



**Brunswick Soccer Club  
Coaching Guidelines  
U14/U16 House Program**

Revised: April 2025

## **Overall Coaches Guidance----A Page for Success**

### **Brunswick House League Coaches' Responsibility**

1. Make it FUN and SAFE.
2. ALL PLAYERS PLAY EVERY GAME and playing time should be as equal as possible.
3. Develop Sportsmanship and Soccer Etiquette.
4. Develop Soccer Skills.
5. Teach Soccer basic principles.

### **Make it FUN and SAFE**

1. Keep practices interesting. Change drills and games before players show signs of boredom! Do not lecture; teach and encourage. Let them PLAY!
2. Spend little time standing. Keep them moving from activity to activity.
3. Keep games and practice competitive----match best players against best players.
4. Do dynamic warmups and stretches—may be not so important now-but it will be.
5. No sliding tackles and no heading the ball.
6. Protect your players and opponents.
7. Make sure kids have proper equipment (ball size 4, shin guards). Pick up any debris on the field.

### **All Players play every game.**

1. Each player should have an opportunity to play both offense and defense each game.

### **Develop Sportsmanship and Soccer Etiquette**

1. Practice good behavior as a coach. NO swearing, NO throwing things, NO offensive remarks, etc...
2. Show praise and encouragement to all players no matter their skill level; this is likely their first experience with soccer and possibly a team sport.
3. Work with your parents to encourage all players.

### **Develop Soccer Skills**

1. Show or have someone show players how! Make it a point of every practice to review a skill. (Kicking, trapping, throw- ins, passing, use of both feet, etc.)
2. Allow for as many touches on the ball as possible per practice.
3. Encourage experimentation.

### **Develop Soccer Tactics: Identify something you want to teach each practice (defending, passing, formation, etc)**

1. Build (1 vs. 1, 2 vs. 1, 2 vs. 2)
2. Spread the field (set cones to define boundaries and areas of play for players, including a goal box)
3. Whatever you want to teach, make sure you do what is necessary to favor the player so that they build confidence.

## **Ten Commandments of Youth Soccer**

Brunswick Soccer places emphasis on the DEVELOPMENTAL aspects of soccer in its house league. Players are taught skills, practice them, and attempt to use those skills on a field under game conditions. We ask that you read and follow the Ten Commandments of Soccer—your children will have a better soccer experience for it.

1. Applaud good play by players on both teams.
2. Recognize that soccer is a game, and games are supposed to be fun.
3. Notice that each child will not improve dramatically each game but will probably improve gradually throughout the season. Encourage each child to improve in a positive manner.
4. Set reasonable expectations for each child or his/her team's performance recognizing that they are children learning how to play. They are not adults or professional players.
5. Encourage coaches, the opposing coaches, or players on either team.
6. Endeavor to learn as much as you can about soccer, its techniques and especially the rules of the game; a game your child has chosen to play and enjoy.
7. Acknowledge that the coaches are unpaid volunteers who do this so children can learn and enjoy soccer. Respect their decisions. Parents should volunteer to help, whether it is cleaning up after a game, or helping to coach, or some other job that helps the club.
8. Understand that players may get nervous before each game, and that the game should be kept in perspective, regardless of the outcome.
9. Respect the decisions made by the referees.
10. Recognize that Club Officials (Referees):
  - A. Have the last word on the field,
  - B. Have the full backing of the Board of Directors through the Referee Coordinator,
  - C. Are in full control of the field of play which includes the sidelines, players, coaches and parents on the sidelines,
  - D. Are human and are also learning.

