



EXCITED OR PLAYFUL STAGE

U11 & 12

Characteristics of age 10 – 12

Physical Attributes

- Good proportions, gain strength and size, growing

Motor Skills

- Good coordination, gains strength and size, growing

Psychological Aspects

- Ideal, good social awareness, criticizes own achievement and other

Competitiveness & Motivation

- Compares self with others, copies favorite player, team recognition identification

Coaching Objectives

- Begin to play 11v11 and introduce team tactics
- Teach a line and the cooperation between those players (defense, midfield and attackers or right side, left side or center)
- Knowledge of rules
- Begin to play in a system(1-4-3-3)
- Begin to read game situations and make the proper decisions
- Roles of the positions within the tree moments of the game (“WE” have the ball and “THEY have the ball and transition)

PRACTICE FOCUS

- **Begin to develop game insight using small-sided games such as 4v4 or 7v7**
- **More focus on movement without the ball**
- **Possession games such as 4v1, 5v2 or 6v4**
- **Variations of 1v1 and build up to 2v2, 2v3, 3v3 and 3v4**
- **Combination passing exercises (more game related)**
- **Skill development with game-like exercises**

U11 & U12 Emphasis

Technical

- **Kicking and passing with both feet short and medium passes**
- **Trapping with all parts of the body including trapping ball out of the air**
- **Juggling with all parts of the body**
- **Scoring**
- **Crossing and scoring from crosses**
- **Heading**
- **Feints and fakes (faster 1v1 techniques including shielding)**
- **Throw-ins**
- **Small sided situations (2v1, 2v2, 3v2, 3v3, 4v3, 4v4)**

Tactical

- **Runs off the ball (runs into passing lane, depth and width)**
- **Choosing when to dribble or when to pass**
- **Recognizing the most dangerous player on the moment**
- **Playing in own position, taking over a teammates position**
- **Teaching a line and a cooperation between the lines**

Personality

- **Sportsmanship**
- **Communication**
- **Proper training habits**
- **Concentration**
- **Team-sport concept**
- **Open to coaching and leadership**

Physical

- **Running techniques**
- **Stretching (dynamic before playing, static after playing)**
- **Sprinting in all directions**
- **Maintaining and improving flexibility**
- **Learning to use body in tackles**

Important Soccer Related Knowledge and Experience

- **Playing the game for the sport and for the love of it**
- **Rules of the game**
- **Respect teammates, opponents and the referees**
- **Seeing older players' games (high school, college, professional games in person or T.V.)**