



Guide to coaching U11s and U12s

What to Coach



Small-Sided Games

- Small-sided games: 1v1 to 9v9 including unbalanced teams
- Provide opportunities for players to experience all positions

- Up to U11: all players to have the opportunity to play as goalkeeper



Ball

- Combination play in small groups under moderate pressure
- 2v1 overload scenarios in attack and defense
- Short and long passing with both feet

- U11: no heading in practice or games
- U12: no more than 30 mins heading practice per week / no more than 15-20 headers per player per week
- Goalkeeping: short and long passing, catching and deflecting, explosive diving, anticipation and support



Body

- Multi-directional movement skills
- Acceleration and deceleration
- Maintain and improve flexibility
- Give players responsibility for warm-ups



Tactics

- Help players learn 9v9 using a game model
- Introduce formations for 9v9: 1-3-2-3
- Develop player roles in attack, defense and transition

- Interchange of roles during play
- Understand space and positioning

How to Coach



Values and Beliefs

- Be patient with players who are eager to learn
- Recognize each player will develop at their own rate

- Encourage players to work together to solve problems



Coaching Approach

- Provide both challenge and support
- Use a variety of practice activities: technical, decision making and physical

- Find different ways to include all players in each activity



Communication

- Use different types of questions to engage players
- Encourage players to coach each other
- Encourage individual and group reflection skills



Individual Player Focus

- Focus on individuals in a team setting
- Support players to develop at their own rate

Practice Design: Incorporate routines and moderate level of practice structure

Each coaching guide builds on the content of the previous age-group.
Coaches should use a blend of activities and behaviors that meet the needs of the individuals in their group.