

Coaching Recommendations.

Age: U11 and U12.

Practice Sessions

There now needs to be a progression to enable the players to improve their fundamental skill. The majority of the sessions for these age groups need to be done at 2v2 or 3v3.

There has to be an increase in the difficulty of the practice session so all the same fundamentals are now taught under more pressure.

Passing.

Being able to do the chip pass.

Being able to use the volley pass.

Being able to understand the timing of a pass.

Being able to learn the importance of keeping possession.

Being able to do a wall pass.

The fundamentals still apply:

Accuracy

Speed/Pace

Faking/Disguise

Timing

Control.

Being able to control the ball with their knee and chest.

Being able to shield the ball from pressure.

Knowing the fundamentals of ball control:

Get your body behind the ball

Assess the flight of the ball

Decide which part of the body you are going to use to control the ball

Relax on contact

Direct the ball away from pressure

Get the ball out of your feet

Dribbling.

Being able to dribble in 1v1 and 2v2 situations.

Knowing when and where to dribble.

Knowing the fundamentals of dribbling.

Change of speed/pace

Change of direction

Faking/Disguise

Attacking defenders at speed

Defending.

Knowing how and when to pressure the ball.

Knowing the importance of patience.

Knowing how to put pressure on the ball, how to be patient and how to apply cover in 2v2 and 3v3 situations.

Learning how to do defending headers.

Knowing the fundamentals of defending:

Communication

Get your body between the ball and the target

Pressure on the ball

Patience

Cover

Shooting.

Being able to do power shooting.

Knowing the importance of looking for rebounds.

Being able to use power or finesse.

Players must know the importance of hitting the target when shooting

Heading.

Learning how to head the ball correctly as individuals.

Learning the difference between attacking and defending headers.

Games.

There now is the addition of results being recorded during the games. I feel that this just puts added pressure on coaches and players.

Players should now be starting to favor a certain position.

Equal amount of playing time is important however this is determined by a player's attitude to practice and game mentality.

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