

4-Day Soccer Skills Development Camp (Ages 12-14)

Overview:

This 4-day camp plan follows U.S. Youth Soccer standards and targets the 12-14 age group. Focus areas include technical refinement, tactical development, and physical literacy.

Age Group Characteristics:

- Higher tactical understanding and cognitive capacity
- Intense technical and physical readiness
- Developing game intelligence and position-specific play

Daily Structure (2 Hours per Day):

- 0:00-0:15 - Warm-up
- 0:15-0:30 - Technical Station Work
- 0:30-1:00 - Functional/Positional Drills
- 1:00-1:30 - Tactical Games
- 1:30-1:50 - Match Play (6v6/7v7)
- 1:50-2:00 - Cool Down & Reflection

Day 1: Possession & Support - "Keep the Ball"

Warm-up:

- Rondo Circles (4v1 or 5v2)

Technical:

- Passing & Receiving under pressure
- Half-turn touches

Functional Drill:

- 3v1/4v2+target build-up

Tactical Game:

- 4v4+3 with focus on angles and support

Scrimmage:

- 6v6 with wide neutral players

Reflection:

- What did you do when there was no passing option?

Day 2: Attacking Principles - "Penetrate and Combine"

Warm-up:

- Passing Ladder

Technical:

- Combination Play (give-and-go, overlaps)

Functional Drill:

- 2v1 to goal, transition to 1v2

Tactical Game:

- Directional 5v5 with attacking zones

Scrimmage:

- 7v7, points for 3-pass combos before scoring

Reflection:

- How did you create space for a teammate?

Day 3: Defending - "Protect and Win the Ball"

Warm-up:

- Pressure Chase Relay

Technical:

- 1v1 Defending technique
- Intercept & Delay

Functional Drill:

- 2v2+1 transition defending

Tactical Game:

- Zone Defending Game (team shape)

Scrimmage:

- 6v6 with emphasis on team shape

Reflection:

- What was your most effective defensive action?

Day 4: Game Day - "Think, React, Compete"

Warm-up:

- Tactical Rondo Relay

Skill Review Stations:

1. Passing under pressure
2. Attacking combo into finish
3. 1v1 Defending challenge

Tournament:

- 7v7 Mini World Cup games
- World Cup theme and team talks

Optional Add-ons:

- Bonus rules (e.g., use of overlap)

Cool Down & Awards:

- Stretch, team debrief, and peer shout-outs
- Awards: Best Teammate, Smartest Defender, Creative Playmaker

Coaching Principles:

- Realistic, game-like training
- Emphasis on decision-making and tactical cues
- Four pillars of soccer: technical, tactical, physical, psychological
- Guided discovery and reflection