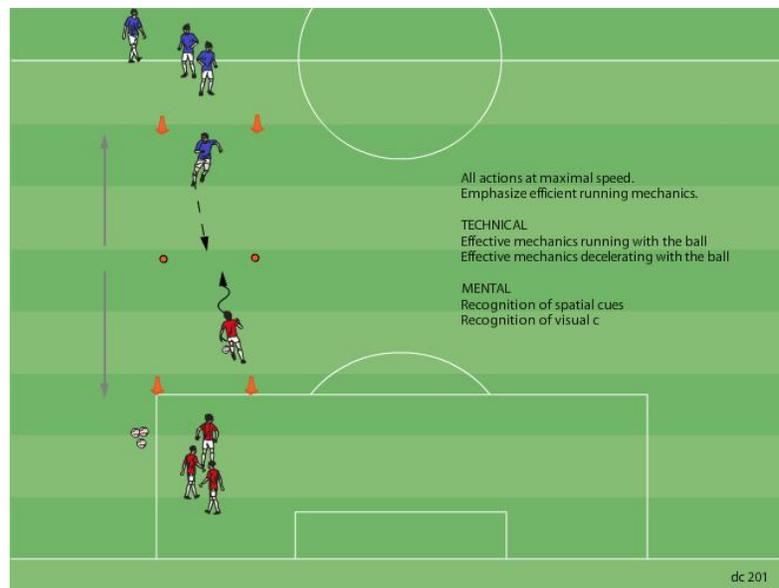


U11/U12 Objectives

Coaches should be instructing players to achieve the following goals: feints with the ball; receiving bouncing & air balls with the thigh & chest; outside of foot pass; bending shots; crossing to the near post space & the penalty spot space; heel pass; flick pass; introduce chipping to pass; introduce half volley & volley shooting; introduce slide tackle. For goalkeepers: footwork; W grip; bowling; low dives & forward diving; angle play; near post play; introduce deflecting & boxing; sidewinder kick. No heading is allowed at U11 and U12.

Games/Activities

Ball Exchange



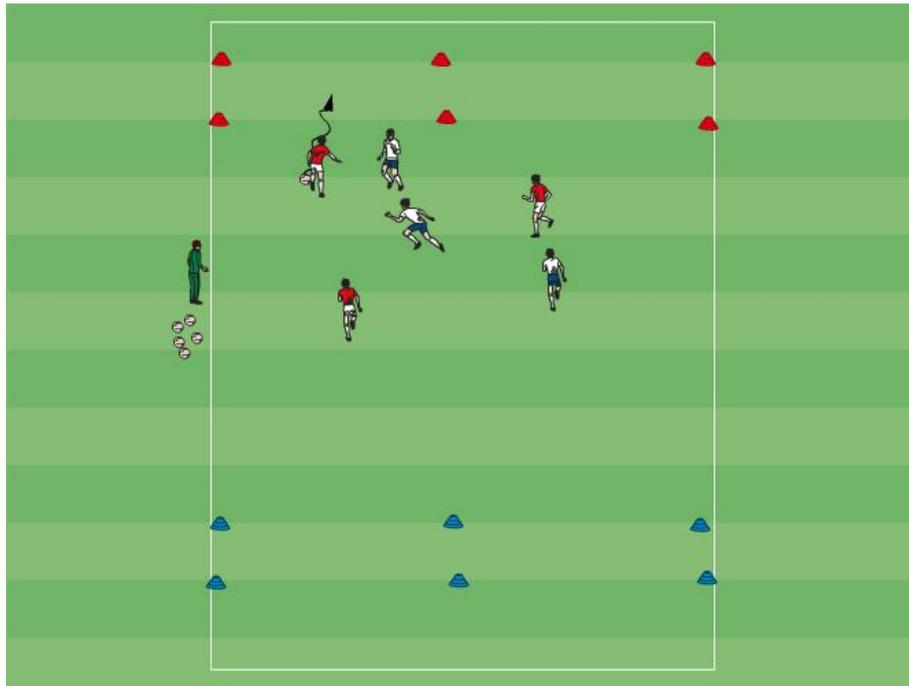
Ball Takeover

Set-up as shown in the diagram: 2 lines @ 4 players face one another from a distance of 20 yards. A single ball is placed at the front of 1 line. On the physical cue of the player with the ball, BOTH players run and try to time their respective runs in order to exchange the ball at the midpoint (10 yards). The player running at full speed with the ball must decelerate and leave the ball exactly at the midpoint. The player without the ball must time his/her run and collect that at the same moment. The ball is then carried at full pace and stopped on the line at its original starting point. The next two players immediately repeat the actions.

