



U14 QUICK COACHES GUIDE

- We strive to HAVE FUN while learning the game of Soccer.
- At this age you have a wide range of experience. Most players will have soccer experience.
- No Laps, No Lines, No Lectures. If a child is being disruptive to the point of you being unable to run the practice, ask his/her parent to be involved.
- Players come in all shapes, sizes and abilities please be inclusive.
- Remember that players look up to you. Choose your words carefully. **Kids are learning sportsmanship from you.**
- Your goal is to have the players want to come back and play again.
- We appreciate your time, effort, commitment, great attitude and your smile.
- We continue to focus on dribbling to encourage aggressive attacking players as they grow and develop. Let the kids dribble and work on this skill now. Let them make mistakes. Continue to Encourage passing to move the ball up the field as well as dribbling. Continue to teach offensive and defensive positioning.
- We play small-sided games to help players learn the game at a faster pace. This also helps kids improve because they have more opportunities on the ball building confidence over time. We want our players to be physically efficient on the field. All players should be moving as the ball moves. Defenders shouldn't constantly be standing directly in front of the goal. Defenders can be involved in goal scoring too! Referees are used in U14.

U14 LAWS OF THE GAME

- U14 is playing 7 v 7 with goal keepers and a size five ball
- U14 is 6 field players and 1 goalie
- U14 plays two 26-minute halves with 5-minute halftime
- U14 SWITCHES SIDES at half
- Off-sides is called
- Penalty kicks are allowed.
- All players rotate positions when possible.
- Heading the ball is allowed.
- Don't allow players to play goalkeeper for more than half of a game.
- All players need to take a turn in GK.
- Have a plan for rotation of your players. Make sure to have a time keeping device.
- **ARS official U14 rules in detail are on the ARS website.**