



Topic	Age/Gender	Level	Staff	Date
Fundamental Tech/Tact Dev	U9-U11	Coaching Ed - All	Matt Dacey	8/26/2012

Introduction –
Focus on ‘Learning to Train’ stage of the Long Term Athlete Development Model, where key objective is Fundamental Skills. This is the most important period of motor development and a time of rapid skill acquisition. Small-sided games allow the game to be the teacher while increasing touches (technical), provide simple decision making opportunities (tactical), increased personal responsibility (can not ‘hide’), increase number of goals, increase opportunities to defend and attack (no specialization), increase coach/player interaction.

Warm-Up	Organization	Coaching Points	Lead
Passing in Pairs	45x40 Grid. Pass in Pairs. Various distances, surfaces of foot. Dynamic Stretching	Body Shape Boyd Mechanics First touch – prepare Weight/Angle of Pass Surface of foot Locked ankle	MD

Exercise 1	Organization	Coaching Points	Lead
Gates Passing	Same Pairs/Space A. Pass through gates = Point. Play for 4' B. Wall Pass – Same Scoring C. Overlap – Same Scoring	Timing Communication (verbal, visual) Visual Cues	MD

Exercise 3	Organization	Coaching Points	Lead
4v4 – Possession	20x40 yard grid 5 Passes is a point	Team Shape – Width, Depth/Length First touch away from Pressure See the game! Play Simple Solutions Minimal touches on ball - efficiency	MD

Exercise 4	Organization	Coaching Points	Lead
4v4 – 4 Goal Game	20x40 Grid Pass through any goal – Point!	Timing of Runs Don't Force the game – play what is ‘on’	MD

Exercise 5	Organization	Coaching Points	Lead
4v4 – Line Soccer	20x40 Grid Dribble across line for point	When to get forward Exploit 1v1	MD

In a 2006 study Grant Small, University of Abertay Dundee, found the following statistics when comparing U12 games in Scotland:

	4v4	7v7	11v11
# Touches Per Game	933	796	569
# Touches Per Player	117	57	26
Avg Touches/Minute/Player	2.91	1.42	0.86
Attempted 1v1s	93	60	28
Goals	33	11	5
Percent of time ball Out of Play	8%	12.5%	32.8%

Source: Grant Small , “Small-Sided Games Study of Young Football Players in Scotland,” 2006

11v11 is an Adult Game – designed by adults for adults. We must do the right things at the right times to maximize development. This is the basis of the Long Term Athlete Development Model.

Coaching less about Xs and Os, and more about Sallys and the Joes