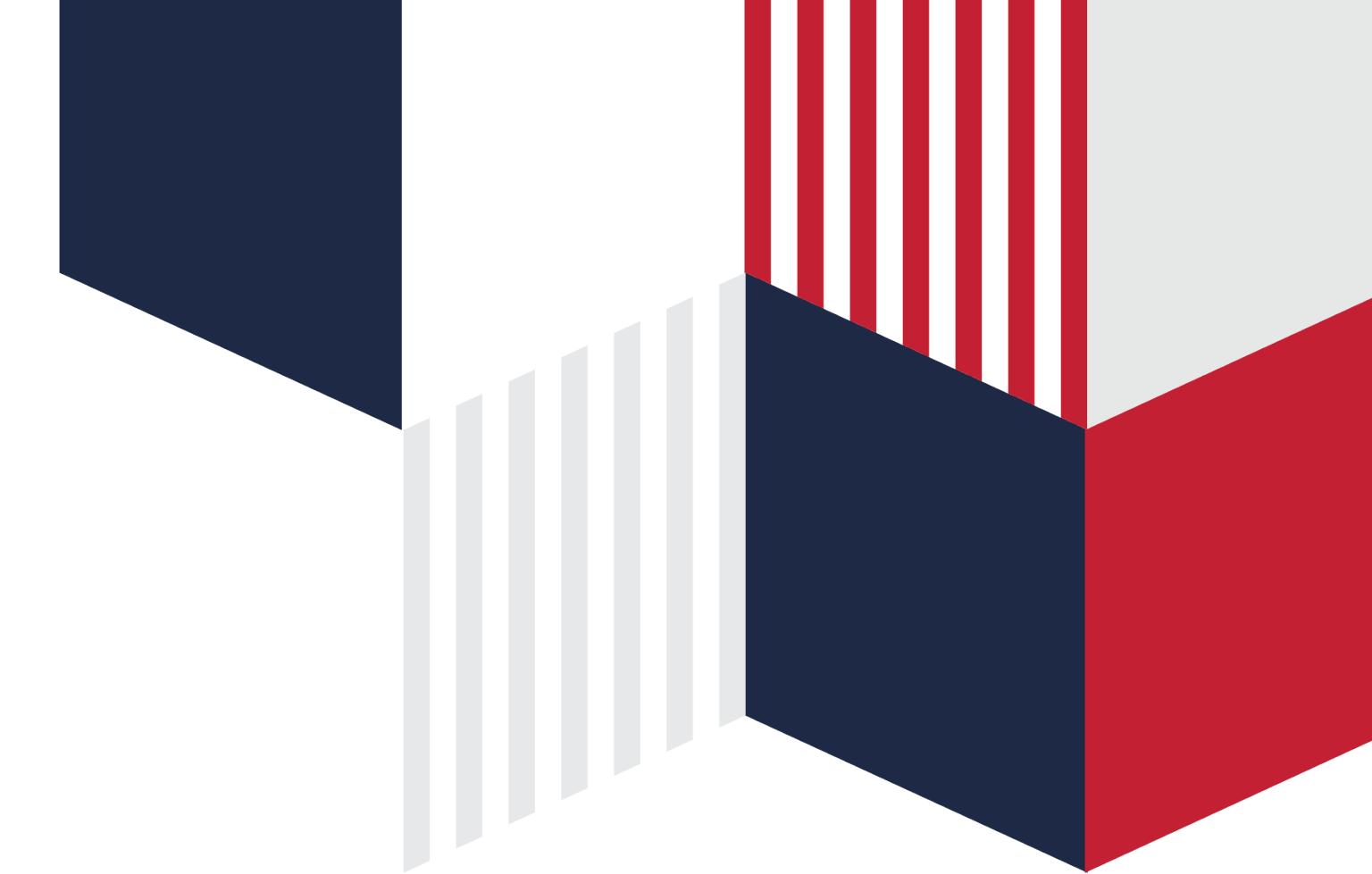


U13-U14: THE ENVIRONMENT

LEARNING PLAN

Activities

- Utilize a variety of activities that help develop the U.S. Soccer Key Qualities
- Activities should be flexible enough to allow for individual differences concerning the growth spurt
 - activities should be flexible to allow for the workload placed on individuals
- Activities can still be formed around deliberate PLAY with the ball (one player - one ball), but should now focus on small group and team play
 - utilize specific training session goals (team tactical principles, sub-principles, and player actions)
- Focus on decision-making through GAMES (learning through highly structured play that allows for players' choice)
 - utilize inclusionary small sided games: 1v1 → 11v11 (based on roster size and including use of unbalanced games)
- Use of positional games (rondos)
- Use of activities over both short and long distances to develop different player actions





U13-U14: THE ENVIRONMENT

LEARNING PLAN

Coaching

- Be supportive, challenge appropriately, and prevent/manage conflict
- Educate players and provide autonomy for them to lead different activities including injury prevention routines
- Control workload to help prevent injury (as bodies continue to grow)
 - help players understand the difference between "being hurt" and "being injured"
 - coordinate with any other medical professionals or sport coaches
- Encourage and support playing and development in multiple roles and positions throughout the season
- Encourage collaboration: a coach can expect his or her players to understand the game, anticipate problems and use teammates to solve them
 - promote players to ask questions and provide input and feedback to each other
- Promote individuality within the team setting
- Continue to be aware of individual differences (especially between boys and girls) in maturation as some players will have already completed their growth spurt.
 - be aware of early and late developers and help players not compare themselves to others
- Be wary of verbal comparisons and- or over criticizing (also within player-to-player interactions both on and off the field including social media)
 - maintain zero tolerance for bullying
- Acknowledge frustrations and disappointment and help them develop coping strategies
- Empower players to resolve conflict
- Incorporate routines and moderate-level of structure
- Understand the different means of engaging players and when to guide versus when to command/instruct (use different types of questions (higher order questions) to engage players