



DAKOTA ALLIANCE SOCCER CLUB

401 West 39th Street • Sioux Falls, South Dakota 57105
Telephone: 605.332.5911 • Fax: 605.332.0278
www.dakotaalliancesoccer.com

Training Program for U11's – U12's

TRAINING REGIMEN AND GUIDELINES

U11's - U12's: Focus is on "I"ndividual skills, ball mastery, "I"ndividual and small group tactics.

HIGH PRIORITY

1. *Development of "I"ndividual skill – All training sessions should challenge the player in some form of competition. Footskills – "The Breakfast of Champions"*
2. *Understanding role within a team framework*
 - a. *Support*
 - b. *Team shape – triangles / diamond*
3. *Individual Attacking – Change of direction / change of speed "Skills"*
4. *Individual and small group play – Two out of three sessions should include 1v.1 / 2v.2*
5. *Individual Defense – 5D's – Delay/Deny/Direct/Destroy/Develop*

LOW PRIORITY

Positional play, Team play, Set Pieces

TECHNICAL

Skills should be primarily trained without pressure, then with pressure. It is important to establish a good strong solid base. Development of individual skills under the pressure of time, space, and an opponent. There will be a need for demonstration and repetition until skills are mastered.

Dribbling: Encourage player to control ball; ball does not control player. Keep ball one step away from body. Control with instep rather than sole. Take risks! Moves to beat an opponent; Keeping possession – shielding, spin turns; Change of speed and direction.

Receiving: Focus on ball on the ground, heel down, toe up. Ball does no bounce away. Balls are angled away from body to prepare for next move. Shoot with laces, instep and with both right and left foot.

Passing: Focus on 5-15 yard pass. Proper technique. Passes on ground, instep of the foot.



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TACTICAL

Individual => 1v1

Attacking: Encourage players to take others on 1v1.

Defending: Patience when tackling; do not over-commit.

Small Group => 2v2, 2v1, & 3v1

Attacking: Locating open teammates and passing. Taking risks in attacking 1/3

Defending: 1st defender pressure, making play predictable. Delay / Deny / Direct

PHYSICAL

No lines, no laps, no lectures.

Agility - Focus on with ball control and comfort.

Fitness - Done with a ball.

PSYCHOLOGICAL

Keep it simple, kept it fun, keep it moving.

Encourage imagination and creativity.

Demonstrate importance of sound ball skills.

GOALS AND EXPECTATIONS

- 1. Soccer should remain FUN!!!**
- 2. To develop the INDIVIDUAL and Small Group Play to their maximum potential.**
- 3. Players must be confident enough to take risks with the ball in training and in game situations.**
- 4. Every session should challenge the player, motivate the player, and involve transition.**
- 5. A great deal of coaching in 1v1, 2v2, and 4v4 games.**