



Rio Rapids Durango Soccer Club U11 Player Standards

Characteristics of the U11 Player

- Lengthened attention span
- Team oriented
- Some are becoming serious about their play
- Psychologically becoming more firm and confident
- Boys and girls beginning to develop separately
- Continued positive reinforcement needed
- Greater diversity in playing ability, physical maturity (more, mature have stronger motor skills)
- Starting to think ahead more
- Starting to recognize fundamental tactical concepts such as changing direction of ball, when and when not to pass the ball and when to attack or defend
- Gross and small motor skills becoming much more refined
- Still in motion, but not as busy...Will hold still long enough for a short explanation

Focus of U11 Year

- 1) FUN & Competition
- 2) Build general comfort with the ball (basic touches such as foundations, toe taps, rollies, pulls, start/stop)
- 3) Build **equal comfort in both left and right side** for dribbling, turns (pull backs, chop, cut, drag behind), introductory moves (rummenigge, scissors, inside/outside rolls, stepover), control (foot, thigh, chest, head), and passing (inside, outside, chips, crosses)
- 4) Focus on 1v1, 2v1, 2v2 situations—everyone shares role of defending and attacking
- 5) Creativity within the game—“find the game”
- 6) Increase of partner skills (passing, receiving, shooting).
- 7) Begin small group concepts including attacking and defending.
- 8) Process and performance versus outcome of competition.
- 9) Adding a more in depth understanding of small group skills and concepts of attacking and defending (1st, 2nd, 3rd defender, support play, attacking principles of heads up, committing, support, use of triangles).

10) Begin combining individual skills while introducing beginning tactics and set pieces (team focus)

U11 PLAYER STANDARDS

(ALL U9/U10 STANDARDS INCLUDED)

TECHNICAL:

-Players should demonstrate accuracy and speed in individual and collective soccer techniques

-Players should be able to apply technique during game situations at game speed

Dribbling/Footwork—

-Player should have the ability to use all parts of the foot (inside, outside, sole)

-Player should be able to change speed and direction (creativity)

-Player should be able to stop with the ball under control-either foot

-Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)

-Player should be able to perform figure 8's under control using both feet

-Player should be able to dribble out of trouble

-Player should be able to use basic moves to dribble past an opponent

-Player should be able to incorporate shielding to protect the ball

-Player should be able to use basic sole moves during play (drag, across, behind, v's, rolls),

-Players should have proficiency in shield and escape dribbling, 1v1 attacking dribbles, and moves/fakes

Running with the Ball—

-Player should be able to push the ball away from the body under control with head up and accelerate OR decelerate-either foot

Passing—

-Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of intended target.

-Players should be proficient in push pass

-Player should be able to pass with the inside and outside of both feet

-Players proficient in push pass and weak foot push pass and laces/distance passing.

Control/Receiving—

-Player should have a "soft" first touch

-Players should have body in line of ball, control the ball away from pressure, and be able to use different body surfaces to receive and control ball.

- Players should know multiple ways on how to receive to self, receive to new space, receive to turn, and perform spin turns.
- Players should be able to receive with disguise (out of back, letting ball roll)
- Players should be able to perform basic volleying skills and technique
- Players should be able to juggle with both thighs and feet

Shooting—

- Players should be able to shoot with both feet
- Players should be able to properly shoot with both the inside of the foot and laces
- Players should have laces contact with locked ankle and follow through (Hop, Load, Lock, See BOB (Body Over Ball), Swing, Step).
- Players should have awareness of goal (near/far post) and awareness of goalkeeper (looking up)—Shooting for accuracy
 - Players should be implementing power with side foot shooting and strong and weak foot shooting.

Heading—

- Player should have proper attacking contact (player contacts ball, NOT ball contacting player—“breaking through glass”), eyes open, hairline contact.
- Players should be able to perform standing and jumping headers.
- Players should have introductory skill and technique for heading to pass and heading to score

Goal Keeping—

- Players should demonstrate proper hands and body positioning
- Players should be able to initiate basic ball distribution (throwing, rolling, punting)
- Players should be able to have basic diving skills from the ready position
- Players should be able to collect the ball from the attacking players feet
- Players should be able to relate body position around the goal

Set Piece Organization—

- Players should be able to throw ball in with proper technique.
- Player should be able to defend throw-ins and keep possession off throw-ins.
- Players should be able to demonstrate defending and attacking during kick off play and corner kicks.
- Players should show defensive organization of wall and free kicks, running attacking plays from free kicks, and offensive and defensive balance on goal kicks

TACTICAL:

