

# Vision Soccer Academy

## U11's – U12's Coach and Parent Quick Reference Guide

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### 1. Quick Facts for the U11 and U12 soccer player

- a. Characteristics of the player
  - i. Adolescence
    1. Height and weight changing
    2. Recognizing the results of their actions (e.g. good/bas pass)
    3. Social acceptance hits its peak
      - a. Peer pressure
    4. Self-criticism begins
      - a. Very hard on themselves
    5. Team identity formed (e.g. uniforms and team name are important)

### 2. Training Sessions – Homework

- a. The player's needs
  - i. Warm-up, individual activities, small-group activities, large-group activities and cool-down
    1. This is the primary structure of practice
  - ii. Technical and tactical practices
    1. To work on tactics, the player needs proper technical ability
      - a. Early exposure to foot skills at U8, U9 and U10
    2. Communication
      - a. Players asking for the ball when attacking. Or directing a teammate while defending
    3. Combination play
      - a. Wall pass (1-2), overlap, take-over, double pass, and (1-3) – third man running
    4. Competitive Nature
    5. Players need continuous, consistent positive encouragement

### 3. Goalkeepers

- a. Receiving - securing the ball
- b. Distribution - throwing, punting and goal kicks
- c. Diving

### 4. (U11's - U12's) – SAMPLE PRACTICE SESSION OUTLINE

- 6:00 – 6:10pm Warm-up Activity and Stretching (10 min)
- 6:10 – 6:12pm Quick demonstration of main topic (2 min)
- 6:12 – 6:25pm 1st Activity (related to main topic) (13 min)
- 6:25 – 6:27pm Water Break (2 min)
- 6:27 – 6:42pm 2nd Activity (related to main topic) (15 min)
- 6:42 – 6:55pm 3rd Activity (related to main topic) (13 min)
- 6:55 – 6:58pm Water Break (2 min)
- 6:58 – 7:15pm Scrimmage #1 (with conditions) (17 min)
- 7:15 – 7:17pm Water Break / re-organize the teams (2 min)
- 7:17 – 7:27pm Scrimmage #2 (Free play – no coaching) (10 min)
- 7:27 – 7:30pm Cool down and Stretching (Practice Review) (3 min)

### 5. Principles of Youth Coaching

- a. Developmentally Appropriate
  - i. How will the topic be received
- b. Clear – Concise – Correct Information
  - i. Make it clear and brief
- c. Simple to Complex
  - i. Coach by starting small and progressing
- d. Safe and appropriate training area
  - i. Survey the practice and game area before play
- e. Decision Making
  - i. **Does the activity allow for decision making by the player?**
- f. Implications for the game
  - i. Is the activity game-related?

## 6. General Information

- a. Practice should not exceed one hour and 30 minutes
- b. During starting phase, briefly discuss game performance with players (two minutes, keep it positive)

## 7. Injury Prevention

- a. Proper use of equipment (shin guards) with socks pulled over the shin guards
- b. Check field for problem areas (rocks, holes and glass)
- c. Field-appropriate footwear (soccer cleats)
- d. Adequate water supply and breaks
- e. Avoid training during peak heat hours
- f. Follow-up call to parents if a serious injury occurs
- g. Full rehabilitation of initial injury before returning to play
- h. Utilize R.I.C.E. when appropriate
  - i. Rest – remove athlete from contest
  - ii. Ice – apply ice to the injured area
  - iii. Compression – apply compression bandage
  - iv. Elevation – elevate the injured body part about the heart

## 8. Game Day

- a. Arrive 30-45 minutes prior to starting time so players can get a feel for the atmosphere
- b. Clarify rules with referee prior to the start of the game
- c. Survey the field
  - i. Are there any safety issues? Look for rocks, holes and glass on the field
- d. Player Positions
  - i. Players' comfort level with certain positions starts to establish
  - ii. Goalies usually established
- e. Preach practice topics ("we worked on this last week")
- f. Discuss game performance with team (positives, what you liked and what we need to work on next)

## 9. Review of Game Day Rules

- a. **The Ball** – size 4
- b. **Number of Players** – 8 vs. 8 (this includes a goalie). Each team shall have no more than eight players on the field. Each roster will not exceed fourteen players.
- c. U11's is the first year off sides is called
- d. Penalty kicks are allowed – 10 yards away from the goal
- e. Restarts – can be indirect or direct kicks
- f. Opponent must be eight yards away from the ball for goal kicks, corner kicks, direct and indirect kicks
- g. Slide tackles are now allowed
- h. A goal can be scored from a kickoff
- i. Certified Center and Assistant Referee (AR) should be used.
- j. Each game includes two, 30 minute halves; five-minute halftime

## 10. Coaches / Equipment

- a. A basic first aid kit
  - i. You should always carry the players medical information and contact information
- b. Age-appropriate balls (Size 4)
- c. Cones and practice vests
- d. Well thought-out plan for each practice
- e. Stop watch (be sure to monitor playing time)

## 11. Resources

- a. The Club
  - i. Director of Recreational – Ginger Parson-McGill (515)419-9836 or [gingermvpm@gmail.com](mailto:gingermvpm@gmail.com)
  - ii. Director of Coaching – Chris McGill (515)419-5112 or [chriscbm@yahoo.com](mailto:chriscbm@yahoo.com)
  - iii. Club Website – [www.visionsocceracademy.com](http://www.visionsocceracademy.com)
- b. Iowa Soccer Association – [www.iowasoccer.org](http://www.iowasoccer.org)
- c. US Youth Soccer – [www.usyouthsoccer.org](http://www.usyouthsoccer.org)
- d. Two excellent books that can be found at Barnes and Noble
  - i. The Baffled Parent's Guide to Great Soccer Drills by Fleck and Quinn
  - ii. The Baffled Soccer Parent's Guide to Coaching Youth Soccer by Bobby Clark
- e. Some great soccer websites:
  - i. <http://www.strongsoccer.com/Kingdrills/clipspractice.htm>
  - ii. <http://www.eteamz.com/soccer/pills/jpill.htm>
  - iii. <http://www.ucs.mun.ca/~dgraham/manual/>