

The 14U Player Characteristics

Mental/Psychological (cognitive)

Crucial period for learning...will ask questions
Initiation of thinking as an adult in the adult environment...more players, larger field
Improved ability to sequence thought and actions and perform more complex tasks...can anticipate possible outcomes based on the recognition of visual cues
Ability to use more abstract thought to meet the demands of the game (i.e. well-timed overlapping run)
Use more of their teammates to solve game problems
Training must replicate the game

Physical (psychomotor)

Continue to gain a tremendous amount of physical strength, endurance and power
Flexibility training is key to prevention of injury
More confident with physical technical demands above their waist (receiving with the chest; heading the ball)
Goalkeeping skills are becoming refined
Overuse injuries occur when age appropriate development is ignored
Height for boys ranges between 5'3"-5'6" and weight ranges between 105 and 125
Height for girls ranges between 5'3"-5'4" and weight ranges between 105 and 115
Some boys are just reaching puberty, which impacts how they feel about themselves and how they are treated by their teammates.
The onset of puberty brings a growth spurt that affects their balance and coordination; they gain strength and power, but temporarily lose agility and suppleness

Socially (psychosocial)

Gender differences are more apparent
Whether a child enters puberty early or late has important psychological implications regarding relationships with their teammates
Spend more time with their friends and less time with their parents
Children tend to conform to peer pressure
Becoming more outgoing and confident...loves competition
Their values impact their ethical and moral behavior on and off the field