



TAMPA BAY UNITED SOCCER CLUB

U11 & U12 Training Objectives

*For the Love of the Game
The Critical Transition Period*

The purpose of the training objectives is to give each coach a direction to follow for each player to receive age-appropriate instruction. As well as providing information for the parents, so they are more aware of the soccer environment of their kids.

By following the objectives, we will be creating an environment that will be conducive to the development of the individual players' skill level. Therefore, by developing the individual, players will be able to better function as a team!

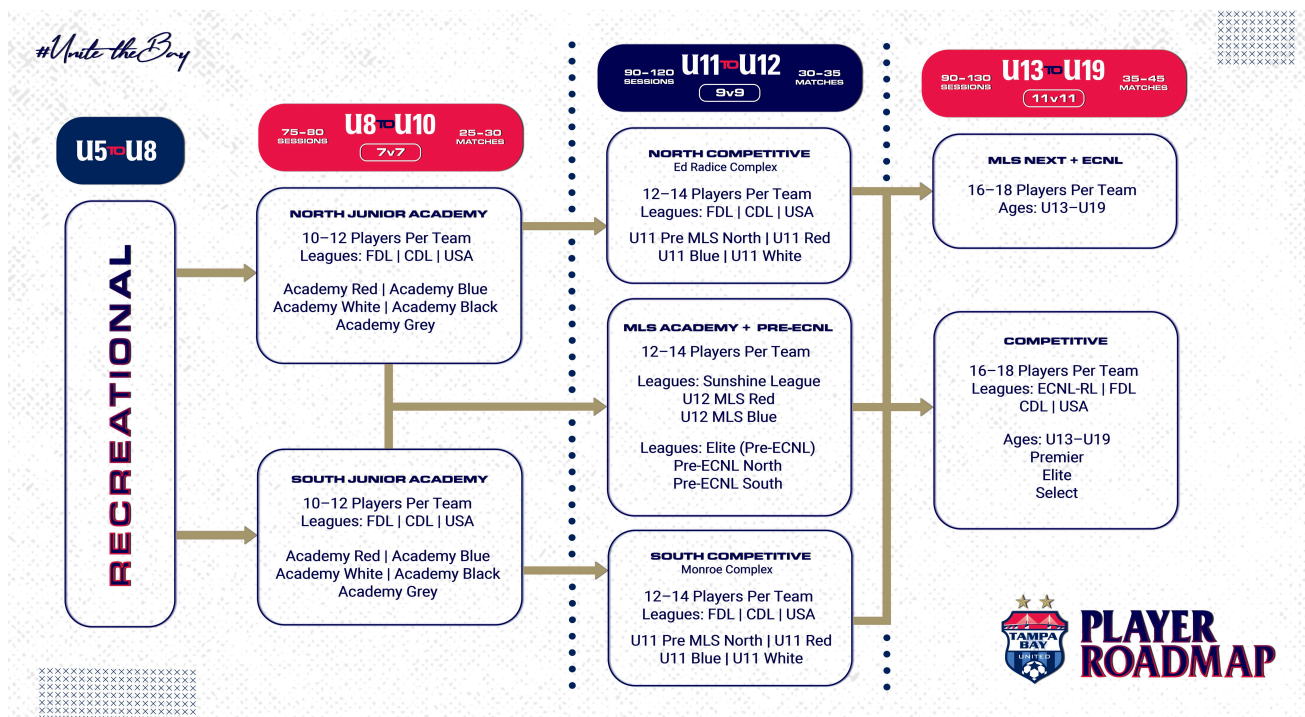
Within the ages 8 to 12, the U11/12 age group is a **TRANSITIONAL TIME**.

This includes a period where we go from a 7v7 format to a 9v9 format at the U11 age group. As well as a period where the U12 age group is preparing to move from 9v9 to 11v11. Both "Transitional Years" pose challenges and opportunities for the players. They are presented with more space, time, more teammates on the field, as well as more tactical learning environments to develop in. The objective is to learn all the fundamental soccer skills.

The most important thing we at TBU focus on with our coaches when considering developing the individual player and team within a training session, is the age and level at which one will be coaching.

The U11 and U12 age groups will have many different levels (**SEE TBU TEAM ROADMAP GRAPHIC BELOW**), and hence have different overall objectives for the season.

