



U11 PLAYER PROFILE

Orono Westonka Soccer Club

OBJECTIVE

To define the technical, tactical, mental, and physical attributes of U11 players in our developmental pathway. These attributes are split into expected competencies & key development areas. All attributes are global (i.e., not position specific).



TECHNICAL

U11 TECHNICAL PLAYER PROFILE

This profile will define the competencies we would expect U11 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
PASSING	<ul style="list-style-type: none"> - Players should be able to make short passes consistently, with good technique, and with both feet 	<ul style="list-style-type: none"> - One-touch passing- teach players how to play one touch to combine and play out. - Through passing- teach players how to connect a pass that breaks the line of defense.
DRIBBLING	<ul style="list-style-type: none"> - Players should be able to dribble at top speed while maintaining control of the ball. - Players should have familiarized themselves with a few skill moves to use in game. 	<ul style="list-style-type: none"> - Turning- teach players different turns, Cruyff turn, drag back, etc. - Close dribbling - teach players how to use their body to protect the ball from opposition defenders
CONTROL	<ul style="list-style-type: none"> - Players should know how to receive the ball with all parts of the foot: laces, inside, outside 	<ul style="list-style-type: none"> - Dir 1st Touch- teach players how to create space and beat players with their first touch
SHOOTING	<ul style="list-style-type: none"> - Players should be able to score with finesse shots – controlled shots with the inside of the foot, often to the bottom corner of the goal 	<ul style="list-style-type: none"> - Long shots- teach players the proper technique and power when striking the ball from a distance.
TACKLING	<ul style="list-style-type: none"> - Players should be able to tackle the opposition by blocking the forward progress of the ball with the inside of the back foot. 	<ul style="list-style-type: none"> - Barge tackle- teach players how to properly use their body to physically push or block the opponent off the ball.



TACTICAL

U11 TACTICAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
ATTACKING	<ul style="list-style-type: none"> - Basic understanding of the rules of the game - Players should know how to maximize the playing area - Players should know how to position themselves to receive the ball by moving to a clear passing lane - Players should know how to attack the front foot, spin the defender, or create space and use it. - Players should know when and how to break the line of the opposing team’s formation with a pass or a dribble. - Players should know how to exploit 2v1, and 3v2 situations. - Players should be able to shoot into the bottom corners of the goal consistently 	<ul style="list-style-type: none"> - Switch the point of attack- help players improve their technical skills, vision, and decision-making abilities to create space and opportunities for teammates. - Accelerate the play- teach players to move the ball quickly and accurately at a faster pace. - Get to the target box-Teach players to position themselves in the 18-yard box to create a goalscoring opportunity



TACTICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
DEFENDING	<ul style="list-style-type: none"> - Players should know how to compress the playing area when the opposition has the ball by being narrow and vertically compact - Players should be able to defend 1v1 to prevent dribble, shot, or cross. - Players should know that when closest to the ball, they sprint to close down the opposition. - players should be able to defend so the opposing player can't turn forcing them to pass backward or sideways. - Players should know in what situations to clear the ball if there is no other option. 	<ul style="list-style-type: none"> - Pressure, cover, balance- teach the team to work together to put pressure on the opponent, cover any potential gaps, and maintain a strong defensive shape



MENTAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
CONFIDENCE	<ul style="list-style-type: none"> - Varied levels of confidence in the team coming into this age group - Players should actively find various solutions for situations in the game. 	<ul style="list-style-type: none"> - Focus on trust in decision-making, composure under pressure
ATTITUDE	<ul style="list-style-type: none"> - Players should be able to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice. 	<ul style="list-style-type: none"> - Encourage accountability, fairness, and personal responsibility
COMPETITIVENESS	<ul style="list-style-type: none"> - Players should maintain concentration throughout the session, both on the coaches' instruction and in observing what is happening in the game 	<ul style="list-style-type: none"> - Aggression- teach players to play with high intensity, determination, and physicality while maintaining control and sportsmanship.
SPORTSMANSHIP	<ul style="list-style-type: none"> - Players should encourage Teammates within the team. - Players should celebrate individual successes collectively. 	<ul style="list-style-type: none"> - Self-control- teach players to maintain focus, avoid distractions, and make good decisions on the field.



PHYSICAL

U11 PHYSICAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
SPEED	<ul style="list-style-type: none"> - Players should be able to sprint in a straight line for 20-30 yards without slowing down. And be able to change direction by cutting hard off the outside foot 	<ul style="list-style-type: none"> Explosive acceleration Quick reaction time Agility and change of direction
STRENGTH	<ul style="list-style-type: none"> - Players should be able to use their body to retain possession. 	<ul style="list-style-type: none"> - Ball retention- teach players how to use their body to protect the ball and retain possession.
ENDURANCE	<ul style="list-style-type: none"> - Players at this age can repeat runs and soccer actions without tiring 	<ul style="list-style-type: none"> - Maintain a team culture values effort and work rate - Set expectation for intensity through full matches - Require consistent involvement in both attacking and defensive phases
COORDINATION	<ul style="list-style-type: none"> - Players should be able to stay on feet during decelerations, changes of direction, and other soccer actions 	<ul style="list-style-type: none"> - Mobility- teach players to move effectively and efficiently

