

# U11 & U12 PLAYER OBJECTIVES



## PLAYING 9 A-SIDE SOCCER

DRIBBLING	U11	U12
DRIBBLING WITH THE HEAD UP	PROFICIENT	PROFICIENT
SPEED DRIBBLING (LACES)	PROFICIENT	PROFICIENT
INSIDE, OUTSIDE AND SOLE OF BOTH FEET	PROFICIENT	PROFICIENT
MOVES AND FEINTS GOING BOTH DIRECTIONS	FOCUS	PROFICIENT
DRIBBLING TO PENETRATE	PROFICIENT	PROFICIENT
CHANGE OF DIRECTION AND SPEED	PROFICIENT	PROFICIENT
SHIELDING THE BALL	PROFICIENT	PROFICIENT
TURNING AWAY FROM PRESSURE	FOCUS	PROFICIENT

DEFENDING	U11	U12
IMMEDIATE PRESSURE	FOCUS	PROFICIENT
DELAYING	FOCUS	PROFICIENT
BLOCK TACKLE	FOCUS	PROFICIENT
COVER	FOCUS	PROFICIENT
BALANCE	FOCUS	FOCUS
TRANSITIONING WHEN POSSESSION IS LOST	INTRO	FOCUS

INTRO	FOCUS	PROFICIENT
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# U11 & U12 PLAYER OBJECTIVES



## PLAYING 9 A-SIDE SOCCER

PASSING	U11	U12
PASSING WITH THE INSIDE OF BOTH FEET	PROFICIENT	PROFICIENT
PASSING WITH THE OUTSIDE OF BOTH FEET	FOCUS	FOCUS
A DRIVEN PASS WITH THE LACES	INTRO	INTRO
LOFTED PASS	INTRO	INTRO
CHIPPED PASS	INTRO	INTRO
SHORT RANGE PASSES (5 TO 15 YARDS)	FOCUS	PROFICIENT
LONG RANGE PASSES (15 TO 25 YARDS)	FOCUS	FOCUS

RECEIVING	U11	U12
RECEIVE WITH THE INSIDE OF BOTH FEET	FOCUS	PROFICIENT
RECEIVE WITH THE OUTSIDE OF BOTH FEET	FOCUS	PROFICIENT
RECEIVE WITH THE THIGH	INTRO	FOCUS
RECEIVE WITH THE CHEST	INTRO	FOCUS
RECEIVE TO TURN	FOCUS	PROFICIENT
RECEIVE UNDER PRESSURE	FOCUS	PROFICIENT

INTRO	FOCUS	PROFICIENT
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# U11 & U12 PLAYER OBJECTIVES



## PLAYING 9 A-SIDE SOCCER

POSSESSION	U11	U12
TRANSITIONING INTO POSSESSION	INTRO	FOCUS
MAINTAINING SHAPE	FOCUS	FOCUS
PASSING AWAY FROM PRESSURE	FOCUS	PROFICIENT
MOVING TO SUPPORT	FOCUS	PROFICIENT
BUILDING OUT OF THE BACK	FOCUS	FOCUS
PASSING THROUGH THE LINES	FOCUS	FOCUS
UNDERSTANDING THE PRINCIPLES OF ATTACK	FOCUS	PROFICIENT

FINISHING	U11	U12
STRIKING THE BALL WITH THE INSIDE OF BOTH FEET	FOCUS	PROFICIENT
STRIKING THE BALL WITH THE INSTEP OF BOTH FEET	FOCUS	PROFICIENT
VOLLEYS	FOCUS	FOCUS
FINISHING OFF A ONE TOUCH	FOCUS	PROFICIENT
FINISHING OFF A BREAKAWAY	FOCUS	PROFICIENT
FINISHING OFF A CROSSED BALL	FOCUS	PROFICIENT

INTRO	FOCUS	PROFICIENT
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