



U11/12- Development of Individual Skills and Individual and Group Tactics



Hero worship, identification with high level players and teams and a hunger and passion for imaginative skills are important at this age. Demonstration is very important and players learn best by doing. It is very important to establish discipline and install an attitude necessary to compete and succeed.

Coach:	<ul style="list-style-type: none"> • Must be enthusiastic • Possess soccer awareness • Be a sensitive teacher • Ability to demonstrate • Knowledge of the key factors of basic skills • Give encouragement • Seek soccer education
Technique:	<ul style="list-style-type: none"> • Important to establish a good strong base • Increase technical speed • Develop under pressure of time, space and opponent • The technical training must far outweigh anything else in the age group <p>1st touch- All surfaces and on the move.</p> <p>Passing- All surfaces and on the move. Proper timing, weight, accuracy and disguise</p> <p>Dribbling- Encourage risk taking. They must be allowed to run at players and take them on. We want players that can make things happen.</p> <p>Shooting- Proper striking technique- service from all angles, 1st touch, preparation to strike and attitude to score.</p>
Tactics:	<ul style="list-style-type: none"> • Play a variety of positions • Promote attacking soccer • Play lots of small-sided games and coach within the game <p>Individual- 1v1</p> <p>Attacking- Take players on. Encourage the creative risk taker. Shielding.</p> <p>Defending- Proper pressure (in front and from behind). How to jockey and how and when to tackle.</p> <p>Small group- 2v1, 2v2, 3v1, 3v3, 3v3.</p> <p>Attacking- Keep possession, support, combination plays.</p> <p>Defending- Pressure/cover, marking.</p>
Physical:	<ul style="list-style-type: none"> • Flexibility- stress this aspect because it cuts down on injuries and increases range of motion • Speed, Strength, Agility
Mental:	<ul style="list-style-type: none"> • Must be fun • Encourage decision making • Imagination/Creativity/Risk taking • Discipline (boots polished, on time, set standards) • Encourage them to watch high-level games



U11/12- Development of Individual Skills and Individual and Group Tactics



Team Organization U11 and U12- 9v9



- On a bigger field 9v9 formations are ideal to keep developing attacking elements of the game and introduce basic defensive concepts working as a unit
- 1-3-2-3 formation: designed to provide space in midfield areas and provide multiple attacking options at front
- 1-3-3-2 formation: designed to understand basic defensive organization and promote build up play

Please note that while the development of the individual player is the priority, an individual plays games as part of a team model.

As reference, the visuals listed show the numbers of players on a team and formations that can be utilized to promote development.

Again, these formations are consistent with, and specific to, the player development objectives at the respective age groups.