



U14 - U18 Coaches Handbook

Club Philosophy, Team Management, and General Information

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Values



Leadership

Modeling the way



Respect

One community with everyONE



Fun

We love the game and it shows!



Wellness

Social, emotional, & physical wellbeing above all else



Excellence

Going above & beyond

Long Term Vision



Each program from U4 – U18 will aim to help develop our future adult. It is important to make sure we zoom out and are often looking at the big picture of their 20+ year journey. Don't focus on their current circumstances or abilities, they will have lots of ups and downs on this journey and it's our job to be the support and the compass.

Our Adult Player

Marginal gains to eventual greatness.



The CMF adult player understands the importance of sport in a child's development and is involved (at whatever capacity) in CMF programs as part of the CMF family and the Coquitlam community.



Aims to achieve a good balance in life knowing the importance of good life habits to their mental and physical health.



Demonstrates the virtues of; Respect, fun, leadership, excellence, and wellness in everyday life.



Understands our game. Understands tactics, the importance of technical ability and physical literacy no matter the level of play they have or are playing at.



Our adult player is proud of their achievements in sport with no regrets. They achieved what they set out to achieve and are happy to still enjoy the game as adults.

4 Corner Model



Technical

Ball mastery and execution

- Receiving, turning, dribbling
- Passing, shooting and ball striking
- Pressing, tackling and shielding



Tactical

Game understanding

- Space, support and scanning
- Choices in possession
- Recovery runs and defensive positioning



Mental

Participation and mindset

- Engagement in training and games
- Coachability and resilience
- Consistency over time



Physical

Movement and capacity

- Agility, balance and coordination
- Speed changes and repeat actions
- Competitiveness and safe effort



U14+ Development Pathway



Tier 1 — Emerging

Support players to apply skills in 11v11 while enjoying competition and growth.



Technical — Maintains possession with safe choices; improves passing, receiving, tackling and ball striking consistency.



Tactical — Understands basic 11v11 roles; tracks runners; offers support; recognizes attack/defend/transition moments.



Mental — Shows commitment, respect and accountability; responds to feedback; competes with a team-first attitude.



Physical — Builds match fitness, coordination, strength habits and safe repeat actions.



Tier 2 — Developing

Increase consistency, decision quality and responsibility within team performance.



Technical — Executes skills under realistic pressure; plays with purpose; protects, combines and strikes the ball effectively.



Tactical — Scans early; adapts positioning; understands pressing, cover, support and transition responsibilities.



Mental — Shows resilience, leadership habits and emotional control; influences standards in training and games.



Physical — Competes with intensity; repeats high-speed actions; manages recovery and physical duels.



Tier 3 — Advanced

Prepare top performers for higher-level competition and external opportunities.



Technical — Executes at speed with pressure and fatigue; breaks lines; creates/denies advantages; shows positional quality.



Tactical — Reads game momentum; controls space; adapts to opponent and team game model; impacts key moments.



Mental — Owns preparation; leads by example; handles adversity; shows consistency across the season.



Physical — Sustains high outputs, repeat sprints and duels; manages body and recovery well.

U14+ Program Goals

Enjoyment through challenges

- Creation of an environment where challenges are valued and viewed as enjoyable.
- Understanding the difference between process and result and nurturing a true love for the game.

Development of Technical Ability

- Dribbling, passing, and shooting are emphasized. Preferably being coached within games with low numbers:
 - 1v1's
 - 2v1's
 - 2v2's
- If players do not express a growth mindset towards learning technique because of low success during games. Coaches may need to place further emphasis on isolated technique training.

Game Understanding

- Ensure players understand formation, positional roles, and principles.
- Coach decision making after they have made a decision. This will lead to game understanding.
- Encourage good decision making even when their execution is letting them down. Then teach technique.

Before The Game

30 minutes before kick-off players should arrive. Make sure you are there early to greet players and set up a warm-up. As part of your team culture, you should have a designated activity players will do on arrival. Soon after you should start the FIFA 11+ warm-up.

You can find FIFA 11+ Warm-Up [here](#)

20 minutes before kick-off here is when the team goes through the different coaches' drills to get ready. Have an exercise to get touches, a possession exercise, and a finishing exercise. Each lasting about 5-7 minutes.



Game Management

Playing Time: Players should have balanced playing time to the best of the coach's ability. It will never be exactly fair, but no player should have less than 50% playing time in a league game.

Subbing and Line Changes: Preparation is key. Prepare substitutions prior to the game for easy transition.



Creation of an Environment

Leading a team is very complex and challenging. We want to remind you of a few very important things.

Celebration of outside of soccer accomplishments:

Multisport athletes, musicians, and high academics may be reasons for missing sessions/games. We must learn to celebrate these while maintaining the desired environment within our team. If you are unsure on how to deal with a specific situation, please contact your Age Group Head Coach (AGHC).

Celebrate persistence and effort as much as mastery:

Rewards such as being on the starting line-up and playing time or praising in front of the group should not be limited to the players that have performed well but should be extended to the hard workers and persistent players. This will improve confidence, show your belief in them, and set them up to become our future adult player!

It's also what youth, parents, and coaches want. Players working hard within a positive environment that leads to learning, improving and team friendships. Remember that failing and trying again is much harder than succeeding and trying again. These should be appropriately praised.

