U14 Virtual Coaches Session

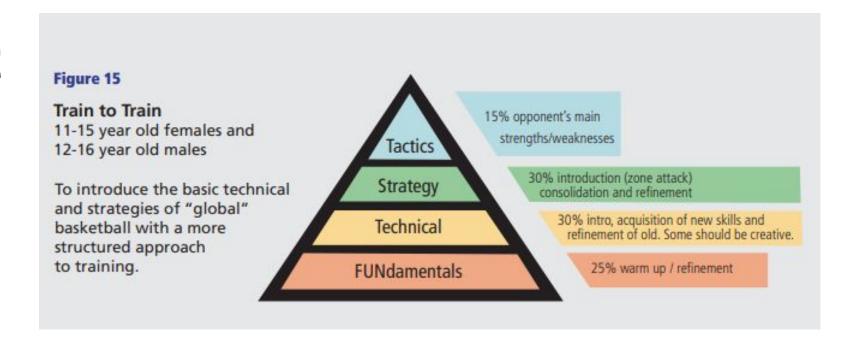
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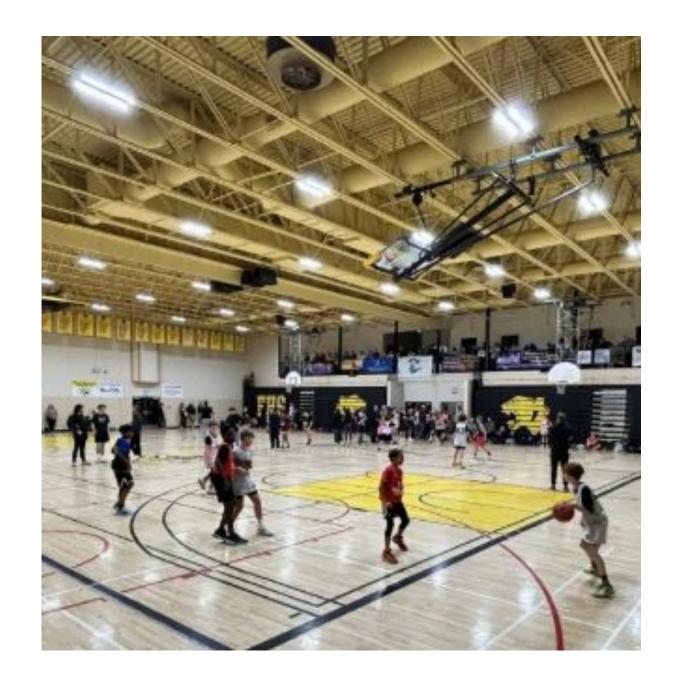


Long Term Athlete Development



Philosophy

- We are not training skills in isolation
- The decision is as important as the skill
- The best way to create decisions for the offense is to play against defense



Overall Themes

- 1) Fundamental Skills and Decision Making
- 2) Team Offensive Concepts
- 3) Team Defensive Concepts

Fundamental Skills

Decision Making

Ballhandling	Passing	Shooting
Finishing	1 V 1 Play	Getting Open

Team Offensive Concepts

Playing With an Advantage		Creating ar	Creating an Advantage	
Spacing and	Transition	Off-Ball Triggers to	On-Ball Triggers to	
Penetration	Offense	Create an	Create an	
Principles		Advantage	Advantage	

Defensive Concepts

Individual and Team Defense

Individual Defense General Team Philosophy Guarding Triggers Finishing Possessions

Season Planning at U14

Early Season	Mid Season	Late Season
Fundamental Skills	Creating advantages	Individual and team solutions vs different defenses
Spacing and Penetration Concepts	Off ball Triggers	Tactical Situations offensively and defensively
Transition Offense and Defense	On ball triggers	
Decision Making – 0.5 decisions and playing with an advantage	Cancelling Advantages defensively	
Defensive Philosophy		

 Concept Based vs specific tactics

Teach Players How to Play

What is Included

- 6 full practice plans covering conceptual offensive ideas
 - 1 v 1/Finishing Solutions
 - 0.5 Decisions
 - Spacing and Penetration Principles
 - Transition Offense Concepts
 - Playing through the post
 - Creating an Advantage Stampedes and Blast Cuts

What is not Included

Specific Tactical Breakdowns

Set Plays

Defensive Focused Practice

Breakdown of how to teach skills

Documents

Skills and Concepts

Sample Practice Plan

Questions



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