## RULES SUMMARY FOR U14/U16

Length of Game	(2) 30-minute halves. Breaks: 5-10 mins at half
Ball Size	5
Number of Players	9 v 9 (8 field players, 1 goalkeeper)
Offsides	Yes
Direct Kick	Yes
Penalty Kicks	Yes
Referees	One provided by club
Build out Line	No
Heading Allowed	Yes

- Goal keepers: Goal keepers are to be identified by distinctive colored jersey or pinney.
- Equipment:
  - All players must wear shin guards while on the field inside their soccer socks.
  - If a player wears shoes with cleats or spikes, the cleats or spikes must be rounded with no sharp edges and constructed of rubber or other pliable material. Metal and hard plastic cleats or spikes are not permitted.
- Players must remove any sort of jewelry (watches, rings, necklaces, earrings, etc.).
- Throw-ins and Goal kicks: Allow extra throw-in or goal kick if done incorrectly. If second throw-in is incorrect, ball switches to the other team.
- Fouls and Misconduct: The general rules of FIFA are used including off-sides, indirect kicks direct kicks, and penalty kicks.
- Dangerous Play: Players must be "on their feet" when playing the ball. Sliding kicks or kicking while down on the ground will be considered dangerous play.
- Player Substitutions:
  - Substitutions by either side are allowed at any time there is a stoppage in play.
  - Players may re-enter the game any number of times.
- Litter: Each team is responsible for picking up its own litter (bottles, cups, candy-wrappers, etc.) after each game; this includes the litter of spectators.
- Injury: Play shall be stopped immediately when any player is injured. Coaches should wait for the referee to stop play prior to assisting injured player.
- Dangerous Conditions: No games or practice are allowed during lightning storms. No playing until 30 minutes after the last lightning strike. Games will be cancelled/postponed on the field at the start of the game. Fields will only be closed by the Field Director/Committee. Games will not be rescheduled without the knowledge and approval of the Scheduling Director.
- Practice Space: Scheduled games, house or travel have first priority on field use. Scheduled clinics have second priority. Use of fields for practice is third priority. When conditions warrant (overcrowding), any one team may use only half of a field exclusively. Please work together and cooperate with each other. We are all part of the same team!

## **Developmental Training for U14/U16**

### **Technical:**

1. Teach Passing, Trapping (especially chest traps), shooting, tackling, dribbling, shielding, and game situations like throw-ins, goal kicks, corner kicks, penalty kicks and free kicks (both direct and indirect).
2. Work on juggling.
3. Work with your keepers and teach throwing and distribution.
4. Introduce directional trapping away from pressure.
5. Introduce the keeper as the last defender. Introduce passing back to the keeper.
6. Teach footwork and soccer moves. Build confidence on dribbling and challenging players.

### **Tactical:**

1. Teach principal of attacking, defending, transition and possession. Teach team shape of Triangle, Square/Diamond. Teach that the game is made up of Squares, Diamonds and Triangles.
2. Spacing as a team is important. Do not leave the defenders on the goal box to chat with the keeper.
3. Work on passing and possession---Show that passing can move the ball faster than dribbling. Stress the importance of letting teammates get the ball. Introduce change in direction, back passing, playing/running to space, switching the field.
4. Introduce the concept of keeping defensive balance on the field and off-sides.
5. Introduce the concept of unbalancing the field during attack.
6. Teach that passing the ball wide from the defense is usually better than up the middle, and how on offense going to the corner and crossing the ball is a good means to attack.
7. Work on goal kicks, indirect kicks, corner kicks and throw-ins.
8. Concepts of zonal defense-pressure, cover, balance and man to man marking.
9. Communication with teammates including “man on”, “turn”, “here”, etc.
10. Sideways on checking to the ball, receiving on back foot.

### **Psychological:**

1. Fun, Fun, Confidence
2. Work on a team spirit!
3. Teach sportsmanship and fair play.
4. When they make a mistake, let them know every player makes mistakes and there is nothing to worry about!

### **Physical:**

1. Running, lateral movement-in practice have drills where they are running until they get tired-use the average kid as your benchmark-the stronger kids can do extra without them knowing, have them shag errant balls, have them demonstrate etc.
2. Work on foot speed, changing direction and acceleration.

