



Elite Soccer

U11-U12 Year Old Curriculum



I. The Practice Elements and Environment

- **Pressured play in confined spaces**
- **Ball/Body Awareness Activates**
- **Activities to Develop Agility, Balance, and Coordination**
- **Continued practice of Coerver Moves**
- **Challenging activities balanced with Fun Games**
- **Cooperative Activities- 2 vs. 2, 3 vs. 3, 4 vs. 4, 5 vs. 5, 6 vs. 6**
- **Small-Sided Games with Various Scoring Options**
- **Players understand different roles/positions**
- **Technique: Advanced Skills**
- **Tactics: roles of attack and defense**
- **#4 ball, small goals**

Practice Duration: 90 min.

II. Age Group Themes:

- FUN-YET CHALLENGING, PRESSURE AND COMPETITIVE PLAY- performance oriented rather than results-oriented
- BALL SKILLS, CREATIVITY, AND A GRADUAL INSIGHT INTO THE GAME
- THE GAME IS THE BEST TEACHER-LEARN THROUGH EXPERIENCE

III. Practice Plan Progression:

“Small to big” “Simple to Complex” “No pressure to Game Speed”

U11-U12

Stage I: Warm Up-ball work and dynamic stretching

Stage II: Small Sided Activity

Stage III: Expanded Small Sided Game/Activity

3 vs. 3 (30 X 20 yards) 4 vs.4 (40 X 25yards)

Stage IV: Game (6 vs. 6. 8 vs. 8) (60 x 40yards)

IV. SUCCESS IN SOCCER PRACTICE SUGGESTIONS:

http://elitesoccer.net/Resorces/best_of_success_in_soccer.pdf

ADDITIONAL RESOURCES: “Soccer Specific”

<http://www.elitesoccer.net/coaches/activities%20resource.htm>

Consider this: At the youth level, games are a forum for players to test their ball skills and game awareness, and should be considered an additional means of development, rather than the objective. Results are important as it gives the players a competitive focus in the match.

Coaches are encouraged to promote soccer that: Is free flowing, is coach-guided, not coach-directed, and Demands that all players on the field, regardless of their specified position, participate in defending and attacking

Week 1: Dribbling 1vs 1, 2vs2 situations

- Dribbling with both feet-Inside, Outside, and Sole of the foot
- Quick and Short touches in tight spaces
- Speed dribbling-3 steps between each touch-dribbling with laces at full speed
- Coerver Moves: Scissors, Mathews, Lunge, Step-over, Learning 3 or 4 moves to beat players
- Disguise in dribble-changes in speed and direction
- attacking the defenders front foot
- getting around the defender and cutting back in-put the defender behind attacker
- dribbling at the defender with speed and changes of direction-attempting to wrong foot defender
- dribbling to create space to pass or shoot
- dribbling to change the point of attack-dribbling away from pressure
- attacking the space with the dribble to collapse the defense to create space for teammates
- 50/50 balls
- drawing in the defenders
- disguise the play-not letting the defenders read what you are going to do

Progression Plan

Stage I: Warm Up-Coerver dribbling with all surfaces-coerver moves, dynamic and static stretching in between

Stage II: Small Sided Activity: 1 vs. 1, 2 vs. 2 activities

Stage III: Expanded Small Sided Game/Activity

4 vs.4 (40 X 25yards) multiple goals

Stage IV: Game (5 vs. 5 or 6 vs. 6) (60 x 40yards-2 goals-no goalies)

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Week 2: Finishing

- striking the ball with laces with both feet-power finishing
- support foot next to ball pointing at target, knee over the ball, good backswing, upper body over the ball, locked ankle, toes pointed down, land on striking foot on follow through
- Volleys, Side-Volleys
- Close range finishing(inside of the foot)-placement and accuracy verses power
- Striking balls from different angles and various lengths from the goal
- Creating space to shoot off the dribble
- Creating space off the ball-doing the work off the ball-runs off the ball to lose defender
- Timing runs into the box when finishing crosses
- Finishing one touch-finishing two touch
- Understanding power vs. finesse shooting situations

- Keeping composure in front of goal

Progression Plan

Stage I: Warm Up-Coerver Dribbling and dynamic and static stretching in between, passing with instep-breaking down the form for finishing with the laces