Coaching Points:

- Perform at maximum speed
- Use of proper mechanics

Small Sided Game to an End Zone



Small Sided Games to an End Zone

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Coaching Points:

- Keeping the ball close but away from the opponent
- If going forward is not an option, pass the ball to a teammate

Small Sided Games to 4 Small Goals



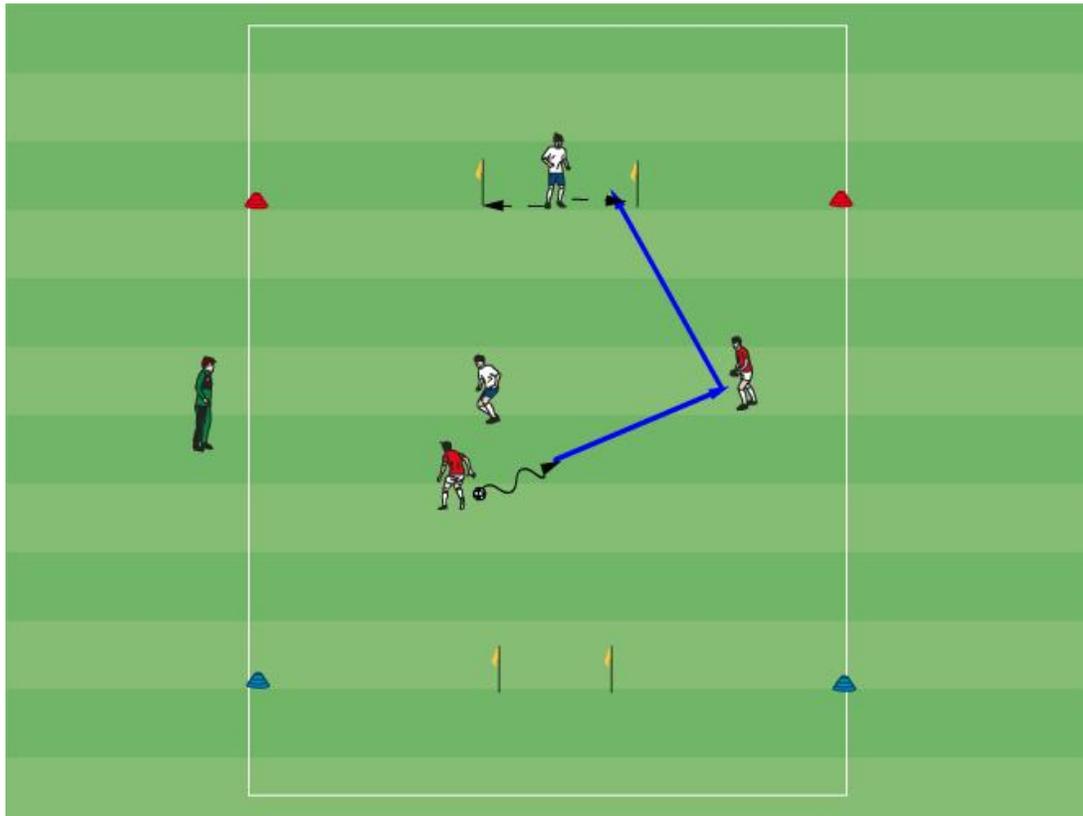
Small Sided Games to 4 Small Goals

Create a field and put two small goals on both ends. Field Dimensions: 4v4 Approximately 30-35 yards long by 20-25 yards wide. Two teams, each team attacks two goals and defends two goals.

Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- If one goal is not an option, quickly change directions to the other goal

Last Player Back



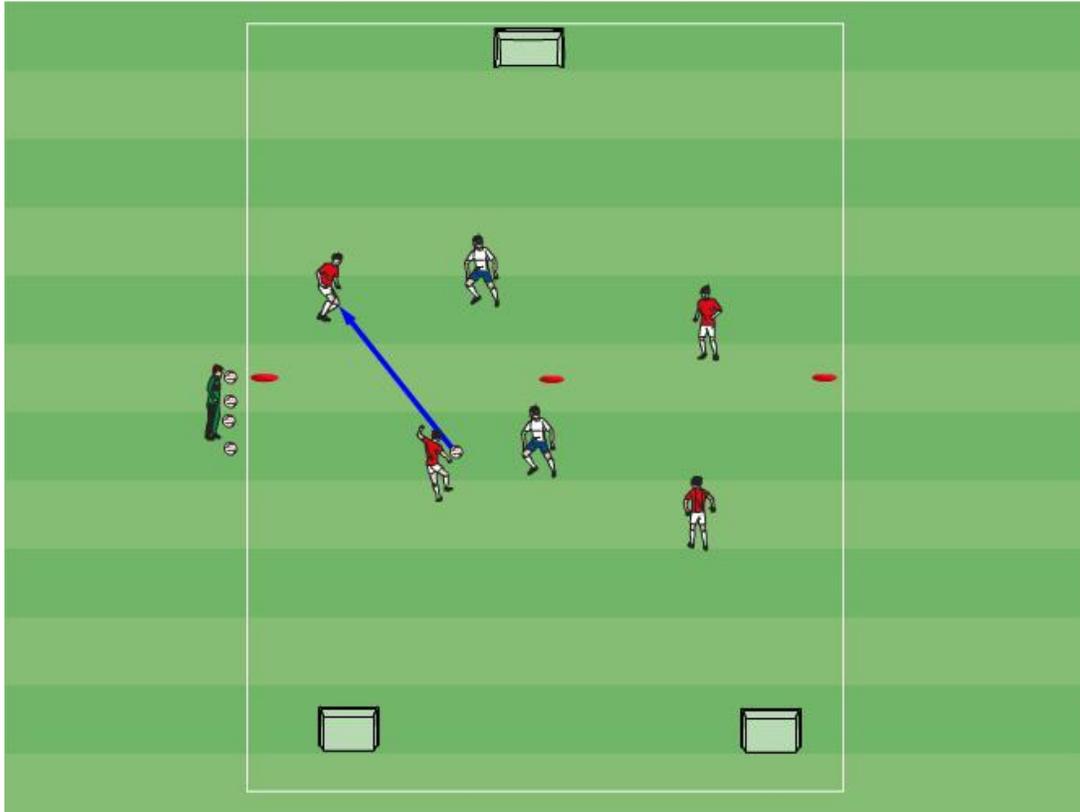
Last Player Back

This activity can be played with pairs or groups of three-four. If in pairs, make a small field with goals on each end. The goals should be approximately 5-7 steps apart. Play like a normal game. The rules: 1) Can only score a goal on the ground. 2) When a team loses possession or is on defense, the last player back must go back and stand and stay on the goal line. They may stop a goal from being prevented. 3) When a team that is defending regains possession they now both attack.

Coaching Points:

- Dribbling at a defender to set up a pass
- Passing accuracy
- Support in advance of the ball when possible
- Creating a numerical advantage through spatial awareness

2v1 in Half (4v2)



