



**DEVELOPMENTAL
STEP 2**

Step 2: Learning to Cooperate U9 - U12

General Descriptions

- Individual Development is placed above the team.
- Positive reinforcement should be used to get the best response for players.
- Players are developing out of the “Me” phase of learning and continued group cooperation activities should be introduced.
- Gracious sportsmanship should be reinforced.
- Learn through trial and error
- Short attention and concentration spans.
- Inability to development capacity

Important Training Priorities

- Increased emphasis on ball striking and receiving.
- Emphasis and coaching points address breakdowns in player technique not tactics.
- Introduction of small group tactics both offensive and defensively.
- Continued focus on individual ball mastery.
- Introduction of balance and coordination activities.
- Numbers up and numbers down situations to promote individual and group problem solving strategies.
- Warm-up phase is unopposed to allow for understanding and success.
- NO fitness training



Coaching Characteristics:

Must be passionate about the game and enthusiastic when working with younger kids. Must be a good teacher. A high priority on creating an environment in which the players continue to have fun is key. Emphasis on the process of player development and not the results must be expressed to both players and families. Encourage the players to make mistakes and take risk. Ask a lot of questions instead of giving them the answers. “I don’t know” is not an acceptable response.

Age Appropriate Principles of Play - Attacking

		How it looks in training:	
U9	Penetration	<ul style="list-style-type: none"> On the dribble. Focus on positive first touch out of pressure and into space. Running with the ball. 	<ul style="list-style-type: none"> With the pass. Ball striking technique through repetition.
	Improvisation, Creativity	<ul style="list-style-type: none"> Individual ball mastery is critical. <ul style="list-style-type: none"> shielding, receiving, ball manipulation. 	<ul style="list-style-type: none"> 1v1 moves to beat a defender.
	Mobility	Not a main priority for this age.	
	Support	Not a main priority for this age.	
	Width	Not a main priority for this age.	

U10	Penetration	<ul style="list-style-type: none"> On the dribble Focus on positive first touch out of pressure and into space. Running with the ball. 	<ul style="list-style-type: none"> With the pass and shooting. Ball striking technique through repetition (passing and shooting).
	Improvisation, Creativity	<ul style="list-style-type: none"> Individual ball mastery is critical. <ul style="list-style-type: none"> shielding, receiving, ball manipulation 	<ul style="list-style-type: none"> 1v1 moves to beat a defender at a higher tempo.
	Mobility	<ul style="list-style-type: none"> Individual possession of the ball through shielding, ball mastery, and running into space. 	<ul style="list-style-type: none"> Introduction of overlaps, give and go's, in 2v1, 2v2 situations and other attacking priorities.
	Support	<ul style="list-style-type: none"> Immediate options to the sides of the player in possession 	
	Width	<ul style="list-style-type: none"> Players using the space in the designated field 	

U11	Penetration	<ul style="list-style-type: none"> On the dribble. Positive first touch while in motion. Running with the ball at pace. Understanding of when to pass vs when to dribble. 	<ul style="list-style-type: none"> With the pass and shooting. Continued emphasis on ball striking technique over longer distances. Instruction of proper weight of the pass.
	Improvisation, Creativity	<ul style="list-style-type: none"> Individual possession of the ball through shielding, ball mastery, and running into space. 	<ul style="list-style-type: none"> 1v1 moves to beat a defender at a higher tempo. Introduction of more complex moves.
	Mobility	<ul style="list-style-type: none"> Individual possession of the ball through shielding, ball mastery, and running into space. 	<ul style="list-style-type: none"> Continued focus on previous attacking priorities to develop into 3v3 and 4v4 priorities.
	Support	<ul style="list-style-type: none"> Creating immediate passing options either side of the ball 	<ul style="list-style-type: none"> Creating depth behind the ball.
	Width	<ul style="list-style-type: none"> Supporting angles immediately to the side of the player in possession. 	<ul style="list-style-type: none"> Driving a ball over distance.

