In this study, it is aimed to search the core force training, which is one of the types of force training on children who is between the ages of 12-14 and its effects on the ball’s speed. The study group includes 20 teenagers at the ages of 12-14 who are getting training from Fenerbahçe Sports Club in Isparta. The average age of that group is 13.1±9.5 (year); the average height is 1.5±1.2(cm); the average body weight is 47.3±11.2(kg). For this study, the necessary approvals are received from the teenagers, their families and the school board. Before the preliminary test measurement, the necessary information about the training and the measurement test is provided to the study group. After completing the preliminary tests, the six-week-training program is practiced and the final tests are completed. In this study, core training program is created by analysing the related literature. 10 positions developing the core area are organized as six week program according to the features of the related age group and theirs repetition times. That program is applied two days a week in addition to the training hours. These core exercises are planned according to its difficulties. Hand-held Pocket Radio detection and range is used in measurement of hitting mark with the speed of shot. For analysing this information, SPSS For Windows 24.00 program is used. The arithmetic mean and standard deviation are measured. The paired- t test is applied to state whether there is a big difference or not. The results are evaluated according the 0.05 importance level. As a result, the core training which is practiced regularly to the teenagers between 12-14 ages provides positive effects on the main motor developments. It can be asserted that force training which is done with the body weight can improve the developments of force in puberty. Therefore, it is thought that the teenagers should spend enough time for games and exercises. It is considered that the trainers and sport scientists give importance to the core training for the developments of the sportsmen while practising the soccer training program.

**Key words**: soccer, core, shot speed