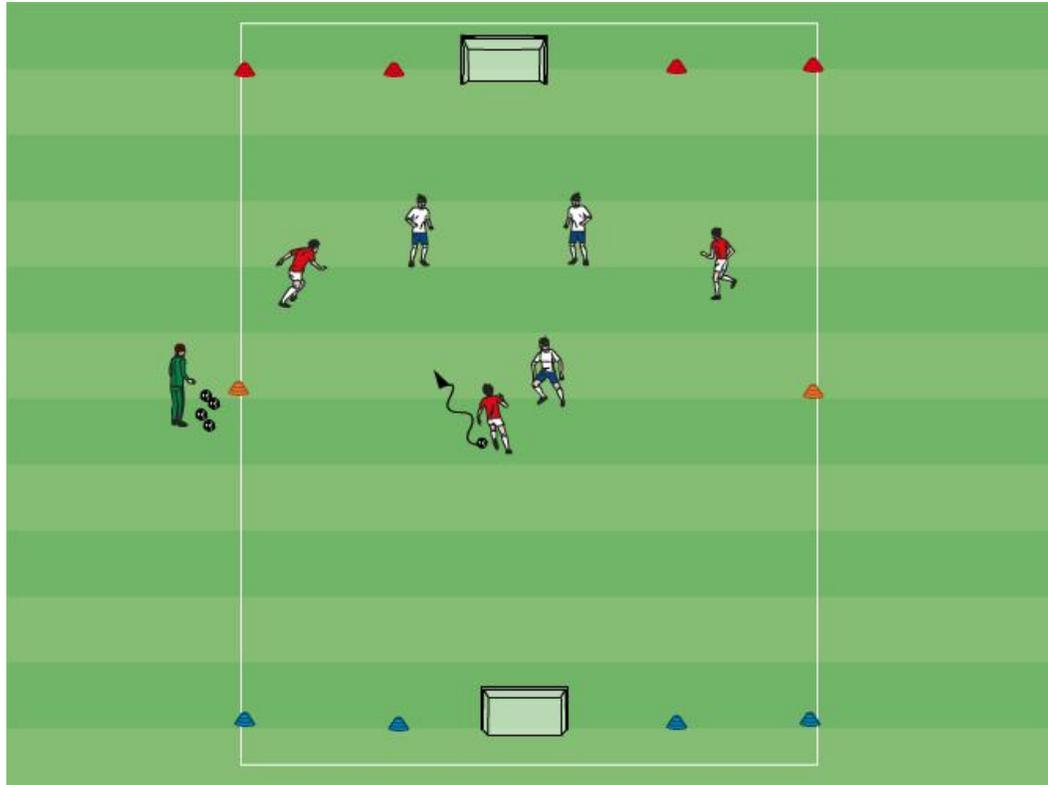
2v1 in Half (4v2)

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) try to score on the small goal placed in one of the halves. The defending team (2) try to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players are not. Rotate players after each interval.

Coaching Points:

- Redirecting the ball to keep possession or pass to a teammate
- Passing accuracy
- Passing to an open player

