
AGE GROUP OBJECTIVES

These coaching objectives are intended to provide coaches with goals/objectives when working with any age group of Ranger player. The objectives provide areas of focus that should help coaches organize their time and energy over the course of a season. As coaches we need to have an understanding of the players we are coaching. If the coaches have an understanding of their players as well as the objectives outlined below, it can provide a road map for the overall soccer development of their players.

U13-14

1. Evaluate players and get them on the correct teams.
2. Development of individual technical skills under pressure.
 - Consistent short and long distance passing (ability to strike a driven ball).
 - Consistent ability to receive the ball with different surfaces and be constructive with first touch.
 - Ability to take players on 1v1.
 - Ability to finish open chances off crosses, through balls, drops, and combinations.
3. Teach principles of Possession.
 - Spread out and establish proper shape.
 - Open your body to the field.
 - Square support and through support.
 - Pass and move into space.
 - Know what you are going to do before you receive the ball.
4. Get in the habit of looking over your shoulder while the ball is moving to you (head checks).
5. Physical Fitness.
 - Improve quickness of feet (ladder work).
 - Improve balance on one foot and both feet.
 - Increase agility (change direction quickly).
6. Ability to apply principles of defending in 1v1, 1v2, and 2v2 situations.
 - Delay the ball.
 - Tracking back.
 - Helping the defender on the ball (cover).
7. Begin Team Building, character building (responsibility), and mental toughness.
8. Introduce small group decision making.

U15-16

1. Team Defending 3v3, 4v4, 5v5.
 - Get compact when you loose the ball.
 - Slow the ball.
 - Cover the defender on the ball.

- Understand the role of the weak side defender (balance).
 - Communication.
- 2. Improve team shape 5v5, 8v8, 11v11.
- 3. Improve combination play.
 - Angles of support
 - Timing of runs.
 - Takeovers.
 - Wall pass.
 - Overlap.
 - Third man run.
- 4. Position specific training for example outside mids crossing the ball.
- 5. Improve speed of play.
- 6. Strength Training.
- 7. Ability to apply the principles of attack.
 - Support.
 - Creating Space.
 - Balance.
 - Penetration.
 - Improvisation.
- 8. Set Plays.
- 9. Ability to read the visual cues of the game.
 - If the opponent is flat in the back try to play a penetrating ball.
 - If the ball handlers head is down facing away from the field we can double team on defense.
 - Etc.

U17-18

1. Improve positional play.
2. Improve strength and conditioning.
3. Complete understanding of team attacking tactics.
4. Complete understanding of team defending tactics.