Lancaster/Depew Soccer Club

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USSF National Youth License
F.A. Psychology for Soccer - Level 1
NSCAA National Diploma
USSF D - License

Expectations of a teenage player:

The prime objective at these ages is to improve technical mastery. You will find the difference between a good player and a great player is first touch. Speed and aggressiveness doesn't mean you're a good player anymore at these ages. Players will tend to have more confidence working with the ball and will show positional responsibilities. Possession with the ball and build up play from the defense start to come together. No more "kick and run" style soccer.

Players are now less focused on individual and more focused on team performances. The coach must continue to provide an exciting, challenging, respectful and thought provoking environment to keep the player performing at a high level of play. Keep the technical training environment focused working under pressure. Use sessions with a high degree of creativity and challenging dilemmas. These sessions should still be formulated with repetition in mind but with the demands of a higher degree of speed and pressure. Emotional capabilities are now evident and can be focused on not just soccer skills and planning but life skills and planning. Make sure you continue with activities and not drills at these ages. Players are constantly moving during activities which is helping them on their fitness as well. A sign of good conditioning program is one where the players don't notice they are working on there fitness. Training is now more on a specific position. Decision and reaction training should take place under pressure.

Encourage players to measure their performance by improvements in their own personal levels of proficiency and ability. Provide competitive challenges for players. Be liberal with praise. Most players prefer coaches who shout praise and whisper criticism rather than visa versa. Try to provide a meaningful feedback to every player at least once each training session and game. Make practices meaningful, fun challenging and exciting.