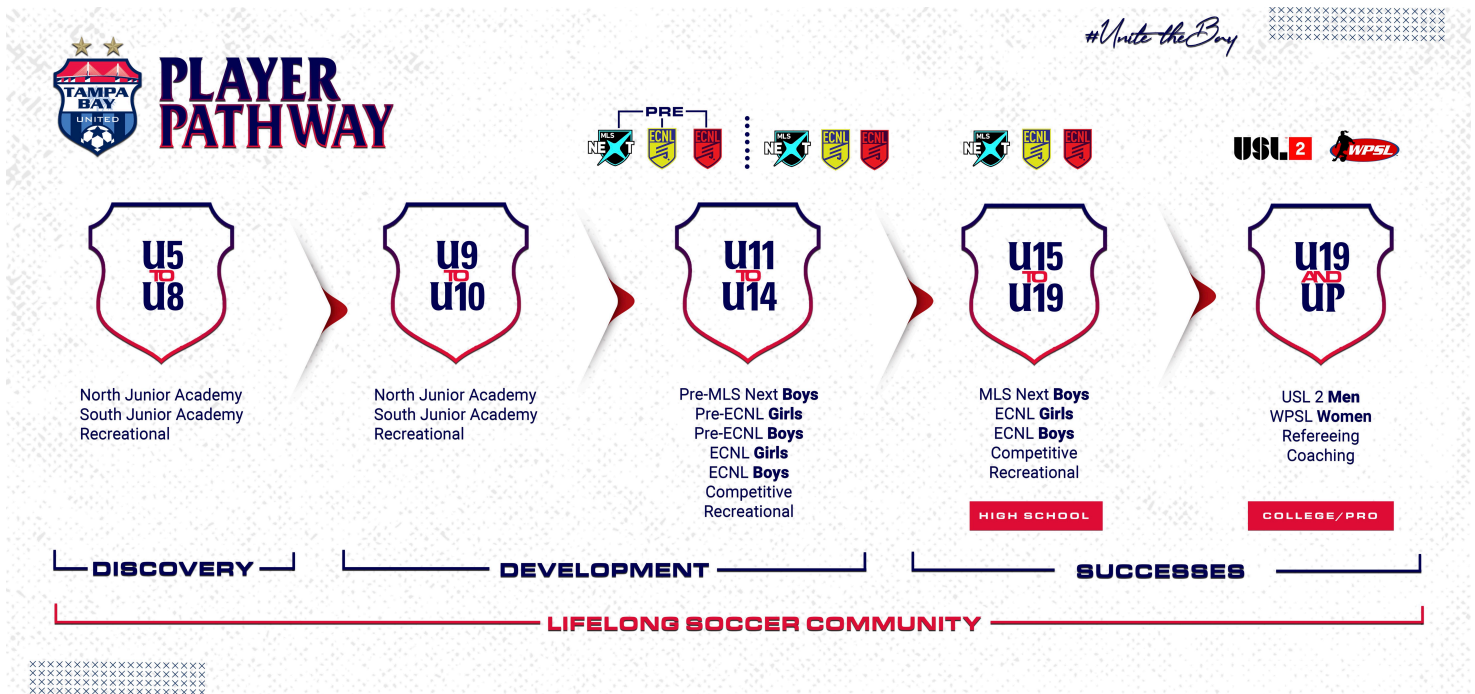
To maintain an efficiently run club, there are some general guidelines which we at TBU strive to follow. This allows for consistency throughout the Club and clear expectations.



Development Philosophy:

TBU U11 & U12

WINNING GAMES WILL BE A PRODUCT OF DEVELOPING PLAYERS OVER A PERIOD OF TIME. LEARNING HOW TO WIN IS PART OF DEVELOPMENT, BUT THE INDIVIDUAL PLAYER ACTIONS AND TEAM PRINCIPLES WILL BE KEY TO ALLOW FOR SUCCESSFUL RESULTS LATER IN THE PATHWAY (**SEE TBU PLAYER PATHWAY GRAPHIC**).



KEY Components of the Game for the U11 & U-12 Age Group @ TBU

Technique: The topics for technical training should be essentially the same as the U9/U10 age group, but players should be able to perform them at higher speeds, and under the pressure of an opponent.

Dribbling
Passing/Receiving
Moves - Ball Striking
Turns

Tactics: Tactical Topics and Ideas

Basic Principles of Attacking
Basic Principles of Defending
Physical work in training
The Goalkeeper

Psychology:

Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).

Fitness:

Fitness work continues to be done with the ball. Strength can be improved with body resistance and aerobic exercises.

Also focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises, proper warm-up and cool-down (include static stretching in the cool-down) are highly recommended.

Typical U11& U12 Training Session:

Warm-up, small group activities, range of motion stretching.

Generally recommended with the ball having technical/tact implications (With Physical or Mental Pressure).

Introduce small group/team activities. (Single or Multiple Groups)

Continue with directional games. Play to targets and/or zones.

Conclude with Small-Sided Games, 8v8 with goalkeepers.

Finish with cool-down activity, including static stretching.

The implementation of developmentally appropriate activities to encourage decision making and increase training demands is promoted within the club by the coaches for this age group. Since sports heroes are a factor in the lives of these children, encouraging them to watch high level soccer is highly encouraged, and you will hear the term "BECOMING A STUDENT OF THE GAME" used a lot. The club culture will stress the need for development of the individual player over team building.

The Coach's we look for need to have qualities that encompass being: a sensitive teacher, enthusiastic, possess soccer awareness, ability to demonstrate, knowledge of the key factors of basic skill, loves to have soccer fun while teaching, able to deal with youngsters who question/challenge the coach, gives encouragement and preferably energetic.

The game:

Several new phases of development appear in the U11/U12 match such as developing a basic understanding of the offside rule. Now that the game is 9v9, tactical decisions are in place for the U11/U12s in regard to using short passes involving midfielders to penetrate into the attacking third or making longer passes forward, bypassing the midfielders in certain pressure situations. We place more emphasis on team shape and a balance between the lines in the team on attack and defense. We will work with the players on their decision to join in the attack or defense, noting that not all players can attack or defend simultaneously. The formations of 3-2-3; 3-3-2; 2-3-3 are the most common in the 9v9 game. All of these formations al-

low the players to execute the principles of play. All players must attack and defend in these systems of play.

Teaching/Coaching Method:

Guided Discovery is still the preferred method, continuing to emphasize the use of skill, creativity, and good decision-making. At this age group, we encourage players to solve problems on their own and with the help of their teammates. Your team should begin to develop a “possession game,” but players should still be encouraged to take risks.