



PROGRESSION

YOUTH DIVISION SUMMARY

The soccer emphasis for age groups U11-U13 is repetition of technique with an introduction into basic tactics. Players should be excited to come and train everyday with an environment that is well suited for this. It is crucial for our players to become comfortable with the ball at these age groups. The ball should be a player's best friend. The more players have time with the ball the more comfortable players will become by gaining more coordination and rhythm. Hard work is a characteristic that we will foster, letting players know that nothing is mandatory and selling players that they are at training because they want to be. When players are at training they are there to give 100% and consistently training like they are in a game.

When planning your sessions a few things must be considered. Make sure that all of the players are included, the less lines the better. Players enjoy more doing and less explaining from the coach. Become creative with your space, access of goals, and numbers of players; adjust the session to fit your players/team. Coaching over the play is crucial. Stop the play only occasionally to show examples of how different situations could be improved. Excitement in the coach's voice, with inflection, and a positive undertone is very important. This gives players energy and creates an atmosphere that players look forward to and want to excel in.

Within these age groups we are asking players to become more in charge of themselves. Each player should provide a ball (U11 and U12 a size 4, U13 size 5) properly inflated to each session. If they are running late we ask that they hustle when they arrive at the field to get to the training session. We start asking players to communicate with each other on the field so they will get the most out of each other. When the game gets tough, and the play is not going our way we point out to players that this is the crucial time to come together and figure out ways to turn around the situation.

We are trying to teach our players to play the game rather than just randomly kicking the ball. Players should want the ball all of the time, not giving it away so easily. Dribbling should be encouraged; creativity on the ball should be promoted. Everything players do should be with a purpose; a common phrase used is "keep it". Coaches should give emphasis on the techniques of passing and receiving, reinforcing good habits by repetition and adding pressure in different ways. This will help our players keep possession of the ball. This way of playing is key to player development, which at this age may not always result in winning.

This folder will help you in organizing a training session but you get the fun part of motivating and exciting your players to enjoy the game of soccer. Stay positive throughout the session and remember for every coaching point made ("make sure your ankle is locked when you pass"), you need to make four (4) positive comments ("awesome", "great job") Good luck and have fun!