



National Soccer Coaches Association of Canada

U11 Training Guidelines

This is a critical transition period for the U11 players. They are now playing 9v9.

The golden age of learning beginning with the U-10's and continuing with the U-11's is the one of the most important ages for skill development.

Using a mix of games-based approaches to skill-learning, and technical repetition, the emphasis will be on developing confidence with the ball under the pressure of time, space and opponent (s) and increase technical speed.

A player-centred approach to coaching, where the child comes first.

The major objective of this stage is to develop **physical literacy** - speed, agility, balance, co-ordination and basic soccer skills.

A game-centred approach, for optimal, holistic learning. All aspects of the game: technical, physical, tactical and game intelligence are developed through **5v5 Street Soccer** similar small-sided games that allow the opportunity to express enjoyment and develop skills through games.

A Guided-Discovery approach to learning, where the coach stimulates the players' game intelligence through effective questioning.



- The understanding of working together as a team develops more and more
- The awareness of the individual roles in relation to teamwork is also developing as well as the understanding for acting without the ball both in defense and attack
- With 8 outfield players a tighter and more strict task allocation and use of space is required
- Preference/ability for specific positions becomes more and more clear
- At this age the kids are very competitive and clever and very quickly develop their motor skills
- The coach can raise the bar on all these aspects but: - Avoid an information 'overkill' - Keep it simple (speak their language) - It's their game, it's not about the coach
- In 9 v 9, the coach organizes the players into three lines with a goalkeeper behind, preferably in a 1-3-2-3 formation as a guide for team shape
- The coach is still not too concerned with tactics or obsessed with results
- The players still just need simple tasks on match day
- The players should still be regularly rotated, either at half-time or from game to game
- Avoid playing the best players in central positions, and 'hiding' the weaker players out wide
- Aim for equal playing time



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Training Guidelines

Technical - Tactical

Continue to develop ball mastery in a larger environment with more teammates and opponents.

Develop dribbling 1v1 using different fakes, shielding, and changes of direction.

Develop increased speed and improved decision making before receiving the ball.

Develop the ability to run with the ball towards goal and away from goal to gain space and use width.

Introduce and develop combination plays with two and three players.

Focus is on decision making of ball carrier.

Control

Look

Play

Receiving: Quality first touch

Teach players the use of back passes to keep possession.

Develop shooting skills at longer distances.

Introduce different types of shots (bent, chip, volley)

TECHNICAL –TACTICAL TERMINOLOGY

Develop Awareness and Vision through small sided games and **Street Soccer**.

Small-Sided Games are soccer games with fewer players competing on a smaller sized field. 1v1 - 2v1 – 3v2 – 4v4 are all fun games that involve the players more because one ball is being shared by fewer players.

- Play 5v5 - 6v6 to teach the Principles of team play.
- Refine decision making while dribbling, running with the ball, and the player’s next action (Sequencing). All work is based on the goal and the direction of the play. Refine decision making and the change of pace.
- Players play a variety of positions.

Attacking:

- Keep possession
- Support
- Encourage risk taking: taking players on in the proper areas of the field.
- Develop support play for ball carrier. Players adjust their positioning on their line to make themselves available for the ball carrier.
- Teach supporting players to run into spaces
- Combination play: wall pass, take-over, overlap, double pass.
- Develop use of wing play
- Width, depth, penetration
- Crossing with proper runs in the box
- Simple set plays.
- Keeper as an integral part of the attack (play balls back to the GK).

Defending:

- Proper pressure (in front and behind)
- Channel player
- Immediate chase, angles of pressure.
- Develop getting goal side and proper angle and distance of cover.
- Develop defending skills: 1 v 1 jockeying and understanding when to delay and when to challenge.
- Develop the tactic of the player defending against the ball carrier and the concepts of (**pressure.....cover....balance**)
- Play the ball away from pressure.
- Maintaining balance in the chosen system.
- Interchange of positions during the run of play.

Physical Literacy

Appropriate and correct running, and jumping techniques are taught using the ABC’s of athletics (Agility, Balance, Co-ordination, Speed).

- All fitness work with the ball
- Flexibility
- Agility- Coordination with and without the ball.
- Speed
- Endurance
- Balance

Psychological:

- The game should remain fun and enjoyable.
- Players should have a passion for the game.
- Imagination/creativity
- Increase demands
- Maintain discipline
- Encourage players/ teams to watch professional and national teams.

