



# MN RUSH U15 Development Curriculum

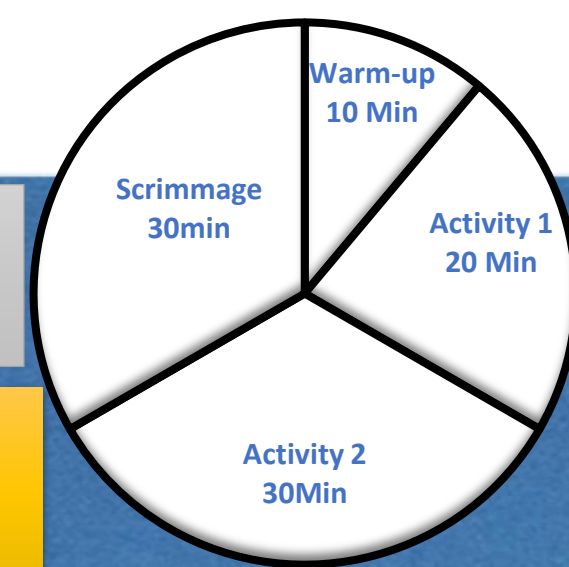
“They won’t care what you know until they know that you care”

## OBJECTIVES

Movement Education: 10%  
Technical: 30%  
Tactical: 60%

## ORGANIZATION

- Heading allowed
- Offsides IN EFFECT
- Ball to Player Ratio 1:1 to 1:8
- Size 5 ball
- Session: 90 minutes
- Games: 80 Minutes [11 v 11]
- 2:1 practice to game ratio
- Max of 3 tournaments



**BY THE END OF THE SEASON PLAYERS SHOULD...  
be able to bend the ball, recognize when to implement high vs. low pressure, be able to understand situational play (goal up/goal down).**

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

## 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

- Bending Balls
- Passing
- Shooting

## TACTICAL

- High pressure
- Low pressure (line of confrontation)
- Patterns of play / shadow play
  - Situational play- goal up/ goal down, etc.

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