Create opportunities to spend extra time together:

Kids make friends with the people they spend time with. Team events outside of soccer will nurture friendships and a team environment. – [Team Building Document](#)



U14/U18 Formation: 1-4-3-3



Key Coaching Points:

Goalkeeper: Try to make high probability passes to teammates in space, looking near first and then further away.

Central Defenders: Need to shift left and right depending on placement of the ball on the field, and dependent on which team is in possession.
For example: When not in possession, if the ball is on the right side, the left defender should shift towards the middle of the field to cover/balance and the right defender should close space and mark tight.

Fullbacks: Need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive role. Only one should go forward at a time in order to maintain balance at the back.

Defensive Midfielder: Needs to hold central area of the field. Defensive Midfielder should always be part of a triangle and encouraged to switch the play and provide supporting options.

Box-to-Box Midfielder: Needs to go forward in the attack and help the attacking midfield but also come back and help the defensive midfielder when defending.

Attacking Midfielder: Main responsibility is to create goal scoring opportunities and has defensive duties higher up the pitch.

Left/Right Forwards: Share responsibility of maintaining width in the attack with the fullback

Center Forward: Need to shift with the play and keep the depth (stay high) to spread out the opponent.

U14/U18 Formation: 1-3-4-2-1



Key Coaching Points:

Goalkeeper: Try to make high probability passes to teammates in space, looking near first and then further away.

Central Defenders: Need to shift left and right depending on placement of the ball on the field, and dependent on which team is in possession.
For example: When not in possession, if the ball is on the right side, the left defender should shift towards the middle of the field to cover/balance and the right defender should close space and mark tight.

Wingers: Need to transition forward and support quickly but also retreat upon losing the ball and play a more defensive role, knowing the extra centre back adds more cover. Both wingers have the responsibility to maintain the width of the team.

Central Midfielder: Needs to hold central area of the field. Central Midfielder should always be part of a triangle and encouraged to switch the play.

Attacking Midfielder: Main responsibility is to create goal scoring opportunities and has defensive duties higher up the pitch. Can make runs out wide when winger is further back.

Center Forward: Need to shift with the play and keep the depth (stay high) to spread out the opponent.

U14/U18 Formation: 1-4-4-2



Key Coaching Points:

Goalkeeper: Try to make high probability passes to teammates in space, looking near first and then further away.

Central Defenders: Need to shift left and right depending on placement of the ball on the field, and dependent on which team is in possession.
For example: When not in possession, if the ball is on the right side, the left defender should shift towards the middle of the field to cover/balance and the right defender should close space and mark tight.

Fullbacks: Need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive role.

Central Midfielder: Needs to hold central area of the field. Central Midfielder should always be part of a triangle and encouraged to switch the play.

Left/Right Midfielders: Share responsibility of maintaining width in the attack with the fullback but can also drift inside.

Center Forwards: Need to shift with the play and keep the depth (stay high) to help spread out their opponents. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

Decision Making

An Integral Part of Development

Our decisions in the game and in life are based on our emotions and how we deal with them. Fear, frustration, anger, self-doubt, and ego can dictate what we do. This may lead to poor decision making and behaviours. The game is a great way to start introducing these to our young players, especially since they are starting to become aware of their emotions. As leaders, we must first make sure to not transfer these emotions to our players, such as fear of losing a game.

Instead create an environment where it's OK to have these emotions and where they can learn to understand them and overcome them. To do this we use team values.

The next slide has some examples that you can use or modify in your coaching

Team Values

Teach them about courage!

“Courage allows me to play and perform with heart, to be brave and overcome fear”

Some decisions are hard! Passing the ball sideways to a teammate when you are learning to pass is risky and may lead to a goal. But we won't learn how to do it unless we try. Conquer that fear of failure and if it's the right decision pass sideways! It's the only way to get better.

Teach them about compassion!

“Compassion from my teammates allows me to be courageous”

My teammates will make mistakes. But in order to get better they must be brave and continue to try things that they cannot do. I must support them in their journey and put myself in their shoes when they make a mistake because I hope they will do the same for me.

Teach them about respect!

“Go out of your way to make sure nobody feels beneath you”

Thank your parents and coaches. Value the opposition, without them you would not have a game. Thank the referee for teaching you the rules and making sure the game was played fairly. These are the people that will help you grow. Treat them accordingly.

Resources & Contacts

[CMFSC Technical Staff Contact Information](#)



Age Group Head Coaches:

Your AGHC is your first point of contact for guidance on delivering sessions and managing players and parents. Raise any concerns with them — they will help directly or bring in the right people.

[BC Soccer Mandatory Certification](#)



Check which certification is required for head coaches and recommended for volunteer coaches at each age group.

[MOJO Curriculum App](#)



Session plans are delivered through the MOJO App. If you have not set it up yet, watch the video for how to download the app and get started.

[CMFSC Curriculum](#)



We have also created 20 different sessions for you. You can access these sessions by clicking the link above and log in with the password **CMFSC#10** to view the full season curriculum.

[CMFSC Coaching Workshops](#)



We run coaching workshops throughout the year. Dates will be posted at this link once confirmed.

