

12U Pella Soccer Club

Curriculum & Practice Plan



12U Age Group Characteristics

Players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age. 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.

Technical Focus Points for this Age Group

*Passing and Receiving Ball Control Turning Shooting
Shielding the Ball Crossing and Finishing Goalkeeping
1v1, 2v1 or 3v2 Attacking and Defending*

Tactical Focus Points for this Age Group

*Attacking Principles Finishing Defending Principles
Playing Out of the Back Possession Combination Play*

Physical Focus Point for this Age Group

*Agility Coordination and Balance Speed and Quickness
Reaction Endurance Acceleration*

Psychosocial Focus Points for this Age Group

*Motivation Self-Confidence Cooperation Communication
Respect and Discipline Competitiveness Commitment*

Breakdown of Skill Area and Other Things to Consider

Training Habits:

Focuses on the overall development of the player individually and the team Has respect for teammates, opponents, referees, and coaching staff

Works outside of practice times to improve individual skills

Works to maintain his/her fitness level outside of scheduled practice times

Gives best effort in order to maximize potential

Takes feedback from coaching staff and attempts to improve

Listens to coach and ready to train at assigned time

Has proper attire/equipment

Ball Skills:

Composed on the ball and comfortable with either foot

Uses several feint/moves in attack and defense

Advanced juggling

Develops speed with the ball

Must practice ball skills outside of scheduled practice time to improve

Dribbling/Attacking:

Encourage players to go 1v1 and run at defenders

Be creative when attacking

Uses a variety of turns and moves to get away from pressure

Exhibits exceptional change of pace and direction

Balanced dribbling and on the ball composure

Knows when and where to dribble and makes correct tactical decision

Passing/Receiving:

Uses a variety of passes short, long, driven, chipped, crosses, bent, etc.

Passes with proper weight, accuracy, and timing

Has proper technique with short and long passing/crossing

Use of different controlling surfaces when receiving a ball

Takes a positive 1st touch into space and attacks with speed

Able to pass efficiently under pressure and on the run

Positive movement after a pass in an effort to support the play

Heading:

Uses proper form when heading to prevent injuries (hit ball with the forehead)

Shooting/Attacking:

Proper striking technique

Uses laces for power and instep for placement

Able to beat an opponent and strike ball on frame from different angles

Strikes through middle of the ball

Takes shots when they are available and hits the target area

Recognizes shooting opportunities

Shows good balance and is creative in tight situations

Defending:

Proper defensive stance when approaching the attacking player

Proper form when tackling an opponent

Pressures the ball after loss of possession

Doesn't dive in and is composed when containing attacking player

Uses verbal communication when defending

Able to mark key players in dangerous areas

Pushes up as a unit

Understands team shape and players roles on the field

Knows role in defending set pieces and responsibilities on corner kicks

Game Awareness/Decision Making:

Ability to read and understand the game

Increase speed in decision making on the pitch

Positions themselves in a position to receive a pass or defend as a cohesive unit

Movement off the ball is positive

Ability to provide width and depth both in attack and defense

Ability to find ways to get behind the defense

Organizationally sound in defense

Goal Keeping (rotate this position amongst everyone)

Use proper stance: toes leaning forward, knees bent, hands in front of body

Footwork-all types, side shuffle, jumping, quick feet

Able to catch the ball with hands and with the body

Collecting balls at all levels: ground, waist, chest, overhead, jumping

Proper collapse and diving techniques

Learn footwork: on toes, quick feet, shuffling, agility



Pella Soccer Club 12U Season Plan



Trainings Per Week - 2 (90 Minutes)

Formation for 9 v 9 : Keeper - 3 - 3 - 2

Training Session Structure

- Warm-up (10)
- Technique (20)
- Small Sided Activity (30)
- Expanded Small Sided Activity (15)
- Scrimmage 5v5 or 6v6 (10)
- Debrief (5)

Objectives for this Age Group

- Physical: Compete with increased speed, agility, coordination and balance during play
- Technical: Focus on quality of passing and receiving technique as well as ball control in game situations
- Tactical: Develop attacking/defending principles and combination play
- Psychosocial: Increase collective self-confidence and communication during play
- Scrimmage: Improve possession and transition as well as collective defending during play

By the End of the Season a player should be capable of:

1. Applying good technique with speed during game situations
2. Applying attacking/defending principles in games
3. Applying agility, coordination and speed movements in practice and games

Reference List

This Curriculum was adapted from the following resources.

- 1- US Soccer Age Group Organization and Curriculum Resources
- 2-Mike Kobylinski -Central College Women's Head Coach
- 3-Garry Laidlaw-Central College Men's Head Coach
- 4-Russ Goodman-Central College Goalkeeping Coach
- 5-Scott Trefl-Pella Soccer Club Technical Director