U12	Penetration	<ul style="list-style-type: none"> On the dribble. First touch into space followed by explosive movement. Increased understanding of when to pass vs when to dribble under pressures of the game. 	<ul style="list-style-type: none"> With the pass and shooting Ball striking technique through repetition (passing and shooting). Instruction of proper weight of your pass over increased distances. Instruction of proper shooting technique and surfaces over distance.
	Improvisation, Creativity	<ul style="list-style-type: none"> Deception in ball manipulation. 	<ul style="list-style-type: none"> Deception in passing technique with different surfaces. Deception in finishing with different surfaces.
	Mobility	<ul style="list-style-type: none"> Individual possession of the ball through shielding, ball mastery, and running into space. Introduction of SAQ work. 	<ul style="list-style-type: none"> Introduction of 3rd man runs. Emphasis on spacial awareness with teammates and opponents.
	Support	<ul style="list-style-type: none"> Create immediate passing option either side of the ball. Create an immediate option in front of the ball. 	<ul style="list-style-type: none"> Creating depth behind the ball. Creating height ahead of the ball
	Width	<ul style="list-style-type: none"> Supporting angles immediately to the side of the player in possession. 	<ul style="list-style-type: none"> Immediately stretching the field once possession is won. Changing the point of attack.

Age Appropriate Principles of Play - Defending

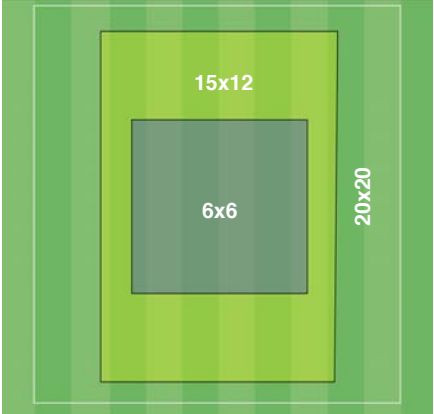
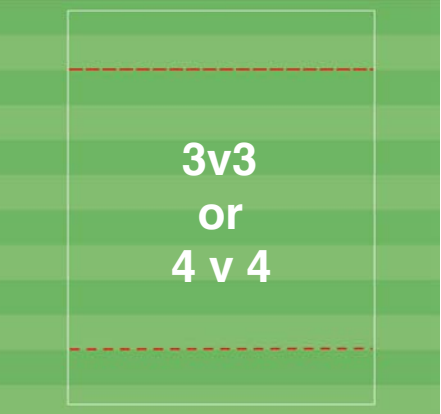

		How it looks in training:
U9	Immediate Chase	<ul style="list-style-type: none"> Getting back behind the ball after loss of possession.
	Pressure	<ul style="list-style-type: none"> Individual defending fundamentals Proper body shape in closing down the ball. Proper speed and pace to close down the ball. The ability to pressure and wait for a mistake rather than tackle.
	Cover	<ul style="list-style-type: none"> Second defender in an area to prevent penetration
	Balance	<ul style="list-style-type: none"> Most Guidance given to players during match play
	Compactness	<ul style="list-style-type: none"> Most Guidance given to players during match play

U10	Immediate Chase	<ul style="list-style-type: none"> Getting back behind the ball after loss of possession Ability to close down the attacker to gets his head down.
	Pressure	<ul style="list-style-type: none"> Individual defending fundamentals Proper body shape in closing down the ball. Proper speed and pace to close down the ball. The ability to pressure and wait for a mistake rather than tackle.
	Cover	<ul style="list-style-type: none"> Second defender in an area to prevent penetration. Body shape mirrors that of the 1st defender. In a position to become the 1st defender when teammate is beaten on the dribble.
	Balance	<ul style="list-style-type: none"> Ability if the 3rd defender to be in a position to provide support to the defending group. Most Guidance given to players during match play.
	Compactness	<ul style="list-style-type: none"> Most Guidance given to players during match play