Small Sided Games to 2 goals



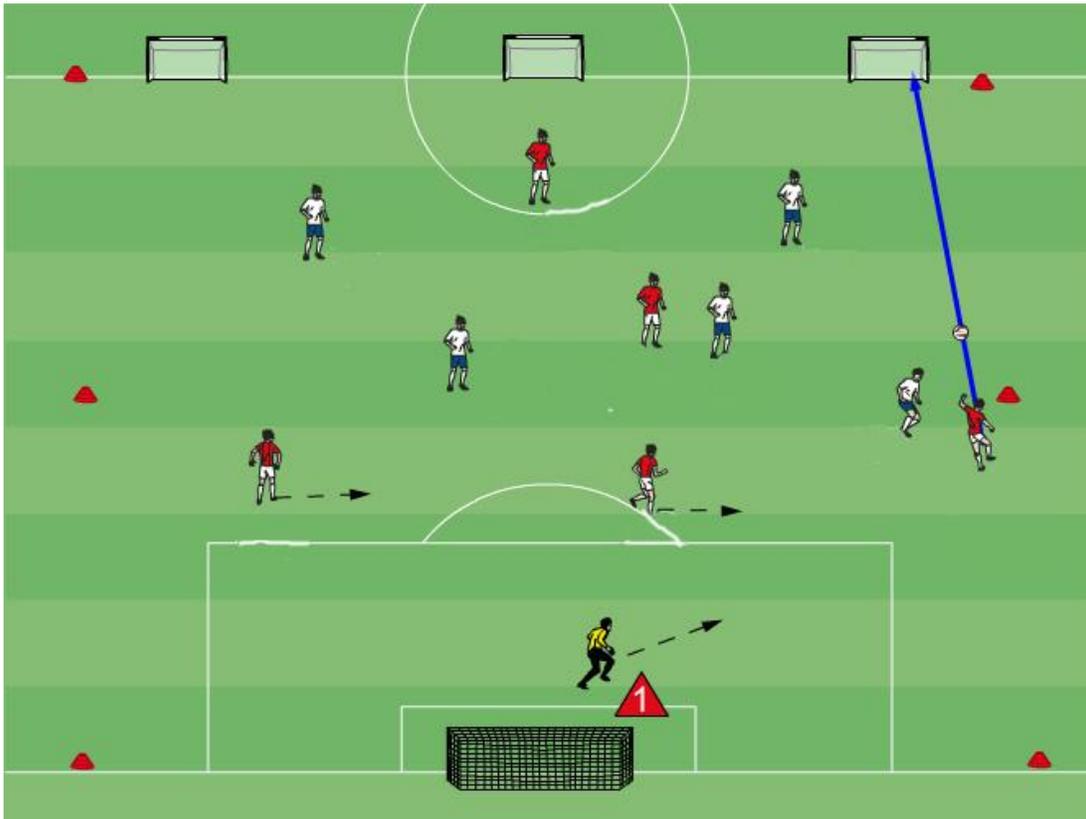
Small Sided Games to 2 Small Goals

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Coaching Points:

- Technical application of dribbling, passing, receiving/redirecting
- Technical aspect of closing down space (defending)

3 Goal Build Up



3 Goal Build Up

This exercise will develop how the outside defenders pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the outside defenders help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

Coaching Points:

- Passing distance, accuracy, and weight
- Receiving the ball to play forward quickly
- Principles of play: Penetration, width, support, and mobility

