



U11/U12 Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Tips
<p>Objectives: Build on player's technical skill and comfort on the ball against opposition.</p> <p>Turning Moves Under Pressure:</p> <ul style="list-style-type: none"> Recap Turns Combination of turns <p>Attacking Moves Under Pressure:</p> <ul style="list-style-type: none"> Recap Moves Combination of moves <p>Control and Receiving</p> <ul style="list-style-type: none"> Ground Control Aerial Control <p>Passing:</p> <ul style="list-style-type: none"> Inside of foot Instep Outside of foot <p>Dribbling/ Running with the ball:</p> <ul style="list-style-type: none"> To keep possession To score <p>Shooting and finishing</p> <ul style="list-style-type: none"> Proper striking techniques. <p>Heading;</p> <ul style="list-style-type: none"> Basic heading Defensive heading Attacking heading 	<p>Objective: Improve player's confidence to use skills in the game.</p> <p>Individual Offensive tactics</p> <ul style="list-style-type: none"> 1v1 attacking options <p>Individual Defensive tactics:</p> <ul style="list-style-type: none"> 1v1 defending <p>Principle of Offense</p> <p>(1)Mobility</p> <ul style="list-style-type: none"> Diagonal /blind side runs Recognize open space <p>(2)Width</p> <ul style="list-style-type: none"> Dummy runs Movement off the ball <p>(3)Support</p> <ul style="list-style-type: none"> Angle/distance Give and go Take over Overlapping runs <p>Principle of Defense</p> <ul style="list-style-type: none"> Pressure/Cover/Balance Man marking Zone marking <p>Understanding the 3 key moments</p> <ul style="list-style-type: none"> Own team has possession Opposition has possession Possession changes from one team to another. <p>Formations</p> <ul style="list-style-type: none"> Learn how to play and adapt to different formations for 9v9 or 11v11. 	<p>Objective: Improve player's co-ordination whilst running and controlling the body through changes of direction and pace.</p> <ul style="list-style-type: none"> Sprinting and agility training, with and without the ball. Balance and coordination training Speed of thought Strength determination in 1v1 duels. Anticipation skills(1st to the ball) 	<p>Objective: Ensure that the player is aware of his/her roles and responsibilities.</p> <p>Laws of the game</p> <p>Concentration</p> <p>Co-operation</p> <p>Sportsmanship</p> <p>Discipline</p> <p>Determination</p> <p>Self evaluation of performance, both on the training ground and during competition.</p>	<p>It is the responsibility of every player to improve their own individual techniques.</p> <p>The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p>Practice individual techniques:</p> <ul style="list-style-type: none"> Turning moves Attacking moves Juggling <p><i>Players with good 1v1 skills can make a difference in a game.</i></p> <p>REPEAT MOVES OVER AND OVER AGAIN</p>