

2008 Region 1 ODP U14 (94's) curriculum

Our goal is to continue the development process for this age group that began at the regional level last year. We are looking to teach players how to apply their increasing sophisticated technical expertise to more advanced tactical concepts of attacking and defending, (moving from individual to small group and from basic technical to functional).

We want to continue to compliment and support our local clubs in Region 1 and the State team programs who provide these players with the training environment to continue to develop their technique under pressure. The Regional level player should be confident on the ball and should be able to solve pressure with composure. She should also continue to grow her confidence to use deception and flair in attack. We hope to be able to introduce more sophisticated applications of technique and tactical development in our regional training environment.

The more we utilize small-sided games (4v4-6v6) and game-like demands, the more realistic it will be for the players to problem solve and apply their learning in the moment. Training should always get players into the game (7v7-11v11) for the last portion of the session.

1.) Possession with penetration

Areas of focus: receiving ball facing forward with first touch, timing of runs to initiate passes, decisions of when to play forward immediately, and when to keep the ball and play back or laterally. Quality and choice of pass, team shape.

2) Group defending

Areas of focus: team compactness, responsibilities and coordination of lines of defense, decisions of when to step and apply pressure, and when to drop as a group.

3) Target play

Areas of focus: timing of runs by forwards and attacking players, technically keeping the ball with back to goal, movement and support off the ball when playing into forwards, dynamic runs in the final third of field

4) Technical ability

**Areas of focus: long ball passing- striking balls with accuracy, power, texture, serving different kinds of balls
Attacking and defensive heading. Technique, timing, power.**