



U13 & up – required skills

To play any system successfully, players must be properly prepared for their positions in terms of technique, tactics, coordination and psychology.

GENERAL KNOWLEDGE

- FIRST TOUCH/CONTROL
- DRIBBLING
- LONG PASSING
- SHORT PASSING
- TURNING
- SHOOTING/FINISHING
- HEADING
- DEFENDING/TACKLING
- TACTICAL APPLICATION
- MOTIVATION/DISCIPLINE
- SPORTSMANSHIP

Game Knowledge

Understanding basic team concepts such as depth, width, balance and individual player responsibilities.

Recommended formations:

Formation 1-4-4-2 <ul style="list-style-type: none">• 1 Goalie• 4 defenders• 4 midfielders• 2 attackers	(or)	Formation 1-4-3-3 <ul style="list-style-type: none">• 1 Goalie• 4 defenders• 3 midfielders• 3 attackers
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Practice / Activities / Equipment:

- Three to four 75 - 90 minutes training sessions per week is recommended
- Individual skills: warm up with a ball,
- Group Skills: 4v1, 5v2 – 1 or 2 touch & develop towards activities where 6-8 players work together with one ball between them with simulated game condition activities, directional games, zones or targets
- 11v11 scrimmages
- Shin guards, water bottle, soccer cleats, Size 5 soccer ball.

Skills Defined

<p><u>Technical Skills</u></p> <ol style="list-style-type: none"> 1. Dribbling with the ball to attack space and to beat defenders (1v1s) 2. Passing with inside and outside of foot. 3. Shooting techniques (driven shots, volleying etc..). 4. Turning with the ball to beat a defender 5. Receiving the ball on the ground / air 6. Shielding under pressure 7. Heading the ball 8. Ball & body control 9. Penalty kicks/shootouts 10. Kicking & passing styles 11. Feinting & change of direction 	<p><u>Tactical Skills</u></p> <ol style="list-style-type: none"> 1. Combination play 2. Defensive principles 3. Attacking principles 4. Transition play 5. Changing point of attack 6. Possession play 7. Positional play 8. High / low pressure 9. Restarts 10. Creating space/vision 11. Counter-attacking 12. Analyzing scoring opportunities
<p><u>Fitness Skills</u></p> <ol style="list-style-type: none"> 1. Basic Speed 2. Running 3. Endurance 4. Footwork coordination 5. Flexibility 6. Strength & Power 7. Nutrition 8. Plyometric training 9. Sprinting 10. Gym 	<p><u>Mental Skills</u></p> <ol style="list-style-type: none"> 1. Concentration 2. Winning Habits 3. Motivations 4. Leadership 5. Preparing for competition 6. Team building 7. Communication 8. Determination 9. Willpower 10. Confidence 11. Reading the game



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