



U 1 2 COACHING CURRICULUM



AGE GROUP: U9 or U12 players

TOPIC: Welcome Session

OBJECTIVES: Learn each players name and start to get to understand each players personality. Additionally, for players to start to learn each others names.

First Activity

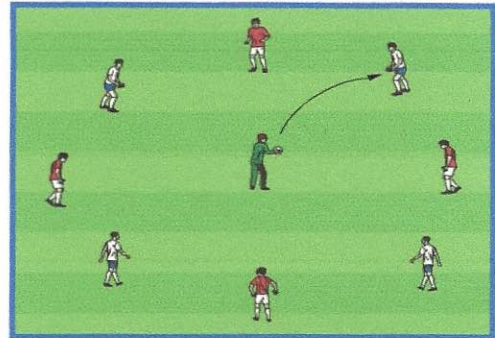
Area: Circle Players

Organization:

1. Coach has a ball and throws it to individuals. As the individual catches they say their name.
2. Coach tries to say the players name before throwing.
3. Players throw the ball amongst each other and do the same thing.

Objectives

- Coach to learn the players names.
- Players to learn each others names.



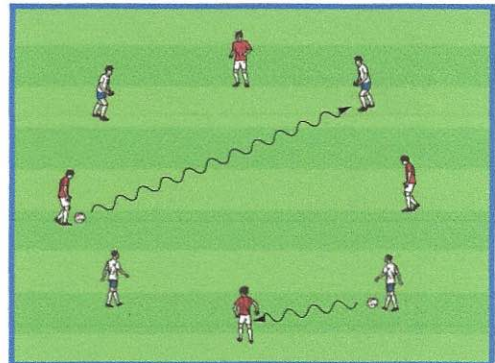
Second Activity

Area: Circle Players.

Organization: Play with two soccer balls. Players dribble across the area and identify a player to switch with. As players switch they must say each others names.

Objectives

- Introduce dribbling techniques.
- Players to learn each others names.



Third Activity

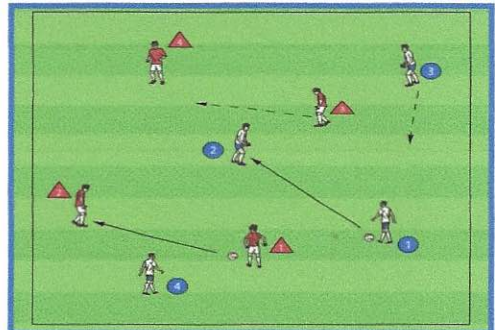
Area: 25 x 20 yards with two large goals.

Organization:

- Play with two soccer balls. Players pass and move with each other within the area. Players should shout the name of the player they are passing to and receiving from.

Coaching Points

- Introduce passing and receiving concepts.
- Players to learn each others names.



Scrimmage

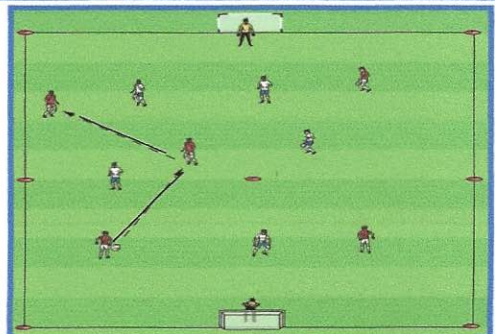
Area: 40 x 50 yards with two large goals.

Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

Coaching Points

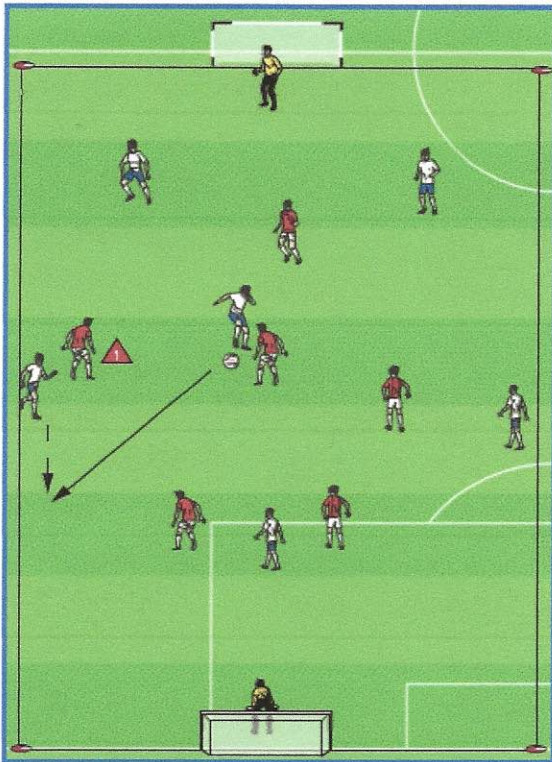
- Introduce playing in a game.
- Players to learn each others names.