## Goals/Player Actions – U14/U16

	Goals	Actions
Offense/Attacking	<ul style="list-style-type: none"> <li>• Move the ball forward.</li> <li>• Create chances to score goals.</li> <li>• Score goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot</li> <li>• Pass or dribble forward.</li> <li>• Spread Out.</li> <li>• Create passing options.</li> <li>• Support the attack to goal.</li> <li>• Create a 2v1 or 1v1.</li> <li>• Change the point of attack.</li> <li>• Change the pace/rhythm of game.</li> <li>• Switch Positions (Cover defense on overlap).</li> <li>• Movement on and off the ball.</li> </ul>
Defense	<ul style="list-style-type: none"> <li>• Prevent the ball from going forward.</li> <li>• Deny chances for the other team to shoot on goal.</li> <li>• Prevent goals from scoring.</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the ball.</li> <li>• Steal the ball.</li> <li>• Make it compact.</li> <li>• Keep it compact.</li> <li>• Pressure, Cover, Balance.</li> <li>• Outnumber the opponent.</li> <li>• Stay involved.</li> <li>• Mark the player/mark the area.</li> <li>• Movement on and off the ball.</li> </ul>

## Suggested Team Shape

### 3-4-1

3 defenders - 1 central and 1 on each side. Defense should move as a unit for pressure cover balance to each side.

4 midfielders - 2 central and 1 on each side - wings. Center midfielders should be further defined as one being more defensive and one more offensive.

1 target or striker - finding lanes for forward passes.

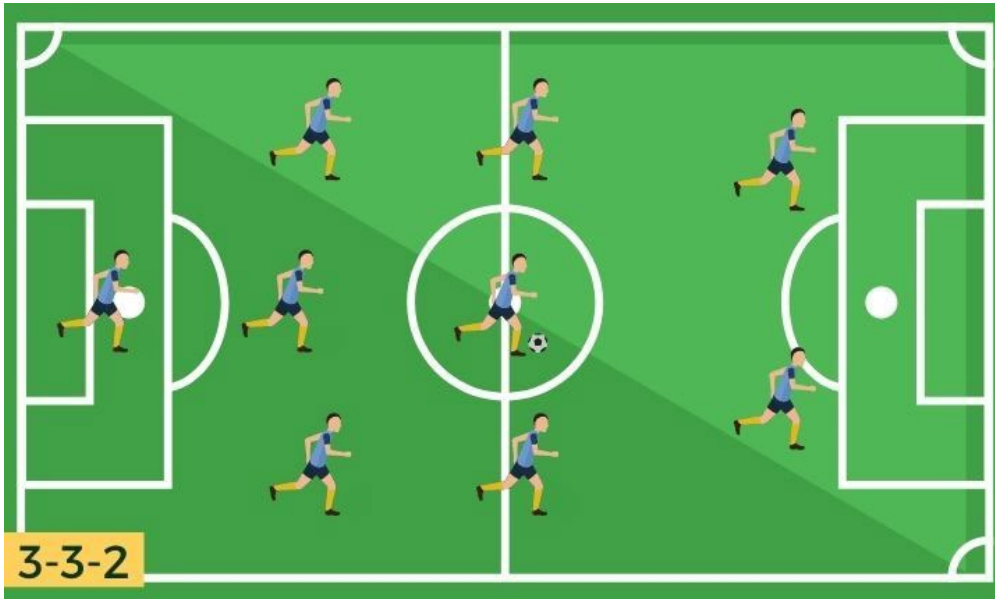


### 3-3-2

3 defenders - 1 central and 1 on each side. Defense should move as a unit for pressure cover balance to each side.

3 midfielders - 1 central and 1 on each side - wings.

2 targets or strikers - finding lanes for forward passes.



### 3-1-3-1

3 defenders - 1 central and 1 on each side. Central defense serves as a sweeper - last defense before goal. Outside defense should stay wide.

1 defender called stopper. The stopper is first to pressure the attack but should also be encouraged to make runs up on offense.

3 midfielders - 1 central and 1 on each side - wings. Center midfielders should be further defined as one being more defensive and one more offensive.

1 target or striker - finding lanes for forward passes.

