

MN RUSH U14 Development Curriculum

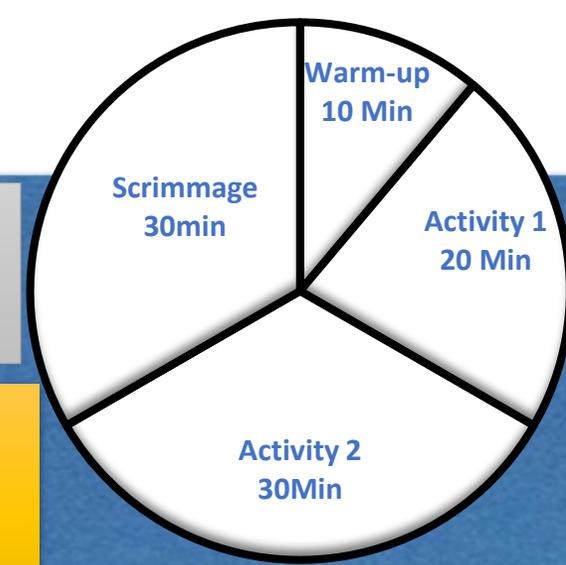
“They won’t care what you know until they know that you care”

OBJECTIVES

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

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 60 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments



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

BY THE END OF THE SEASON PLAYERS SHOULD...
 be competent in all aspects of individual defending (clearing, tackling),
 be able to pass through or over an opposition’s line (ie. Midfield line),
 be able to recognize when to possess vs. when to penetrate,
 recognize and execute recovery runs.

GENERAL CHARACTERISTICS*

- The more advanced U-14 players are able to execute the range of skills, but most others are still developing previously taught skills
- Important psychosocial implications for a child entering puberty – early or late
- Popularity influences self-esteem
- Tests limits - a know-it-all attitude
- Fertile period to learn – full of eagerness
- Tend to be quite self-critical and may need regular positive reinforcement
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals
- Rapid growth spurts of the skeleton

TECHNICAL

- Defensive clearing
- Tackling
- Block
- Slide
- Volleys
- Passing over distance

TACTICAL

- Possession vs. penetration
- Retreat and recovery
- Defining the numbering system (ie, a number 6 getting the ball off 4,5 to start the attack)

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