U11	Immediate Chase	<ul style="list-style-type: none"> Getting back behind the ball after loss of possession. Ability to close down the attacker to gets his head down.
	Pressure	<ul style="list-style-type: none"> Individual defending fundamentals. Proper body shape in closing down the ball. Proper speed and pace to close down the ball. <ul style="list-style-type: none"> Arrive as the ball arrives The ability to pressure and wait for a mistake rather than tackle.
	Cover	<ul style="list-style-type: none"> Second defender in an area to prevent penetration. Body shape mirrors that of the 1st defender. In a position to become the 1st defender when teammate is beaten on the dribble Players body position to intercept a pass instead of tackling
	Balance	<ul style="list-style-type: none"> Ability if the 3rd defender to be in a position to provide support to the defending group. Most Guidance given to players during match play.
	Compactness	

U12	Immediate Chase	<ul style="list-style-type: none"> Getting back behind the ball after loss of possession. Ability to close down the attacker to gets his head down. Teams ability to recognize closet defender to close down the ball.
	Pressure	<ul style="list-style-type: none"> Individual defending fundamentals. Proper body shape in closing down the ball. Proper speed and pace to close down the ball. <ul style="list-style-type: none"> Arrive as the ball arrives The ability to pressure and wait for a mistake rather than tackle.
	Cover	<ul style="list-style-type: none"> Second defender in an area to prevent penetration. Body shape mirrors that of the 1st defender. In a position to become the 1st defender when teammate is beaten on the dribble Players body position to intercept a pass instead of tackling
	Balance	<ul style="list-style-type: none"> Ability if the 3rd defender to be in a position to provide support to the defending group. Most Guidance given to players during match play.
	Compactness	<ul style="list-style-type: none"> Teams ability to keep the playing space small for the attacking team both in width and in depth. Most Guidance given during match play.

Recommended Field Dimensions and Layout

Technical Training Dimensions	30x20 / 40x30	40 Yards x 30 Yards
		
<ul style="list-style-type: none"> • These dimensions should be used during phase 1 of your training session. • 6x6 should be used when doing individual ball mastery. • 15x12 can be used when doing 1v1 or 2v2 attacking or defending. • 20x20 can be used when doing a small sided possession game with numbers up or down. 	<ul style="list-style-type: none"> • 30x20 should be used in a 3v3 activity. • 40x30 should be used in a 4v4 activity. • End-zones are used to add direction to your activity. • The match has a direction so therefore so should your activities. • The depth of the end-zone can be adjusted depending on your activity <ul style="list-style-type: none"> • Larger end zone to allow pass and time to receive a pass. 	<ul style="list-style-type: none"> • Average field size for 4v4 scenarios. • If you are sessions is to improve individual technical ability then you may make the field smaller to create more pressure on the ball. • If you are looking to improve player distribution or individual attacking or defending you may make the field larger.
<p style="text-align: center;"><i>These dimensions are to be used as guidelines when starting your planning. As a coach is it important to make sure the players are having success. If these field dimensions do not work well for your specific group then adjust the size as you see fit for improved performance.</i></p>		

Training Session Check List

When designing your training session each of these categories need to be addressed to provide for appropriate organization.

<p>Principles of Play</p> <ul style="list-style-type: none"> • Attacking • Defending 	<p>Objectives</p> <ul style="list-style-type: none"> • In relation to the principle and sub-principle of play. • What are you trying to accomplish? • Do the activities bring out your objectives?
<p>Sub-Principle (Defending)</p> <ul style="list-style-type: none"> • Immediate Chase • Pressure • Cover • Balance • Compactness • Control and Restraint 	<p>Activities</p> <ul style="list-style-type: none"> • Need to be age appropriate • Activities need to flow together from stage to stage
<p>Sub-Principle (Attacking)</p> <ul style="list-style-type: none"> • Penetration • Support • Mobility • Width • Improvisation/Creativity 	<p>Field dimensions</p> <ul style="list-style-type: none"> • Always error on the side of the field being too big • Easier to decrease the size than to expand

