

What to Teach 14U Players (Game Components)

Technique (skills):

Dribbling

To beat an opponent (penetration); to possess (shielding)

Feints with the Ball

Subtle body movements to unbalance the opponent

Receiving Air Balls with Feet, Thighs and Chest

Quality of 1st touch: away from pressure; to beat an opponent

Heading to Score Goals, To Pass and for Clearances

Timing, accuracy (direction) and pace

Finishing

Chipping; bending; toe; off crosses

Passing

Short; long; chipped bent

Deceptive use of foot surface (toe, outside of foot, heel)

Crossing (placement)

Near post; far post; penalty spot

Slide Tackle

Constructive (to win possession of the ball)

Destructive (break up play and/or delay game)

Goalkeeping (skills)

Footwork for Goalkeepers

Post to post (lateral); forward and backward

Throwing

Side-arm; round-house; baseball

Kicking

Drop-kick (driven); side volley from hands

Diving

Step and Collapse (low)

Step and slide onto forearms and thighs (forward)

Angle Play

Fast footwork; body shape

Parrying and Boxing

One hand, two hands