

U11

Lehigh Valley Magic Soccer Club

Training Stage- Basic and build up training

Phase of learning in relation to age- - Sharpen and refine
- Learn through playing

Main training objectives-

- * Dominate 1v1 situations
- * Keep up basic program to sharpen and refine techniques
- * Developing understanding of team shape

Training Objectives

Technical-

- * Basic moves (Hooks, turns, cuts)
- * Ball fakes
- * Moves to beat an opponent (Scissors, step over)
- * Dominate 1v1 with ball on the foot
- * Individual and collective actions
- * Passing and receiving techniques
 - Body behind ball
 - Cushioning ball
 - Eye contact on the ball
 - Controlling ground balls
 - Controlling air balls through self service
 - Pass with different surfaces
- * Intro to shooting technique
 - Open body
 - Position of non kicking foot
 - Ankle locked
 - Strike the ball with the laces
 - follow through
 - Strike a moving ball

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* Heading

- Continue to build confidence
- Eyes open
- Contact with forehead

* Defending

- Block tackling
- Attitude

Tactical-

- * Tactical awareness
- * Individual tactics
- * Small group tactics
- * Understanding of offside

Physical-

- * Coordination and flexibility
- * Developing endurance through training

Mental-

- * Pleasure and experience
- * Entering top learning stage
- * Beginning of encouraging personality

Games-

- * 2v2, 3v3, 4v4, 5v5 (4 + GK), 6v6,

Organization-

- * Work in square, circle, triangle etc.
- * Use of coned areas important but not always
- * Develop high levels without opponent

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Load-

- * Increased load
- * Small distances of games to promote involvement
- * Longer periods of time spent on coaching topics
- * More pressure

Coaching-

- * Encourage and instruct
- * Let the players enjoy the training and the games
- * Encourage players for making moves in 1v1 and games

Coach is...

- * Friendly helper, enthusiastic, patient, imaginative, demonstrator