Model Training Session - Attacking Principles of Play

<p style="text-align: center; background-color: #cccccc; margin-bottom: 5px;">TRAINING SESSION</p> <p>Dribbling Warm-Up (Recognition of Space)</p>  <div style="border: 1px solid #ccc; padding: 5px; margin-top: 10px;"> <p>Attacking Principles Running with the Ball Individual attacking</p> <p>U9 to U12</p> <p>8 to 12 Players</p> <p>Cones (4), Balls (4)</p> <p>Intensity: Medium</p> <p>15:00 min (5 x 02:00 min, 01:00 min rest)</p> </div> <p>Objective</p> <p>-Prepare the players for the technical and mental demands of the session.-Improve players ability to recognize and attack open space.</p> <p>Description</p> <p>-4 lines of players with 2-3 players in each line (May add more lines to increase repetition).-The first player in each line will dribble their ball through the center of the grid to the line across from them.-Once they get to the next line the next player in line goes and repeats the activity Progression:-Passing Patterns</p> <p>Key Points</p> <p>-First touch into open space.-Attack the space with pace.-Make a decision while the ball is moving.-Head on a swivel to see opponents.</p>	<p style="text-align: center; background-color: #cccccc; margin-bottom: 5px;">TRAINING SESSION</p> <p>When to Pass vs when to Dribble</p>  <div style="border: 1px solid #ccc; padding: 5px; margin-top: 10px;"> <p>Attacking Principles Passing and Receiving</p> <p>U9 to U12</p> <p>8 to 12 Players</p> <p>Cones (8)</p> <p>Intensity: Low</p> <p>12:00 min (3 x 03:00 min, 01:00 min rest)</p> </div> <p>Objective</p> <p>Improve the players will to recognize and attack space.</p> <p>Description</p> <p>Two teams of 4 playing against each other in a 30x30 grid. Teams try to maintain possession while trying to score a point by dribbling through the center box. Progression:Teams can score by passing the ball through the center box.</p> <p>Key Points</p> <p>-1st touch away from pressure.-Change of pace to attack the space.-Players ability to create separation from defender.-Firm pace on penetrating pass.</p>
<p style="text-align: center; background-color: #cccccc; margin-bottom: 5px;">TRAINING SESSION</p> <p>4v4 To End Zones</p>  <div style="border: 1px solid #ccc; padding: 5px; margin-top: 10px;"> <p>Attacking Principles Combination Play Passing and Receiving Dribbling Individual attacking</p> <p>U9 to U12</p> <p>8 to 12 Players</p> <p>Balls (5), Cones for field and end zone.</p> <p>Intensity: Medium</p> <p>24:00 min (4 x 04:00 min, 01:30 min rest)</p> </div> <p>Objective</p> <p>-Improve players ability to penetrate on the dribble.-Improve players ability to penetrate with the pass -Improve players mobility off the ball to create space for themselves and teammates.</p> <p>Description</p> <p>Two teams of 4 trying to maintain possession from each other. To score a point players must penetrate in to the end-zone on the dribble and maintain possession. Once a point is scored the other team is given possession and tries to score in their own end-zone.</p> <p>Key Points</p> <p>-Check away to create space to check in to.-Recognition of when to dribble vs when to pass.-Ability to beat players 1v1 to attack space.</p>	<p style="text-align: center; background-color: #cccccc; margin-bottom: 5px;">TRAINING SESSION</p> <p>4v4 Game</p>  <div style="border: 1px solid #ccc; padding: 5px; margin-top: 10px;"> <p>Attacking Principles Possession Switching Play Passing and Receiving</p> <p>U9 to U12</p> <p>8 to 12 Players</p> <p>Goals (4)</p> <p>Intensity: Medium</p> <p>24:00 min (3 x 06:00 min, 02:00 min rest)</p> </div> <p>Objective</p> <p>-Implement the attacking principles of play in a 4v4 environment</p> <p>Description</p> <p>Two teams of 4 playing against each other and trying to score on two goals.4 goal game is used to promote players ability to recognize open space and goal scoring opportunities.Use 1 goal each to make it more difficult and game like</p> <p>Key Points</p> <p>-Apply the attacking principles of play in a game situation.</p>