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COVER DEFENDING

Why do we provide cover? We have players who are not pressuring provide cover in order to stop the opposing team from advancing the ball forward as well as win the ball back. If our players are in good covering positions, as illustrated in the diagram overleaf, the attacking player cannot penetrate and it forces them to play side ways or backward. If the attacking player with the ball decides to pass the covering players have two options. The first is to read the attackers intentions and intercept the ball. The second is to apply immediate pressure to the receiving attacking player before the can play forward and hopefully forcing them to play a negative pass or make a mistake.



Common Mistakes

There are many mistakes a player can make when providing cover. These include providing an incorrect cover angle, being either too close or too far away from the ball, not being in a position to be able to see the attacker off the ball and the player in possession, and finally not tracking runners.

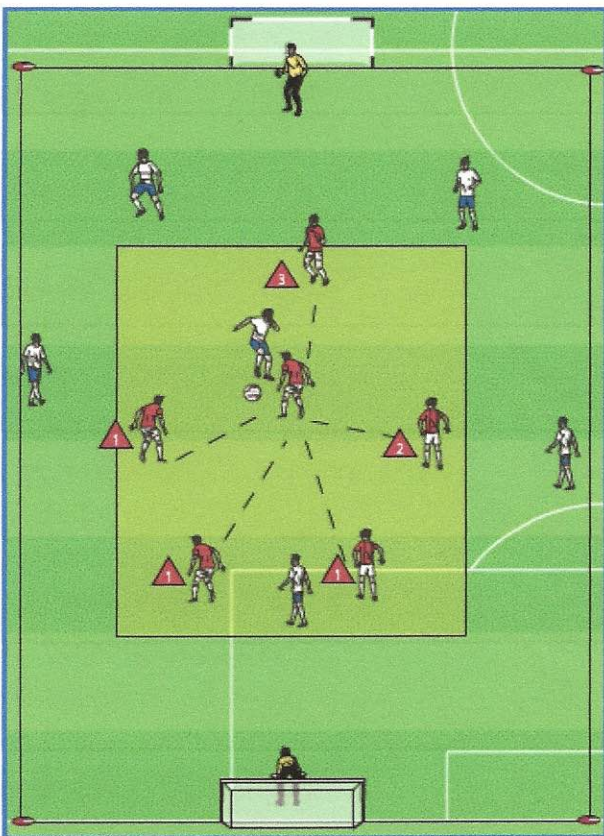
The diagram provides a clear picture of a player, position 1 not providing good cover:

1. Incorrect covering angle, player is caught square to the ball.
2. Incorrect distance, the player is too far away from the pressuring player, which provides the attacker with a passing lane.
3. Poor body shape, the player is not able to see the ball and attacker off the ball, which allows the attacker to make a run unnoticed.
4. Poor body shape and vision to see the run results in the defender not being able to track the attacker's penetrating run.

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COVER DEFENDING

What is Cover Defending? The Covering Defender is sometimes referred to as the second defender, however, in many situations the covering defender can be more than one player, as highlighted by the red players in the diagram below.



In the illustration you can also see that defending players can provide cover 360 degrees around the ball. We can also highlight that all the covering players around the ball are at different angles and distances.

The angle that covering defenders position themselves into is determined by the pressuring player, (which way they are forcing the attacker), any opposing players that maybe trying to provide a passing option and finally by our teammates positioning.

The distance of the cover provided is usually determined by the amount of pressure that is placed on the ball and the runs of attackers off the ball. If the attacker has their head up, there are forward runs from their teammates and the player with the ball is able to play a pass in behind us then the covering distance is greater because they need to either track a runner or protect the dangerous space in behind us. On the other hand, if there is good pressure on the ball and the attacker has their head down so they cannot see nor pass to the options behind us then the cover

distance is usually tighter in order to force the attacker to play backwards or square.

Another caveat to the angle and distance is the covering players body shape. When the ball is being forced towards the covering player they must position themselves to be able to see the ball and the attacking player in their immediate vicinity, position 1 on the diagram. If the pressuring player is forcing the ball away from the covering player then they must be aware of players around them (checking shoulders) but position themselves in the direction the ball is being forced, position 2 on the diagram. This is called squeezing space and helps the team remain compact. Finally, if the attacker is facing forward and there is good pressure on the ball then the covering player behind (position 3) can look to 'double' and attempt to win possession back.