

RIO RAPIDS SOCCER CLUB


U12 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, ability to maintain emotional balance
	Tactical	Decision making - technical & tactical Basic understanding of roles and responsibilities
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	90 minutes maximum
	Game format	9v9
	Session structure	Technical warm-up activity related to phase/theme/principle - 15-20 minutes
		Whole activity focused on phase/theme/principle - 20-25 minutes
		Part activity focused on phase/theme/principle - 20-25 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:	Consistent passing technique
		Consistent receiving technique
		Individual confidence in possession
		1v1 defending - control & competence
		Basic understanding of defending in 2s and 3s
		Ability to build play through defensive & midfield units
		Ability to use collective play to penetrate
		Final third movement & execution
Understanding of roles and responsibilities		



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	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Develop Front foot passing	Develop disguise in ball receiving	Develop Defending 1v1 techniques	Goalkeeping specific training
	Develop Moves to beat a defender	Develop passing - Inside of foot (speed & weight)	Develop receiving ball across body		
	Develop Moves to turn away from a defender	Introducing Passing driven, chipped, lofted and bent balls	Develop receiving - Inside of foot		
	Develop shielding while dribbling	Introduce Crossing techniques - bending/driven/clipped	Develop peripheral awareness of surroundings prior to receiving ball		Color Key Priority Secondary Third
			Develop receiving to turn		
		Develop receiving - Aerial - Chest, Thigh, Head			
		Develop receiving - outside of foot			
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Coordination & Balance	Introduce Flexibility & Mobility (Warm Up & Cool Down)
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		
	Penetration v possession	Develop Pressuring ball (Defensive principle)			
	Introduce Possession to Imbalance - Overloads/Interchange & Movement	Develop defending 1v1 concept of delay			
	Final Third - Finishing	Introduce Zonal Defending and 3s			
	Refine Roles and responsibilities				
Transition to attack & defense					