- Introduction to simple 1v1 decisions and thinking for themselves

Defending—

- Players should be able to have the proper defensive stance

- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls
- Players should be able to use the 3 P'S (pressure, position, patience) while defending, be able to close down a player then break them down.
- Player should maintain position between opponent and goal
- Players begin using "Pressure, Cover, Balance"
- Players should have basic skill and understanding of chase, transition, cover, and intercept.
- Players should be able to apply small group tactics (2,3,4), use defensive rows, zonal defending, and provide shot blocking techniques
- Players can begin using "poke" and "block" tackles when appropriate

Attacking—

- Application of basic attacking principles:
- Players should demonstrate mobility on the attack with support/balance.
- Players should begin using attacking runs while implementing various speeds based on pressure.
- Players should be able to track play and intended movement of ball.
- Players should demonstrate an "open body" facing the field.
- Players should be able to use short AND long wall passes ("give and go" or 1-2) to develop attack
- Players should be able to maintain team shape and roles on restarts,
- Players should begin playing game to maintain possession and focus on transition
- Players should begin using basic combination plays and build up as well as applying techniques of the counter attack-i.e. overlapping and takeovers.

Goalkeeping—

- Players should call for the ball when receiving
- Players should communicate with teammates during the game

PHYSICAL:

- Players should show continued growth of balance and agility, acceleration and sprinting, reaction, back pedaling, turning, jumping, lateral movement.
- Players should be able to demonstrate coordinated movements at speed
- Players should be able to demonstrate introductory techniques of physical confrontation against opponent (shoulders, bumping, use of arms)
- Players should be able to perform speed and agility movements with and without the ball

MENTAL:

- Players should have the enjoyment of playing soccer/FUN.
- Players should be able to respect coaches and teammates.
- Players should be able to positively interact with teammates during training sessions and matches and feel confident within the team unit

- Players should feel confident and comfortable with the ball while having a positive self-esteem
- Players should be able to cooperate with teammates during collective tasks.
- Players should be showing mental and physical efforts during training and competition, commitment



**“CORE 16” AVERAGE 25th% STANDARDS
U11 Year**

	BOYS	GIRLS
FOOT SPEED	45	44
QUICK TOUCH	47	48
JUGGLING-strong foot	3	2
JUGGLING-weak foot	2	2
JUGGLING-head	3	2
MASTER DRIBBLING-strong foot	8	9
MASTER DRIBBLING-weak foot	9	9
SHARP TURNS	11	11
ATTACK DRIBBLING	7	7
CONTROL PASSING-strong foot	5	6
CONTROL PASSING-weak foot	4	5
PERFECT PASSING-strong foot	5	6
PERFECT PASSING-weak foot	4	5

TOTAL CONTROL	2	3
POWER SPRINT	25	23
PURE STRIKE	3	2



**“CORE 16” AVERAGE 50th% STANDARDS
U11 Year**

	BOYS	GIRLS
FOOT SPEED	52	51
QUICK TOUCH	57	58
JUGGLING-strong foot	7	6
JUGGLING-weak foot	5	4
JUGGLING-head	5	3
MASTER DRIBBLING-strong foot	11	11
MASTER DRIBBLING-weak foot	10	10
SHARP TURNS	13	13
ATTACK DRIBBLING	9	8
CONTROL PASSING-strong foot	8	8
CONTROL PASSING-weak foot	7	7
PERFECT PASSING-strong foot	9	9
PERFECT PASSING-weak foot	8	8

TOTAL CONTROL	4	5
POWER SPRINT	27	26
PURE STRIKE	4	3



**“CORE 16” AVERAGE 75th% STANDARDS
U11 Year**

	BOYS	GIRLS
FOOT SPEED	57	59
QUICK TOUCH	66	64
JUGGLING-strong foot	13	8
JUGGLING-weak foot	7	6
JUGGLING-head	7	3
MASTER DRIBBLING-strong foot	13	13
MASTER DRIBBLING-weak foot	12	12
SHARP TURNS	16	15
ATTACK DRIBBLING	10	10
CONTROL PASSING-strong foot	11	11
CONTROL PASSING-weak foot	10	9
PERFECT PASSING-strong foot	13	12
PERFECT PASSING-weak foot	11	10

TOTAL CONTROL	6	7
POWER SPRINT	30	29
PURE STRIKE	5	4



**“CORE 16” AVERAGE 95th% STANDARDS
U11 Year**

	BOYS	GIRLS
FOOT SPEED	68	71
QUICK TOUCH	79	78
JUGGLING-strong foot	19	14
JUGGLING-weak foot	12	8
JUGGLING-head	7	6
MASTER DRIBBLING-strong foot	16	15
MASTER DRIBBLING-weak foot	15	14
SHARP TURNS	19	19
ATTACK DRIBBLING	13	12
CONTROL PASSING-strong foot	14	14
CONTROL PASSING-weak foot	13	12
PERFECT PASSING-strong foot	18	15
PERFECT PASSING-weak foot	16	15

TOTAL CONTROL	9	10
POWER SPRINT	34	34
PURE STRIKE	7	6