Stage II: Small Sided Activity-1 vs. 1 finishing activities

Stage III: Expanded Small Sided Game/Activity

2 vs. 2 with GK (25 X 20 yards) transition finishing

3 vs. 3 with GK (30 x 20) transition

Stage IV: Game (5 vs. 5, 6 vs. 6) (45 x 30yards) with GKs

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Week3: Introduction of Attacking-combination play-creating chances in the attacking 3rd

- Short accurate passes with inside of the foot-both feet
- One touch passes
- Outside of the foot passing
- Dribbling fake passing-unpredictable on the dribble-coerver moves
- Speed dribbling
- Strong first touch away from pressure
- 2vs1 situations-drawing the defender
- 3vs2 situations-weak side runs
- 3vs3 and 4vs4 play
- wall passing, 1,2 passes
- overlapping runs
- understanding when to dribble and when to pass
- good support angles off the ball

Progression Plan

Stage I: Warm Up-Coerver dribbling with partners-pass and moving/ dynamic and static stretching in between

Stage II: Small Sided Activity-2 vs. 2 + 1 neutral player

Stage III: Expanded Small Sided Game/Activity-3 vs. 3 (30 X 20 yards)

Stage IV: Game 6 vs. 6 (50 x 40yards) with GKs

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Week 4: Introduction to group defending- 1. Immediate Chase-(Pressure-Delay) 2. Cover

- side on stance-force player to weak foot or to outside

- staying low-short quick steps
 - slide tackling
 - shoulder charging
 - front and back foot tackling
 - communication
 - 1st,2nd, defender concept
 - rotation and switching on defense
 - double team-1 attacker vs. 2 defenders-numbers up defending
 - 2 attackers-2 defenders
 - containing-standing up attackers
 - high pressure when attackers back is turned
 - anticipating the play-reading the offense
- Sliding and pinching in to cut off the through ball

Progression Plan

Stage I: Warm Up-Coerver dribbling, introduce defensive stance, partners, dynamic and static stretching in between

Stage II: Small Sided Activity, 1 vs. 2 defenders activities to end zones or small goals

Stage III: Expanded Small Sided Game/Activity

2 vs. 2 (30 X 20 yards) to end zones or 3 vs. 3 to goals

Stage IV: Game (5 vs. 5 or 6 vs. 6) (60 x 40yards with GK or small goals

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Week 5: Transition play-Three phases of the game (when u have possession, when the other t
Team has possession, when the possession is changing-transition)

Attack-Create Space

- strong first touch-attacking touch, moving with first touch
- first touch with inside and outside of foot
- receiving the ball with both feet on the ground and in the air
- one and two touch passing
- driven balls in the air
- movement off the ball to create space
- movement off the ball to create strong support angles
- find the weak side
- playing away from pressure
- switch or swinging the play/point of attack with the dribble or the pass
- counter attacking

Defense-Deny Space

- Delay, immediate chase, pressure
- Recovery runs-back and into the middle
- Staying compact

- Avoid getting split
- Cover off the ball
- “standing up” attackers
- make the attacking team make a negative pass backwards
- attempt to deny forward play

Progression Plan

Stage I: Warm Up: Coerver dribbling, dynamic stretching, combination passing, dynamic and static stretching in between

Stage II: Small Sided Activity: 2 vs. 2 Transition to end lines

Stage III: Expanded Small Sided Game/Activity

3 vs. 3 (30 X 20 yards) transition to 2 goals-4 goals total

Stage IV: Game (6 vs. 6) (60 x 40yards)

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Week6: Passing and First Touch-Possession Play

- passing-1 and 2 touch passing
- strong first touch away from pressure into space
- dribbling out of traffic
- grid work-4 vs. 2, 5 vs. 2
- short passes
- driven balls/bend-curved passes
- possession play numbers up possession 6 vs. 6, 4 vs. 4 +2
- progress to even numbers per team-possession
- movement off the ball-checking to the ball, checking away
- finding the through ball
- splitting defenders
- reinforce the 3 main moments: when u have possession, when the other team has possession, when the possession is changing-transition
- communication off the ball offense-“man on, turn, time”
- staying compact on defense
- spreading the space
- communication

