



# COACHING 14U



OUR 14U (“UNDER 14”) DIVISION IS FOR CHILDREN BORN IN 2011 AND 2012. MOST PLAYERS WILL BE 12 OR 13 YEARS OLD, A MIX OF MOSTLY 7<sup>TH</sup> AND 8<sup>TH</sup> GRADERS, WITH A FEW 6<sup>TH</sup> GRADERS WHO WILL TURN 12 DURING THE SEASON. OUR REGION HAS SEPARATE BOYS AND GIRLS 14U DIVISIONS, BUT OPPONENTS MAY HAVE CO-ED TEAMS THAT PLAY OUR BOYS.

## KIDS THIS AGE:

- ⚽ Are probably going through **puberty**, so expect rapid changes in their body and mood changes related to being more self-conscious
- ⚽ Like things to be **fair and just**
- ⚽ Strive to be more **independent** and therefore may show a bit more **defiance**

## MANAGING A PRACTICE:

- ⚽ You will need to plan **two weeknight practices**
- ⚽ Practices run **60-90 mins** between 5pm-8pm
- ⚽ Parents are to ensure their child has their own **size 5 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- ⚽ **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- ⚽ Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- ⚽ Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- ⚽ Say, Show, Do, Review + **No laps, lines or lectures!**
- ⚽ Maximize the time they have their **feet on the ball**
- ⚽ **Development points:** passing strength & accuracy, advancing the ball, penetration, **charging & shielding**, using the full width of the field, crossing & finishing, **set plays on corner kicks, goal kicks and free kicks**, defensive help, offsides
- ⚽ Take frequent water breaks
- ⚽ Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- ⚽ Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- ⚽ Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap
- ⚽ For every practice and game, Coach is the last one to leave the field

## YOUR REQUIRED TRAINING:

- ⚽ No soccer experience necessary
- ⚽ Most can be done **online** from your couch 😊
- ⚽ Must complete: Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘AYSOU’; Safesport requires a separate login
- ⚽ Must also complete **in-person 14U ‘intermediate’ coaches training** administered by a certified trainer
- ⚽ Background check and training paid for by AYSO
- ⚽ Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- ⚽ Games are scheduled for **1 hour 30 mins on Saturday**
- ⚽ We play **11v11** (10 position players + 1 keeper)
- ⚽ **35 minute halves** + quarter breaks determined by refs
- ⚽ Make a **lineup** before the game: **Everyone Plays** at least two quarters; okay to specialize
- ⚽ Connect with the opposing coaches before the start of the game
- ⚽ A **referee** will be provided by AYSO
- ⚽ Help create an environment where the referee is respected & no one should be challenging calls
- ⚽ No “live” substitution
- ⚽ If the score gets lopsided quickly, communicate with the other coach and **keep things positive!**
- ⚽ Coaches coach, Parents cheer! (See [Parent Pledge](#))
- ⚽ **Good Sportsmanship:** shake hands, thank the ref