



## U11 Teams

**Main Objective:** The focus of this age group is continued **individual** skill development with the introduction of small group principles of play

**Game Size:** 8 v 8, 2 x 30 Minute halves, mid-size fields/goals. Competitive play with scores recorded

**Play time:** As equal as possible per game with rotations of positions

**Formations:** Recommended System: put players on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. Options include 3-3-1, 2-3-2, 3-2-2

**Terminology:** Simple: “Go to goal, Relax, Good job ...” “Goal side, Head on a swivel, Skill, Hold It (overlap), Give & Go, Start Something (players off the ball), man on, time, turn...”

**Practice Time:** 2 or 3 Practices per week or 1 game and 2 practices. 1 Hour 30 minute’s maximum.

**Seasons aim:** Skill development, some tactical awareness and lots of fun.

### **Progressive Technical coaching to include:**

- 1) Motor skill development: Juggling with feet, thigh and head- limited bounces. Controlling and turning with the ball in the air, on the ground and at all angles.
- 2) Ball Mastery: Fast footwork. Ball Familiarity with high repetitions over a small period of time
- 3) Passing: Short with inside and outside of foot. Long driven passes- laces or lofted. Working on weight and accuracy. Combination play(Give & Go, Overlap) possession play, triangle work.
- 4) Beating Players 1v1: Step Over, Scissors, In Out, Side Step, Fake Shot, Combinations, Both feet.
- 5) Beating Players Running Beside You: change of pace, hip swivel, stop & go
- 6) Dribbling Turns: Inside & Outside Cuts, Pull Back, Shield Turns, Step Over turn, Cruyff turn
- 7) Shielding:
- 8) Receiving Turns: Inside & Outside arc turns, tight turn
- 9) Shooting: laces, ball moving away, across and towards player. Air shots- volleys. Control of shots. Finishing from crosses, far post shots.
- 10) Defending: Basic pressure, goal side cover, delay and tackle.
- 11) Tackling: Block Tackle, Poke Tackle, Proper Technique, in balance, no fear
- 12) Heading: Short periods only, Fore head, up and away (defensive) and Down to the corners (attacking). Introduction of opposition- Be careful!!
- 13) Goalkeeping: Small Group work.

**Small-sided games:** 1v1, 2v2, 3v3 and 4v4. Numbers up and possession with a purpose games

### **Tactical Coaching to include:**

This is secondary to technical skill building. Promote the use of space, communication, direction of play and introduce the idea of support play in attack and delay in defense. Introduce set pieces and the idea of player roles.

**What to look for as coach:** Working and passing as a team...players socializing with others.. players showing a skill that has been learned at practice...support in attack and delay in defense...recovery runs...communication and movement off the ball into spaces. Ensure that ALL players leave with a smile on their faces!! Make it fun!

### **Suggested Training Session Structure**

10 - Street Soccer

20 – Ball Mastery (juggling, individual skill moves) – one player one ball.

10 – Passive (low pressure) technical intro.

40 – SSG 1v1 to 4v4 relevant to topic of the day ending with free play

10 – Finishing/Ball Striking

**ALL PRACTICES SHOULD INCLUDE FUN GAMES AND SCRIMMAGES.**

**No Lines, No Laps, No Lectures!**