



U14

Player Syllabus

In Possession

Take up the correct position to receive the ball from the goalkeeper.

Out Of Possession

Sprint with ALL your recovery runs, NEVER jog back into the correct place.

Transition - Winning The Ball

Support the player with the ball using SAFETY, LATERAL and HIGH positions

Transition - Losing The Ball

Learn how to delay the opposition with correct body shape.

General

Always work as a team - support each other - it is not a game for individuals.

Each week pick one of the above and try to apply it to everything you do!