

# **Muhlenberg Soccer Association**

## **U13 & U14 Coaching Objectives**

U13 & U14 players should develop the following:

### ***DRIBBLING***

- Mastered 3 or 4 moves to beat an opponent
- Create space for support (dribble at defender with speed)
- Aware of proximity of support and defenders

### ***KICKING***

- Can swerve the ball
- Accurate chipping
- Shoots under pressure, aggressively and dynamically
- Accurate passing up to 30 yards, correct ball speed, and side of receiver

### ***BALL SKILL***

- Slide tackles
- Fluid turns under pressure
- Use shoulder charging
- Effectively use air and ground balls
- Directional heading
- Power heading

### ***TACTICS***

- Verbal and non-verbal communication
- Shepherds attackers wide
- Controls game speed
- Good use of body position to protect ball or affect playing angles
- Understands balanced formations
- Sets offside traps
- Instinctively plays in supporting triangles
- Aggressive on and off the ball (first to it)
- Understands cover defense