



U12 PLAYER PROFILE

Orono Westonka Soccer Club

OBJECTIVE

To define the technical, tactical, mental, and physical attributes of U12 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

U12 TECHNICAL PLAYER PROFILE

This profile will define the competencies we would expect U12 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 bodies 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

U12 TACTICAL PLAYER PROFILE

This profile will define the competencies we would expect U12 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
<p>ATTACKING</p>	<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 - Players should have the technical skills, vision, and decision-making abilities to create space and opportunities for teammates. - Players should be able to move the ball quickly and accurately at a faster pace. - Players should position themselves in the 18-yard box to create a goalscoring opportunity 	<ul style="list-style-type: none"> - Move to create numbers up situation- teach players to move and pass the ball quickly and efficiently to get more teammates involved in the play. - Break last line with pass or dribble- teach players to advance the ball past the last line of defenders towards the opponent's goal - Cutback to eliminate the GK- teach players to pass the ball to the center of the field, away from the goalkeeper, in order to create a scoring opportunity.



TACTICAL

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PRINCIPLE

EXPECTED COMPETENCIES

DEFENDING

- 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.
- Players should know be able to work together to put pressure on the opponent, cover any potential gaps, and maintain a strong defensive shape



MENTAL

U12 MENTAL PLAYER PROFILE

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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. 	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. 	- 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 - Players should be able to play with high intensity, determination, and physicality while maintaining control and sportsmanship. 	- 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 be able to maintain focus, avoid distractions, and make good decisions on the field. 	- Self-control- teach players to maintain focus, avoid distractions, and make good decisions on the field.



PHYSICAL

U12 PHYSICAL PLAYER PROFILE

This profile will define the competencies we would expect U12 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
SPEED	- 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	Explosive acceleration Quick reaction time Agility and change of direction
STRENGTH	- Varied levels of strength in this age group	- Ball retention - teach players how to use their body to protect the ball and retain possession.
ENDURANCE	- Players at this age can repeat runs and soccer actions without tiring	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	- Players should be able to stay on feet during decelerations, changes of direction, and other soccer actions	- Mobility - teach players to move effectively and efficiently

