

U13-U14 Recreation Game Day

Game Day

Traditional 11v11 has arrived with all the rules and standard halves. The scheduled game time is the time the game should start. Please arrive at the fields 30 min early with your formation sheets in order to warm up before game time!

[Printable Formation Sheet](#) Understand the [4-2-3-1 formation](#) Formation

Warmups

- Upon arrival: Players should juggle, pass the ball together, or do rondos until the whole team arrives
- Dynamic warmups: 5min
- Foot Skills 5min
- Squarre/Diamond Passing 5min
- Rondo Passing 5min
- Have a quick discussion reminding them of the week's lesson and what you are looking for that week. 2min
- After 25 min, Practice your [formation](#) buildout with [4-2-3-1 formation](#). Teach only one pattern per game (This may take an entire season for many to understand just one).
- Trust the process!

General Rules

U11-U12 are fully capable of increased expectations. Coaching should consist of reinforcing the lessons from the previous week's training. Occasionally remind them of the key concepts and to work together. The goal at the end of the season is for them to learn more advanced tactics. Individual skills are a must. Match rules need to be followed.

- 11v11 format (max roster is 14-16)
- Size #5 soccer ball
- GOALIES Needed
- Refs
- Two 30 min halves, 5 min half time
- Each player must play a minimum of 50% of each half (for which they are present)
- Encourage a diamond shape and team formation
- Both coaches are on the sidelines of the field to assist/direct players one on each half. We should be helping both teams out with minimal coaching.
- Players need to switch sides at halftime.
- **There is a 7 goal spread mercy rule.**
- U13-U14 are fully capable of self control. If your team is much stronger than the other team, use the subs or half time to find creative ways to make the match more balanced and ensure that both teams are having fun. Some suggestions include:
 - Make a game of it and have players kick using their left/nondominant foot
 - Play all your weaker players at one time to allow the other team to score
 - Let the other team control the ball all the way to midfield before you contest the ball
 - If the other team is short players or has no subs and the other coach would like some help, see if you have a player or two who are willing to play with them.