

RIO RAPIDS SOCCER CLUB

U13 Age Group Objectives

Objectives	Technical	Improve individual and collective soccer techniques - both feet
	Physical	Develop speed, change of pace, co-ordination and balance with and without the ball
	Psycho-Social	Self discipline, competitiveness, ability to maintain emotional balance
	Tactical	Decision making - technical & tactical Basic understanding of roles and responsibilities
Organization	Players per team	16-18
	Player to ball ratio	3 or 4:1
	Training to game ratio	3:1
	Session time	90 minutes maximum
	Game format	11v11
	Session structure	Technical warm-up activity related to phase/theme/principle - 20 minutes
		Physical warm-up and injury prevention (dynamic stretching, FIFA 11+) – 10 minutes
		Whole activity focused on phase/theme/principle - 20 minutes
Part activity focused on phase/theme/principle - 20 minutes		
Small sided game focused on phase/theme/principle - 20 minutes		
Recommended minimum playing time	Players given the appropriate playing time and starts to support their continued development	
Recommended playing positions	Train players in primary & secondary position	
Recommended min. coaching license	Premier Track-C License; Academy Track-D License; Club/Team Track-E License	
Outcomes	Players will be capable of:	Consistent passing technique
		Consistent receiving technique
		Individual confidence in possession
		1v1 defending - control & competence
		Basic understanding of zonal defending
		Ability to build play through defensive & midfield units
		Ability to use collective play to penetrate
		Final third movement & execution
		Understanding 1 playing formation
		Understanding of roles and responsibilities



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	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Introduce Passing - Outside of foot (Speed & Weight)	Develop disguise in ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Master moves to beat a defender	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Master moves to turn away from a defender	Passing driven, chipped, lofted and bent balls	Master receiving - Inside of foot		Color Key
	Develop shielding while dribbling	Develop Crossing techniques - bending/driven/clipped	Master receiving - Outside of foot		Priority
			Develop receiving - Aerial - Chest, Thigh, Head		Secondary
		Develop peripheral awareness of surroundings prior to receiving ball		Third	
Physical	Agility, Coordination & Balance	Change of Direction with and without ball	Flexibility & Mobility (Warm Up & Cool Down)	Aerobic & Anaerobic Conditioning	Introduce ACL injury prevention training/warm-up
	Nutrition	Rest and recovery			
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Self Discipline	Competitiveness/Desire	Responsibility	Appearance
	Commitment	Emotional Balance	Leadership		
Tactical	Possession Phase	Defending Phase	Organizational		
	Penetration v possession	Introduce defending 1v2	Set Piece Organization		
	Possession to Progress - Playing through lines	Introduce Zonal Defending in 3s and 4s	Understanding 1 playing formation		
	Possession to Imbalance - Overloads/Interchange & Movement	Basic Pressing Tactics			
	Final Third - Finishing				
	Refine Roles and responsibilities				
Transition to attack & defense					