

MN RUSH U13 Development Curriculum

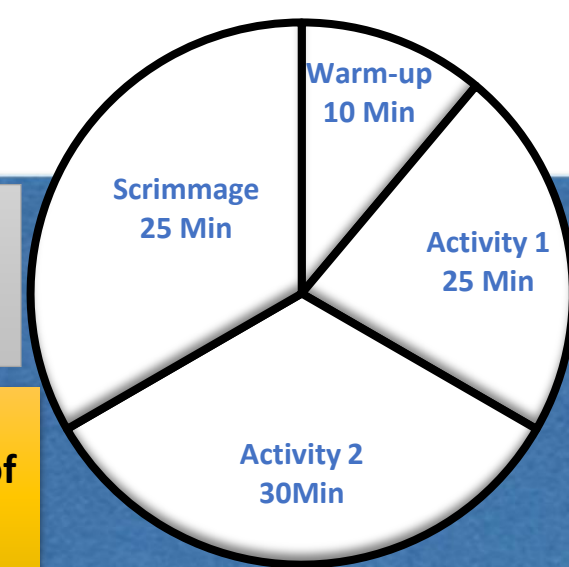
“They won’t care what you know until they know that you care”

OBJECTIVES

- Movement Education: 10%
- Technical: 50%
- Tactical: 40%

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:7
- Size 5 ball
- Session: 90 minutes
- Games: 70 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments



BY THE END OF THE SEASON PLAYERS SHOULD...
be competent in all aspects of shooting and finishing, be able to receive the ball out of the air under minimal pressure, be able to play with limited touches, be aware of the roles and responsibilities of various positions.

Activity 1 = Small Sided Game
 Activity 2 = Expanded Small Sided Game

GENERAL CHARACTERISTICS*

- Better able to deal with flighted balls
- Can sequence thoughts and actions to perform more complex tasks
 - Can use abstract thought to meet the demands of the game
 - Should be able to simultaneously run, strike the ball and think
 - Fertile period to learn – full of eagerness
 - Important psychosocial implications for a child entering puberty
 - Popularity influences self-esteem
 - Improved coordination
 - Significant physical differences exist between the genders now
 - Strength and power becoming factors in performance

TECHNICAL

- Half volley
- Passing outside of the foot
- Finishing - breakaway
- Shooting-distance
- Aspects of goalkeeping
- Receiving ball out of air

TACTICAL

- Zonal defending
- Combination play
- Underlap
- Functional play - GK, defense, mid, fwds
- Aspects of goalkeeping changing the point of attack
- Speed of play
- Spatial awareness

**General Characteristics from the US Soccer Player Development Model*