

Muhlenberg Soccer Association

U11 & U12 Coaching Objectives

U11 & U12 players should develop the following:

DRIBBLING

- Knows 3 or 4 moves to beat an opponent
- Cruise or drive with ball (controlled/protective dribbling versus fast/progressive dribbling)
- Create space for support (dribble at defender with speed)
- Lift the head, use options, know proximity of opponents

KICKING

- Using inside and outside of instep (shoelaces)
- Chipping with accuracy
- Passing/shooting bouncing balls (one-touch)
- Accurately pass to moving player (at various speed and distance)
- Use good ball speed in passes
- Accurate shooting up to 15 yards (power and angles)
- Crossing to the “primary target area”

BALL SKILL

- Side block tackle, jockey in defense (control the ball carrier)
- Use shoulder charging
- Stop and go with ball, continuing in the same direction
- Turn ball under pressure (shielding ball)
- Strong balance over ball while using "playing leg"
- Can trap and deflect bouncing balls using chest, stomach, thighs
- Setup 2nd touch with 1st touch
- Cruyff move, using either foot
- Matthews move, using either foot
- Unidirectional heading (defensive heading, heading in the attack)

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TACTICS

- Develop a basic understanding of the concept and rule of offside or modified offside.
- Changes point of attack (switch)
- Has a sense of game speed and can affect it (straight drives, angled dribbles, back passing, etc)
- Acts appropriately in each of the thirds of the field
- Instinctively moves into supportive positions (triangles, pairs) Concentration on the development of:
 - The triangle in team play
 - The diamond in team play
 - Through passes
 - Take-overs
 - Overlapping runs
 - Appreciation of the team principles of play and their roles when the team is in attacking or defending.
 - High concentration on basic skills in cooperative play, i.e. passing, control, shooting, and introduction to heading; goalkeeper techniques and role.
- Emphasis on the principles of play, and the roles of the players when attacking and defending. Players need to understand their particular role on the team in supporting the attack and regaining possession of the ball when defending. The players should have a basic understanding of how to interchange roles during the course of play.
- Instinctive reaction to change of possession and the transition in possession
- Aggressive on the ball (first to it)
- Understands delay on defense (1 vs 2)
- Understands cover on defense (2 vs 3)
- Offensive attacks
 - 2 vs. 1 (one attacks the defender, one provides width)
 - 3 vs. 2 (3rd player provides support)
 - Role of midfield player