

RIO RAPIDS SOCCER CLUB

U11 Age Group Objectives

Objectives	Technical	Improve individual and collective soccer techniques - both feet
	Physical	Develop speed, change of pace, coordination and balance with and without the ball
	Psycho-Social	Self discipline, competitiveness, positive interaction with teammates, motivation/love of game
	Tactical	Individual tactical decisions with and without the ball Introduction of roles and responsibilities within a team concept Attacking and defending principles - small group - 1v1, 2v1, 2v2
Organization	Players per team	12 to 14 (max roster size of 16)
	Player to ball ratio	3:1
	Training to game ratio	3:1
	Session time	75 minutes maximum
	Game format	9v9
	Session structure	Technical warm-up activity related to phase/theme/principle - 15 minutes
		Whole activity focused on phase/theme/principle - 20 minutes
		Part activity focused on phase/theme/principle - 20 minutes
Small sided game focused on phase/theme/principle - 20 minutes		
Recommended minimum playing time	Players given the appropriate playing time and starts to support their continued development	
Recommended playing positions	Train players in primary & secondary position	
Recommended min. coaching license	Premier: National Youth & D License; Academy: YM 1 & E License; Team: YM 1 & F License	
Outcomes	Players will be capable of:	Develop passing technique
		Develop receiving technique
		Develop decision making with and without the ball
		Individual confidence in possession
		1v1 defending - control & competence
		Basic understanding of defending in 2s
		Develop possession to create time and space
		Develop possession to switch point of attack
		Develop movement ideas in 2v1 & 3v2 situations
Introduce roles and responsibilities		



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	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Develop Front foot passing	Introduce disguise in Ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Dribbling - Small touches	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Running with the ball - Big touches	Develop Ball striking	Develop receiving - Inside of foot		
	Develop Moves to beat a defender		Develop receiving - outside of foot		Color Key
	Develop Moves to turn away from a defender		Introduce receiving to turn		Priority
	Introduce shielding while dribbling		Introduce Receiving - Aerial - Chest, Thigh, Head		Secondary
			Develop peripheral awareness of surroundings prior to receiving ball		Third
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Spatial Awareness	Coordination & Balance
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Competitiveness/Desire	Responsibility	Commitment	Appearance
	Self Discipline	Leadership	Emotional Balance		
Tactical	Possession Phase		Defending Phase		
	Introduce Possession to Progress - Playing through lines	Develop Pressuring ball (Defensive principle)			
	Introduce possession to switch the point of attack	Develop defending 1v1 concept of delay			
	Introduce Possession to Imbalance - Support/Overloads/Interchange & Movement	Develop understanding of the rules of the game (eg throw-ins, Offside rule, goalkicks, corners etc)			
	Develop 1v1 and 2v1 concepts with direction	Develop defending pressure and cover (Defending in 2s)			
	Develop 2v2 and 3v2 concepts with direction				
	Develop 3v1, 4v1, 5v2 to possess (playing simple, playing the way facing, playing away from pressure)				
	Develop positional roles and responsibilities within a team concept				
	Develop transition to attack & Defense				
Develop movement ideas eg overlapping, fading away, checking to ball					