



U13/U14 Soccer Parent Guide

Supporting Competition, Growth & Character

Welcome to U13/U14 soccer!

At this age, players are entering a new stage of development with 11v11 games, increased competition, advanced tactics, and greater physical and emotional changes.

They're learning not only how to play better — but how to compete, lead, and handle challenges.

Your role is to be their steady source of support.

Your #1 Job

Support and encourage — let coaches coach and players play.

Give them space to think, problem-solve, and grow through the game.

What Parents SHOULD Do

Encourage effort, attitude, and resilience: “I love your work rate.”

“Great teamwork.”, “I’m proud of how you handled that challenge.”

Support development over results: Focus on growth, learning, and character

Celebrate improvement, not just wins, Help players see mistakes as learning opportunities

Promote independence and accountability: Let players communicate directly with coaches

Encourage them to manage their gear, schedule, and preparation

Teach responsibility for effort and attitude

Create a positive game environment: Cheer respectfully, Stay calm and composed

Support all players, not just your own

Model sportsmanship: Respect referees and opponents, Handle wins and losses with maturity

Demonstrate self-control and perspective

Partner with the team: Communicate appropriately with coaches, Volunteer when needed

Trust the development process

What Parents Should AVOID

Sideline coaching or tactical instructions: Avoid yelling directions or correcting decisions during play

Players must learn to think for themselves

Criticizing referees, coaches, or players: It undermines confidence and team culture

Focusing only on playing time or outcomes: Development isn't always linear

Added pressure or comparisons: Every athlete develops at a different pace

Remember At U13/U14, players are:

Navigating growth spurts and changing bodies, Experiencing bigger emotions and competitiveness

Learning leadership and teamwork, Developing independence

They still need encouragement and patience — even if they look more grown up.

If they're working hard, improving, and enjoying the game, we're succeeding.

This guide reflects U.S. Soccer's Player Development Framework for the Performance Phase (U13+), which emphasizes skill refinement, decision-making, resilience, accountability, and positive adult support alongside healthy competition.

Thank you for helping create a positive, challenging, and supportive soccer experience for every player!