

# U12 Priorities

Being ready to raise up to the challenges

Training priorities for the category

Technical	Tactical	Physical	Psychological	Games
Passing	Calling for the ball	Speed	Second effort	9 vs 9
Control	Width and depth	Flexibility	Focus	1 vs 1
Movement with the ball	Looking up	Endurance	Self-esteem	2 vs 1
Dribbling	Fixing the opponent	Coordination	Critical thinking	2 vs 2
Shooting	Defensive cover			3 vs 2

## The challenges for the coach

The important thing at U12 level is to successfully integrate the different challenges faced in the games within the training exercises. It must be done in game situations so that players can easily replicate them in the actual game. We must use the training sessions to do the tactical work so that the players can play on their own, making their own decisions in the real games and that they don't need coaches yelling instructions to them.

In U12, players with the ability and the willingness can compete at Regional Selections in order to step into the competitive level at AA. Each player will identify the right level of play for them so that they continue to enjoy soccer. Our final objective is to be able to offer elite soccer in our club while continuing to develop the entire category thru all three divisions.

1

### TEAM BLOCK

Players must shift in a block to follow the ball movement.

2

### POSSESSION

Increase the duration of ball possession.

3

### MOVEMENT

Our players must move at all times, especially without the ball.

## Tactical



The whole group must be involved in the play at all times

## Ball and goal



When defending, the player must be between the ball and his own net.

## Call for the ball



The players must be moving and asking for that pass in order to make the opponents move.

## The basic techniques

Coaches must start to be demanding about the development of technical abilities.

### Passing

Passing is mostly done with the inside of the foot, although it can also be done with the outside. The pass is useful to move the ball quickly. The supporting foot must be beside the ball and pointing in the direction that you want the ball to go. The foot that is hitting the ball must be «locked» which means that the ankle stay solid so that there is power in the movement of the ball. If the foot hits the ball a little under the center of the ball it will have a tendency to lift up but if it's hit straight in the middle, it will be straight and strong. After passing, the player must move in order to be available for his teammates.

### Controlling the ball

It's the motion that a player executes when he receives the ball. If it's a pass, the player will normally control with the inside of the foot. He must go towards the ball in order to be the first there, lock his ankle and absorb the ball by doing a little backwards movement on reception. If the ball is airborne, he can execute control with his chest, his thigh or his head. It's not recommended to practice headers because of the risk of concussion. The player will

automatically develop the reflex to do it in games.

### Movement with the ball

The player must keep the ball close to his body and lift his head to look up. There is no need to look down at the ball. All the surfaces of the foot can be used.

### Dribbling

It is the action of outplaying an opponent. It is composed of a feint followed by a change of pace in order to bypass the opponent completely. The player must start practicing these moves early but, of course, they will not be able to succeed right away. It's important that they try because it will become useful in the near future. On YouTube you can easily find some videos about the different feints and moves used to bypass a player. Invite the parents and the kids to go take a look.

### Shooting

Shooting is the kids favorite technical motion although it can be difficult to get it just right. The player has to put his body over the ball for precision and transfer weight on the supporting leg. The shot must be executed using the laces or the inside of the foot like a pass to increase the precision.

## SOCCER CHELSEA IS HERE FOR YOU

During the season a technician will be assigned to your category. He will be giving the coaches comments, suggestions and will be able to provide specific exercises on different themes.

if you need more information, our technical director Patrick Woodbury will gladly help. You can always reach him by email: [patrick@soccerchelsea.ca](mailto:patrick@soccerchelsea.ca)