



St. Charles Force Curriculum

U13 and U14

TRAIN TO TRAIN DEVELOPMENT MILESTONES



**U13 is a transition year into the 11v11 game with a larger ball – re-emphasis on technique will be required in the first bit of the season*

Training to Game Ratios		2-3:1 (regular league play) 3:1 (play offs, tournaments) 90 Minute Trainings
Game Format		11v11
Footwork		<ul style="list-style-type: none">• Refine turns with both feet (quicker, more disguise under pressure)• Turning as a means to an end• Takes and leaves (under pressure)• Juggling individually, in pairs, head tennis
Passing		<ul style="list-style-type: none">• Driven pass, curl pass (inside and out) over greater distances• Lofted and chip pass, over greater distances• Refine timing, weight, disguise, and pass selection/range• Passing to feet/space in tighter areas• Angles and distance of support
Running with the Ball		<ul style="list-style-type: none">• Breaking with the ball into middle 3rd (counter attacking)• Running with ball away from chasing players
Dribbling		<ul style="list-style-type: none">• Fast foot (cover) work• To create space as an individual and for the team under increased pressure• Refine (all previous) and add techniques with both feet
Receiving and Control		<ul style="list-style-type: none">• Receive and control under increased pressure with correct body shape• Learn to receive balls from different angles and heights, speed• Creating space to receive and retain possession• Bringing team mates into the game with first touch• Turning without taking a touch



Crossing and Finishing		<ul style="list-style-type: none"> • Shooting from distance pressured and unpressured • Improvisation in and around the box • Range of finish, chips/drive/pass the ball into the goal/volleys • Crossing on the move • Crossing from different angles • Strikers movement and various finishes in and around the box
Defending		<ul style="list-style-type: none"> • Intercepting and gaining back possession in challenge • Standing up and forcing play/making play predictable • Defending as a unit (fullbacks swinging over) • Midfield recovery runs • Forwards defending from front
Heading		<ul style="list-style-type: none"> • Jumping to head • Timing of jump • Using headers to pass the ball • Defending and attacking headers from crosses
Tactical Awareness		<ul style="list-style-type: none"> • Decision making on the ball, use small sided games • Angles and distances of support in different areas of the field, when not to support • Range of pass, to feet ,space, forward, back • When and where to switch play • Movement off the ball • How to break defensive lines • When, how, where and why to use the 4 play-arounds • Basic set pieces attacking and defending • One touch play • Tracking and delaying opponents, stopping ball being played forward • Delay, deny, disrupt • Counter attacking • Regaining possession • Playing out from the back • Basic systems of play