Progression Plan

Stage I: Warm Up-two circle warm up or “windows”-players on the inside have ball, player on the outside no balls, pass to outside player and switch places, dynamic and static stretching in between

Stage II: Small Sided Activity-4 vs. 1, 5 vs. 2 grid work

Stage III: Expanded Small Sided Game/Activity

2 vs. 2 + 2 neutral players keep away
Stage IV: Game (6 vs. 6) (60 x 40yards) to 2 small goals

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Week 7: Flank play-finishing off the cross

- driven balls, bent balls, chipped balls
- serving the ball-laces and inside of the foot-both feet
- benders-curving the ball-inside and outside of the foot
- driven balls in the air
- heading-forehead, using entire body, jumping and diving headers
- dribbling-coersvers moves-beating players on the flanks
- volley finishing
- early ball cross-crosses that are served before the box
- standard service in the offensive third
- baseline pass to the penalty mark
- switching the ball to the weak side
- near post and far post crosses
- timing of runs-near and far post runs
- creating off the run-anticipating the cross
- weak side runs
- corner kick plays
- finishing at different places and angles of the box
- using the width of the field

Progression Plan

Stage I: Warm Up: introduction to driven passes, bent balls, chipped balls; heading technique, dynamic and static stretching in between

Stage II: Small Sided Activity-crossing and finishing activities,

Stage III: Expanded Small Sided Game/Activity

3 vs. 3 + 2 neutral flank players (30 X 20 yards) or 4 vs.4 (40 X 25yards) - 2 neutral flank players, flank channel restricted to neutral players

Stage IV: Game (5 vs. 5 or 6 vs. 6 with GKs) (60 x 40yards)

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Week 8: First touch and receiving

- Instep receiving
- Laces receiving

- Chest receiving
- Thigh receiving
- First touch setting up next pass
- Goal is to receive and pass in 2 touches
- Body mechanics, body shape and balance
- Early selection of receiving surface
- Eye on the ball, read flight of ball
- Body in line of flight of ball
- Tactical application: Receiving balls into space away from pressure
- vision

Progression Plan

Stage I: Warm Up: “Windows” 2 circles players on the outside have the ball; players on the inside don’t have the ball. Player outside serves ball with hand player on inside receives it and passes it back, dynamic and static stitching in between

Stage II: Small Sided Activity

Stage III: Expanded Small Sided Game/Activity

3 vs. 3 (30 X 20 yards) 4 vs.4 (40 X 25yards)

Stage IV: Game (5 vs. 5, 6 vs. 6) (60 x 40yards)

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Week 9: Dribbling and Passng-Penetration and Mobility

- Coerver Moves
- dribbling for penetration
- passing for penetration
- passing patterns-give and goes, overlaps
- weight of the pass-being able to control the strength of the pass
- bending the ball-low and high balls
- chip passing
- penetrating runs-timing the run
- diagonal runs for penetration
- creating space for teammates with runs off the ball checking to the ball and checking away
- timing the pass-with the runs of players off the ball
- anticipating the pass
- find the gaps between the defense
- weak side runs off the ball

Progression Plan

Stage I: Warm Up-Coerver Dribbling with partners, combination passing patterns,

Stage II: Small Sided Activity-2 vs. 2 + 1 neutral player to end zone or 2 goals-4 total goals

Stage III: Expanded Small Sided Game/Activity
3 vs.3 (40 X 25yards) to 2 goals-4 total goals

Stage IV: Game (6 vs. 6) (60 x 40yards)

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Week 10: Team Defending-add the third defender (balance)

- defensive stance
- tackling-slide tackling
- shoulder charging
- side block charging
- defensive heading
- pressure-1st defender, cover-2nd defender, balance 3rd defender
- cutting off the through ball
- containing-standing up attackers
- high pressure when attackers back is turned
- anticipating the play-reading the offense
- sliding and pinching in to cut off the through ball
- communication-rotation
- making the play predictable forcing the play to one side (outside, inside, backwards)

Progression Plan

Stage I: Warm Up-partner coerver dribbling, review defensive stance

Stage II: Small Sided Activity-2 vs. 2 defending activates, review pressure, cover

Stage III: Expanded Small Sided Game/Activity

3 vs. 3 (30 X 20 yards)-introduce the 3rd defender balance

Stage IV: Game (6 vs. 6) (60 x 40yards)

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