



U14 PLAYER PROFILE

Orono Westonka Soccer Club

OBJECTIVE

To define the technical, tactical, mental, and physical attributes of U14 players in our developmental pathway. These attributes are split into expected competencies & key development areas. All attributes are global (i.e., not position specific).



TECHNICAL

U14 TECHNICAL PLAYER PROFILE

This profile will define the competencies we would expect U14 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
PASSING	<ul style="list-style-type: none"> - Players should be able to make short passes consistently, with good technique, and with both feet - Players should know how to play one touch to combine and play out. - Players should know how to Connect a pass that breaks the line of defense. 	<ul style="list-style-type: none"> - Long balls- teach players to identify moments and use proper technique to make long passes.
DRIBBLING	<ul style="list-style-type: none"> - Players should be able to dribble at top speed while maintaining control of the ball. - Players should know how and when to use different turns, Cruyff turn, drag back, etc. - Players should know how to use their body to protect the ball from opposition defenders - Players should have familiarized themselves with a few skill moves to use in game. 	<ul style="list-style-type: none"> - No specific attributes of dribbling should be addressed at this age group



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CONTROL	<ul style="list-style-type: none"> - Players should know how to receive the ball with all parts of the foot: laces, inside, outside - Players should know how to create space and beat players with their first touch 	<ul style="list-style-type: none"> - Aerial control- teach players how to control the ball in the air with proper technique.
SHOOTING	<ul style="list-style-type: none"> - Players should be able to score with finesse shots – controlled shots with the inside of the foot, often to the bottom corner of the goal - Players should have the proper technique and power when striking the ball from a distance. 	<ul style="list-style-type: none"> - Areal Finishing- teach players to time their jump correctly and make contact with the ball with their head, foot, or any other part of their body. With good balance, coordination, and timing.
TACKLING	<ul style="list-style-type: none"> - Players should be able to tackle the opposition by blocking the forward progress of the ball with the inside of the back foot. - Players should know how to properly use their body to physically push or block the opponent off the ball. 	<ul style="list-style-type: none"> - Balls in the air- teach players to have proper positioning, technique, timing, and confidence to challenge aerial duels.



TACTICAL

U14 TACTICAL PLAYER PROFILE

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PRINCIPLE

ATTACKING

EXPECTED COMPETENCIES

- Basic understanding of the rules of the game
- Players should know how to maximize the playing area
- Players should know how to position themselves to receive the ball by moving to a clear passing lane
- Players should know how to attack the front foot, spin the defender, or create space and use it.
- Players should know when and how to break the line of the opposing team's formation with a pass or a dribble.
- Players should know how to exploit 2v1, and 3v2 situations.
- Players should be able to shoot into the bottom corners of the goal consistently
- Players should have the technical skills, vision, and decision-making abilities to create space and opportunities for teammates.
- Players should be able to move the ball quickly and accurately at a faster pace.
- Players should position themselves in the 18-yard box to create a goalscoring opportunity



TACTICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
<p>ATTACKING</p>	<ul style="list-style-type: none"> - Players should be able to move and pass the ball quickly and efficiently to get more teammates involved in the play. - Players should know how to advance the ball past the last line of defenders towards the opponent's goal - Players should know to pass the ball to the center of the field, away from the goalkeeper, in order to create a scoring opportunity. - Players should know how to identify pressure and understand different situation sand help improve their decision making. - Players should move into the opposing team's penalty box or goal area in order to create scoring opportunities - Players should know how to exploit the weaknesses or positioning of the opposing team's defense with different crosses - Players should know to quickly transitioning from defense to offense in order to catch the other team off-guard and create goal-scoring opportunities. 	<ul style="list-style-type: none"> - Read pressure to combine, play forward, play long- help players to improving their decision-making skills on the field so they can choose the right option and execute under pressure - Connect out of pressure to keep the ball- teach players to position themselves to receive and/or make a pass out of pressure.



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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
DEFENDING	<ul style="list-style-type: none"> - Players should know how to compress the playing area when the opposition has the ball by being narrow and vertically compact - Players should be able to defend 1v1 to prevent dribble, shot, or cross. - Players should know that when closest to the ball, they sprint to close down the opposition. - Players should be able to defend so the opposing player can't turn forcing them to pass backward or sideways. - Players should know in what situations to clear the ball if there is no other option. - Players should know be able to work together to put pressure on the opponent, cover any potential gaps, and maintain a strong defensive shape - Players should be able to read the play and predict when a long ball is going to be played. - to mark the player or the space to prevent a goalscoring opportunity 	<ul style="list-style-type: none"> - Repress to win possession back right away- teach players to press the opposing player who has just received the ball, with the goal of forcing them into making a mistake or relinquishing possession of the ball. - Anticipate ball regain- teach players to read the game, predict where the ball is likely to go next, and position themselves in a way that allows them to intercept the ball or put pressure on the opponent.



MENTAL

U14 MENTAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
CONFIDENCE	<ul style="list-style-type: none"> - Varied levels of confidence in the team coming into this age group - Players should actively find various solutions for situations in the game. - Players should have the confidence and bravery to take risks, make difficult decisions, and persist in the face of challenges. 	<p>Initiative- teach players to proactively take steps to make things happen on the field</p>
ATTITUDE	<ul style="list-style-type: none"> - Players should be able to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice. - Players should be dedicated to themselves and to the team, putting in the effort to improve their skills and contribute to their team's success 	<p>Commitment- teach players to be dedicated to themselves and to the team, putting in the effort to improve your skills and contribute to your team's success</p>



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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
COMPETITIVENESS	<ul style="list-style-type: none"> - Players should maintain concentration throughout the session, both on the coaches' instruction and in observing what is happening in the game - Players should be able to play with high intensity, determination, and physicality while maintaining control and sportsmanship. 	<ul style="list-style-type: none"> - Aggression- teach players to play with high intensity, determination, and physicality while maintaining control and sportsmanship.
SPORTSMANSHIP	<ul style="list-style-type: none"> - Players should encourage Teammates within the team. - Players should be able to maintain focus, avoid distractions, and make good decisions on the field. 	<ul style="list-style-type: none"> Integrity-teach players to be honest, fair, and ethical in their actions and interactions with others.



PHYSICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
SPEED	<ul style="list-style-type: none"> - Players should be able to sprint in a straight line for 20-30 yards without slowing down. And be able to change direction by cutting hard off the outside foot 	<ul style="list-style-type: none"> - Quickness- Work with players so that they can react more quickly on the field, move faster and change direction more efficiently
STRENGTH	<ul style="list-style-type: none"> - Varied levels of strength in this age group - Players should know how to use their bodies to protect the ball and retain possession. 	<ul style="list-style-type: none"> Ball retention- teach players how to use their body to protect the ball and retain possession
ENDURANCE	<ul style="list-style-type: none"> - Players at this age can repeat runs and soccer actions without tiring 	<ul style="list-style-type: none"> Extensive aerobic action- Develop player's long aerobic capacity
COORDINATION	<ul style="list-style-type: none"> - Players should be able to stay on feet during decelerations, changes of direction, and other soccer actions - Players should know how to move effectively and efficiently 	<ul style="list-style-type: none"> No specific attributes of coordination should be addressed at this age group

