



U11 – U12 (9v9)

Philosophy:

As players go from 7 to 9 a side, they are asked to process the game with more players on the field and begin to discover solutions to the problems that they will encounter. Solutions should be based on reading the game, creativity, comfort on the ball, and playing out of danger. Players and coaches should continue to explore multiple positions on the field and gain an appreciation and understanding for each role. Creative solutions to the challenges that the game presents will breed confidence and ultimately lead to more enjoyment for players.

Areas of Focus:

The emphasis of 9 v 9 soccer is still on individual player development while the concept of keeping all players on the field involved and connected is introduced. Small sided 3v3 & 4 v 4 to 8 v 8 exercises, along with numbers up/down situations, are now introduced with an increased awareness of the concepts of transition. All players should recognize both opportunities to attack (develop and identify goal scorers) and the responsibility of everyone to defend. Roles and responsibilities become more established for positional play within a system. The concept of zonal defending should also be introduced.

Recommended Systems of Play:

- 1-3-3-2 Most common system and the easiest to implement at this early stage.
- 1-4-3-1 Simple system that allows more players to get involved in the attack and leads to more creativity.
- 1-3-4-1 Most difficult system to implement as players must be able to read the game well.

Recommended Structure of Sessions:

*60-70 mins with breaks for water and rest
4-5 Activities w/15-20 minutes of game play included
Skill/Activity/Skill/Activity/Game (6 mins/12mins/6 mins/12 mins/20 mins game)*

General Principle:

Focus on getting repetitions within competitive/fun games. 3v3, 4v4 – 6v6 is where we should spend most of our time at this age but coaches must provide ample opportunities for players to

play in match like scenarios within training. Decision making and tactical awareness are a key component for growth in this age. Must be willing to coach within these game scenarios.

<u>Technical Ideas</u>	<u>Attacking/Defending</u>	<u>Mental/Physical</u>
<p><u>Ball Skills</u></p> <p>Toe Taps Tick-Tocks Back and Forth with sole (1 foot) Big Toe – Little Toe V – pull back with sole, push away with laces Roll or Drag with sole of shoe (R&L)</p> <p><u>Dribbling</u></p> <p>Changing Direction Changing Pace Shielding Beating Players 1v1 & 1v2</p> <p>Moves: Step Over or Step Behind and push in the other direction Fake Shot and accelerate away Scissors Chop Behind Standing Leg 360 with outside of foot Fake Drag back and go</p> <p><u>Juggling</u></p> <p>All body parts On the move</p> <p><u>Passing/Ball Striking</u></p> <p>Instep Laces Inside of Foot Outside of Foot Key Idea “Where do we strike the ball to make the ball do what we want?” Pace of passes</p>	<p><u>Attacking</u></p> <p>Reinforcement of 1v1 Introduce 2 v 2 Intro to possession in small groups Combining with teammate Give and go Movement as a group</p> <p><u>Defending</u></p> <p>Stance Approach (Speed/Angle) Tackling Pressure the Ball Getting Behind the Ball Do not dive in Goal side Ball side Movement as a group Introduce 1st & 2nd defender roles Introduce small group defending 3’s and 4’s</p>	<p><u>Physical</u></p> <p>Agility & Coordination Balance</p> <p><u>Psychological</u></p> <p>Passion for the game Being part of a team Sportsmanship Fun</p>

