

U13/U14 Exit Standards

Technical: Dribbling

Continued Proficiency in: Attacking Dribble (comfortable w/ball at game speed)

Continued Proficiency in: Shield / Escape Dribbling in game situations / under pressure

Continued Proficiency in: 1v1 Attacking Dribble in game situations

Technical: Passing

Proficient in: Laces Pass, Cross and Driven Balls

Proficient in: Weak foot

Continued introduction to: Bending Balls (outside and inside laces)

Continued introduction to: Creative Passes (when and where to do during game)

Introduction to: Balls served w/backspin and topspin

Technical: Receiving

Mastery in: Receiving w/ all surfaces

- Receiving to yourself
- Receiving to a new space
- Receiving to turn
- Spin turns (outside and inside)

Proficient in: Receiving w/ disguise

- Out the back
- Let it roll

Proficient in: Receiving air balls w/ different surfaces

Technical: Shooting

Proficient in: Laces contact

Proficient in: Scoring

- Awareness of Goal
- Near Post / Far Post
- Goalkeeper (looking up)
- Side Foot
- Toe
- Both Feet

Introduction to: Scoring

- Slices (inside / outside)
- Chip

Set Piece Organization: Throw-in

Proficient in:

- Defending throw-in
- Keeping possession off throw-in

Set Piece Organization: Corner Kicks and Kick off

Proficient in:

- Defending and Attacking Kick Off play
- Defending and Attacking Corner Kick organization (know set-up and plays)

Set Piece Organization: Free Kicks

Proficient in:

- Running attacking plays from free kicks
- Defensive organization of wall and free kicks

Set Piece Organization: Restarts

Proficient in:

- Emphasis on playing quick restarts in attacking half
- Emphasis on being aware of quick restarts in defense

Set Piece Organization: Goal Kick and Goal Punts

Proficient in:

- Offensive and Defensive balance / organization from both ends

Tactical: Offensive Principals

Proficient in: Attacking Principals

Proficient in: Possession

Proficient in:

- Combination play
- Rotating ball
- Build up

Continued introduction to: Counter Attack

Continued introduction to: Attacking Patterns

Tactical: Defensive Principals

Continued proficiency in: 1v1 Defending

Proficient in: Defensive Principals

Continued introduction to:

- Small Groups tactics 2, 3 and 4 player groups
- Defensive Rows
- Areas of the Field
- Shoot Blocking
- Footwork and Body Position
- Zonal defending

Physical:

Proficient in: Agility, Acceleration, Sprinting, Reaction, Back Pedal, Jumping / Landing, Balance, Coordination, Physical Confrontation against opponent (Shoulder, Bumping, Use of arms)

Psychosocial:

Proficient in: Game situations

- Focus
- Respect
- Enjoyment
- Effort
- Competition (getting after it in training and games)
- Confidence / Self-esteem
- Commitment

Continued introduction to:

- Team Unity
- Team / Club Pride