



U11 & U12 – required skills

To play any system successfully, players must be properly prepared for their positions in terms of technique, tactics, coordination and psychology.

Emphasis

Individual technical development. Group/Team activities which encourage decision making. Exposure to as many game like situations as possible during training.

GENERAL KNOWLEDGE

- FIRST TOUCH/CONTROL
- DRIBBLING
- LONG PASSING
- SHORT PASSING
- TURNING
- SHOOTING/FINISHING
- HEADING
- DEFENDING/TACKLING
- TACTICAL APPLICATION
- MOTIVATION/DISCIPLINE
- SPORTSMANSHIP

Game Knowledge

Understanding basic team concepts such as depth, width, balance and individual player responsibilities.

Recommended formations:

Players should be exposed to multiple positions and should be ready to play any position.

Formation 1-2-3-2

- 1 Goalie
- 2 defenders
- 3 midfielders
- 2 attackers

Practice / Activities / Equipment:

- Three 75 - 90 minutes training sessions per week is recommended
- Shin guards, water bottle, soccer cleats, Size 4 soccer ball.

Skills Defined

<p style="text-align: center;"><u>Technical Skills</u></p> <ol style="list-style-type: none">1. Dribbling with the ball to attack space and to beat defenders (1v1s)2. Passing with inside and outside of foot.3. Shooting techniques (driven shots, volleying etc..).4. Turning with the ball to beat a defender5. Receiving the ball6. Shielding the ball7. Heading the ball8. Ball & body control9. Penalty kicks/shootouts	<p style="text-align: center;"><u>Tactical Skills</u></p> <ol style="list-style-type: none">1. 1v1, 2v2 attacking and defending2. Encourage the team to attack and defend together in games3. What to do when not in possession of the ball4. Play quickly with purpose5. Discourage kickball6. Changing point of attack7. Possession play8. Positional play9. Restarts10. Combination play
<p style="text-align: center;"><u>Fitness Skills</u></p> <ol style="list-style-type: none">1. Footwork coordination2. Plyometric training3. Flexibility4. Nutrition5. Flexibility6. Warming up / cool downs	<p style="text-align: center;"><u>Mental Skills</u></p> <ol style="list-style-type: none">1. Psychology2. Motivation3. Concentration4. Communication5. Preparing for competition



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