

Tri-City United

U11/U12 Development Standards

Train to Train Phase



Skills:

- Dribbling to penetrate (big touches, pinkie toe)
- Dribbling to find space (small and big touches, inside/outside/pinkie toe)
- Dribbling to change speed and direction (inside/outside/sole)
- Dribbling moves (scissor, step over, lunge)
- Shielding
- Passing with the inside of the foot (heel down/toe up) - 20+ yards
- Receiving across body with the inside of foot
- Receiving bouncing balls with feet and air balls with thigh/chest
- Turning with sole of foot
- Pressure defender (bent, low, fast then slow, big then small)
- Poke tackle with front foot (defend the correct way and less “stabbing” will occur)
- Shoulder challenge
- Crossing with variety of surfaces and to a variety of locations
- Shooting with the inside of the foot off ground and volley
- Finishing with instep off ground and off volley
- Introduce headers and volleys to clear or score

Decision Making:

- Reading defensive shape
- Dribbling to beat an opponent (1v1)
- Dribbling to commit an opponent to create space (2v1)
- Finding space (2v1)
- Combination play (2v1)
- Creating space (2v1)
- Shape—width and depth
- Multiple systems of play and numbering system
- Recognition of where to go (where do I take my first touch?)
- Role of first/pressure defender (force opponent)
- Role of second/cover defender (2v2 and 3v2)
- Delay, roles when person up or person down
- Field player communication
- Set pieces (long and short/quick)
- Half-time analysis and adjustments

Psychology

- Teamwork
- Confidence
- Desire and intrinsic motivation
- Self-analysis of performance and abilities (reflection begins)

Fitness

- Strength training can be introduced at onset of puberty (body weight strength training is ideal at this age)
- Speed should be a large focus of any fitness
- Aerobic exercise can be intentional at this age

Training Standards:

- Pool training by ability level
- Realistic and Experiential (game-like)
- 80-100 sessions per year
- 3 times per week
- Majority of training 2-6 players per ball
- Very few activities with more than 10 per ball
- 1 hour and 30 minutes per session is ideal

Game Standards:

- 9v9 to goals with Goalkeepers
- 10-15 friendlies per year
- 20-30 games per year
- 3-5 tournaments would be ideal, but geography requires more
- Local league (within an hour drive)
Jamestown, Grand Forks, Fergus Falls