


## Westfield Soccer Association's Age Based Priority Outline

U11/U12 - The dawn of team tactics. "The players, his ball and his supporting group"

<b>Explanation</b>	<b>For the love of the game</b>	
	<p>This is the age where many players decide whether to fully commit to the sport, continue with a parttime commitment or maybe walk away from the sport completely. It is very important to continue to build on the technical skills developed in the earlier years. Develop individual skills under the pressure of time, space and opponents(s) and increase the technical speed.</p>	
<b>Focus in training</b>	<b>Technically U11-U12</b>	<b>Tactically</b>
	<ol style="list-style-type: none"> <li>1. Continue to address technical topics outlined for the younger players</li> <li>2. Dribbling to beat a defender - feints</li> <li>3. Receiving with both feet</li> <li>4. Receiving bouncing ball - through the air</li> <li>5. Control with thigh and chest</li> <li>6. First touch receiving</li> <li>7. Shooting - well aimed</li> <li>8. Heading to score goals or to clear the ball</li> <li>9. Crossing</li> <li>10. Juggling</li> </ol>	<p>2v1 attacking and defending                  2v2 attacking and defending                  3v2- 3v3 small group tactics                  4v2- 4v3- 4v4 small group tactics</p>
<b>Age Appropriate Priorities - U11</b>	<b>Priorities at U11</b>	
	<ol style="list-style-type: none"> <li>1. Reinforce the defensive principles                      First &amp; second defender - pressure, cover; able to read and intercept the pass</li> <li>2. Combination play <span style="float: right;">Wall pass; overlap; crossovers; off the ball running</span></li> <li>3. Building out of the back                      Players are comfortable using the goal player and focus should be placed on builing out of the back</li> <li>4. Possession play with a purpose <span style="float: right;">Play a ball out of pressure to reload the attack</span></li> </ol> <p>Players should be able to understand individual and small group attacking and defending principles</p>	

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Age Appropriate Priorities - U12	<b>Priorities at U12</b>	
	1. Combination play	Passing combinations on the move
	2. Continue to work on and to develop the build up from the back Players are able to build even under pressure of one or multiple opponents	
	3. Possession play with a purpose	Play a ball out of pressure to reload the attack
	4. Develop off the ball movement for the third attacker	Off the ball runs - switch the point of attack
	5. Transition - From offense to defense Can we recover and win the ball back after losing possession?	