



## PHILOSOPHY & RULES

At this age most players have made the choice between elite level soccer and more recreational soccer. Many of the most talented players are playing for Ranger teams creating an opportunity for the previously overshadowed players to emerge and develop. There are many different things pulling at a teenagers time. A busier social calendar, drivers licenses, and jobs make it difficult to attend practice and games. We want to build good team unity, but we must understand that teenagers have many different things going on. We need to be flexible about practice and game attendance. It is much better to have a player at 75% of trainings and games then 0%. Keep training exciting by playing more small-sided games of scrimmage or keep-away. Players at this age want to compete at practice so keep track of the score and reward the winners.

### **Under 14 – High School**

- 11v11 with a 16 player maximum roster.
- Every Saturday U14 teams play one game consisting of two-30 minute halves.
- Every Saturday HS teams play one game consisting of two-35 minute halves.
- The spring season ends with the loser-out Cost Cutter Cup.
- 65x110 yard field with full-sized goals.
- Unlimited substitution on any stoppage with the referee's discretion.
- Off sides is enforced.

The WCYSA Development Director is always available to help and or answer questions.

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## TOGETHER WE STAND, DIVIDED WE FALL

Picture your team as your family. One of your initial tasks should be organizing a meeting of all the families of your team. Not a parent meeting or a player meeting, but a family meeting. We know that communication is the key to strong relationships and families. Listen to your families' questions, concerns, and expectations. Help everyone get to know each other. Cultivate a working relationship with all the members of your family. Topics of conversation:

1. Elect a team mom or dad or both.
2. Find an assistant coach that will be at all games and most practices.
3. Establish a basic practice schedule and location.
4. Explain your development philosophy (refer to objectives section).
5. Explain how game days work, the parents' role on game days, and their sideline behavior.
6. List any team rules you have.
7. Discuss the drop-off and pick-up of kids at practice and games.
8. Invite parents and players to approach you with any questions or concerns. Supply them with phone numbers and email and the best times to get a hold of you.

Remember that you are much stronger and resourceful as a group. Ask the new team mom or dad to prepare and distribute a team phone/email list, assign families for snack duty, and distribute the uniforms to each of the players. Treat this person well. They are extremely important.

Continue to communicate with the families on your team. Speak with them at practices and games. If you have time email them a weekly or biweekly newsletter explaining the progress of the team. This can be really fun.

Make sure we finish the season with a bang. Playing in our program is largely a social activity. If the kids have fun and make new friends it will have been a positive experience for them and we will have accomplished our primary objective. Ask your team mom or dad to appoint an end of the season party committee to organize the party. Try to spread the work out instead of having the team parent do everything throughout the entire season. Party requirements:

1. Collect uniforms.
2. Everyone gets an award.
3. Food.



Be creative and have fun. This is a wonderful opportunity. Pick-up the first half schedules at the spring coaches meeting the Tuesday prior to the first game. The second half can be picked up at the field marshal table halfway through the season. After each game fill out a game report and and leave it it the box at the schedule wall.

## OBJECTIVES

Players should start to focus on one or two positions at this age. During practices players should play their positions. The importance of possession is a high priority. Do not give the ball away. Developing skills and decision making will ensure that we keep possession of the ball. Here is a list of objectives:

1. **Understand combination play:**
  - Wall pass
  - Take over
  - Overlap
  - Give and go
2. **Individual and small group defending:**
  - 1v1, pressure ball and make predictable
  - 2v2, mark your man and cover the defender on the ball
  - 3v3, shift over to help the defenders near the ball
3. **Team Shape:**
  - Get width and depth on offense.
  - Get compact around the ball on defense.

Continue to develop each player's individual skills under pressure. If the players are better able to dribble, pass and receive then it will be easier for them to exucute some of these tactical concepts like support and possession play. The duration of practice can be lengthened to between 60 and 90 minutes. Let the games and practices be the teachers. Some fun games and exercises can be found in the additional resources below.

### Additional resources:

"Peak Performance" –Ronald Quinn

"Success in Soccer" –magazine

usysa.com

wsysa.com

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## PRACTICES

When constructing lesson plans for practice focus on one theme throughout instead of trying to coach passing, dribbling, and shooting all at once. Keep exercises short, focused, and full of energy. Here are two sample practice plans:

### Practice #1

**Topic: Possession**

O-Pass	10-minutes	warm-up
Stretch	4-minutes	
3v1 in small space	15-minutes	skill building
Water break	4-minutes	
5v2 keep-away	20-minutes	Space and Support
Water break	4-minutes	
Six Goal Game	20-minutes	possession
Review	3-minutes	reiterate topic and coaching points

### Practice #2

**Topic: Combination to Goal**

The Machine (volleys)	15-minutes	warm-up
Stretch	4-minutes	
Passing Series	15-minutes	skill building
Water Break	4-minutes	
2v2+1 Break out	20-minutes	Combinations to goal
Water Break	4-minutes	
World Cup	20-minutes	Finishing
Review	3-minutes	Coaching points and homework

End all practices with a short review. It takes the average player 7 times before they remember something that you teach them. Reiterate the topic of the practice, go over your coaching points. **Please remain at practice until parents pick up all players.** During practice, have fun and let your personality come alive.

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