4v4 Playing to a Target



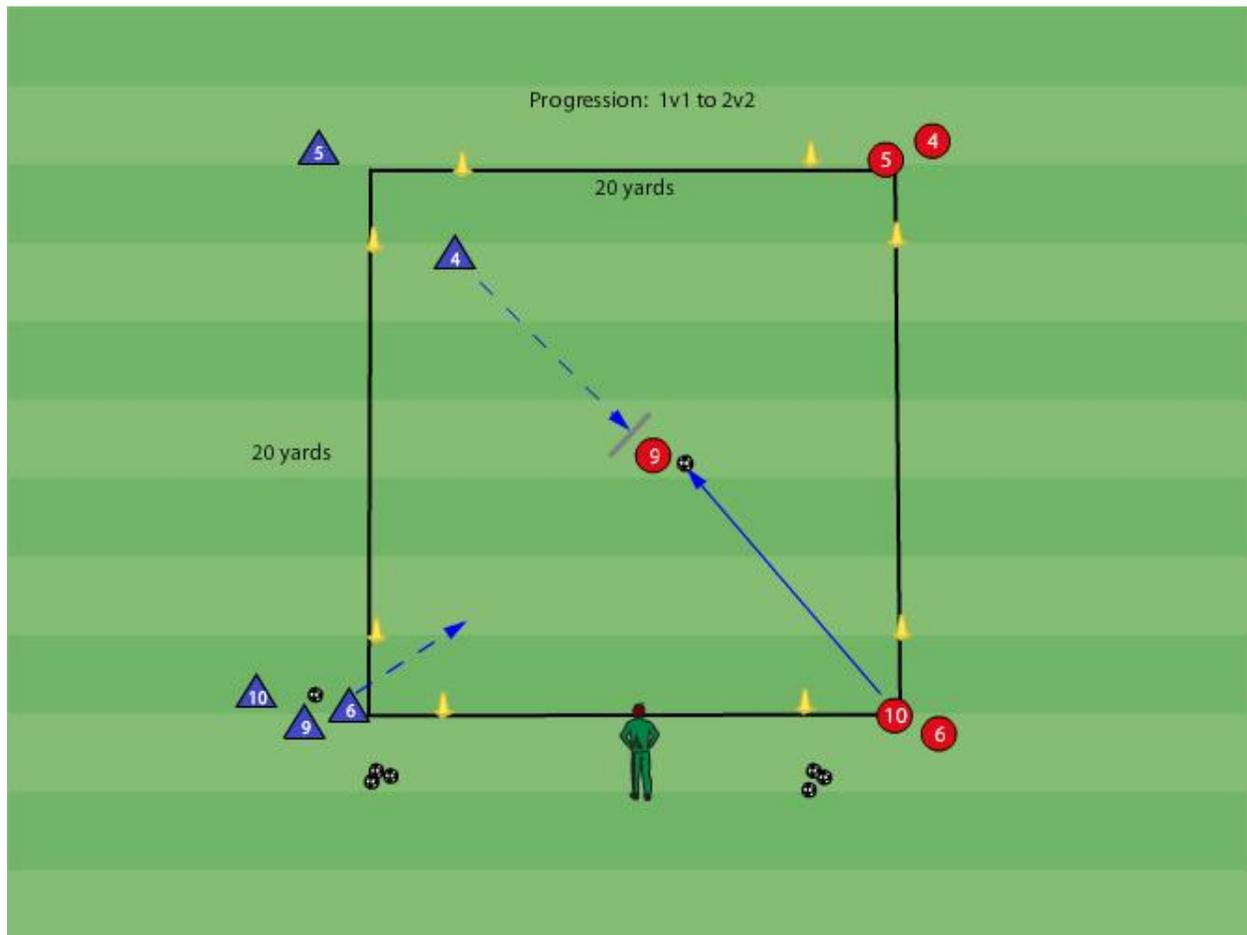
4v4 Playing to a Target

This is a small sided game focused on penetration to a target player. Team Blue competes against the Reds to serve the ball to the target player (#9). Team Red team counter-attacks by dribbling across the opposite end-line.

Coaching Points:

- Combine all elements of passing, receiving and dribbling to successfully deliver the ball to #9

Individual Defending – Preparation Stage



Individual Defending – Preparation Stage

Preparation Stage: Physical warming and tech-tact build-up of concepts and techniques related to individual defending. The objectives are to improve the performance of individual defenders in preventing the opponent from turning with the ball and to improve the performance of individual defenders to prevent a penetrating pass or dribble when confronting an opponent who has turned with the ball.

Coaching Points:

- Perception of speed- timing to arrive at or before the ball arrives
- Deceleration to prepare for controlled pressure. (Agility and balance integrated)
- Environment cues to determine angle and distance of defensive starting position

4v4 (Defending with 2 Center Backs)



4v4 (Defending with 2 Center Backs)

This is a small-sided game focusing on individual and pairs defending to prevent penetration and attacking to penetrate across an end-line. Each team competes to outscore the opponent by (1) serving the ball to a target player positioned behind each end-line or (2) Carrying the ball across the end-line.

Coaching Points:

- Combine all elements of passing, receiving and dribbling to successfully deliver the ball to #9
- Mechanics of individual defending and tackling as well as decisions when pressuring the ball

7v7 (Defending the Central Channel in your own half)



7v7 (Defending the Central Channel in your own half)

A 7v7 game environment in which the focus will be on defending the central channel in the final 3rd of the field. The objective is to improve individual and group defending in the central channel in order to prevent goal-scoring opportunities.

Coaching Points:

- Teach game cues to determine when the central defender should press and when to drop. Including coordination with the other 2 backs
- Teach and guide effective individual defending to prevent a turn by the opposition and/or to prevent a penetrating pass, dribble or shot
- Incorporate the GK into the decisions and defending actions of the backs
- Integrate the concepts of recovery runs and starting positions into the transition moments of the game
- Integrate the central midfielders into the defending decisions in order to maintain compactness and minimize service to the opposing forwards
- Integrate the tactical use of off-sides in order to maintain a compact vertical shape