

U11 Basics:

Practices:

- 2-3 times/week
- 60-75 minutes

Games:

- 2 – 25 minute halves
with a 3 minute break in the middle
to rotate positions
- 5 minute halftimes – teams switch sides
at halftime

Coaching Staff:

Ideally: 3 Parents

1. Offense – talks to forwards,
not to the defense
2. Defense – talks to defenders,
not to the forwards
3. Bench – keeps the resting
players' heads in the game
talking strategy

Team Parent

- Communications

Teaching Goals:

- Offsides – how not to get called for Offsides
and how to draw the other team into Offsides
- Dropping the ball backwards is sometimes
better than always going forward
- Play in your area, not the entire field
- Throw-ins – Two feet on the ground. If one foot
comes off the ground, you will loose possession.
- Offense – Center the ball toward the goal
- Defensive – Keep the ball out of the center of
the field
- Passing is not to where the teammate **is**, but
where the teammate **will be**.
- Shifting toward area of play without leaving
area of responsibility – *cheating* or *shifting* to one
side.

Parents' Guidelines:

- Encourage ALL players. You should at least
clap when the other team scores
- Players can't hear both you and the coach. The
best thing for everyone is for you to either
cheer or volunteer to help the Coach – even if
it's just for Game Days

Practice Agenda:

- Stretching – 5-10 minutes
 - Allows time for everyone to arrive
 - Ask “ice-breaking questions” –(get to know
them)
 - What school do you go to?
 - What's your favorite subject?
 - What's your favorite color?
- Run a lap (“to the fence”, “around a tree” , etc.)
 - Early in the season – without a ball
 - Later in the season – while dribbling their ball
- Skill training – 10 minutes
 - Demonstrate
 - Watch
 - Practice
- Game that reinforces one of the skills – 10 minutes
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 - Demonstrate
 - Watch
 - Practice
- Game that reinforces one of the skills – 10 minutes
- Scrimmage
 - The game is the BEST teacher!

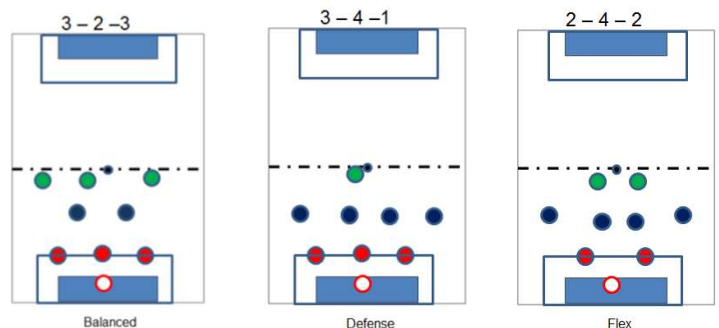
Numerous formations to consider

Although it may be easier to use only one formation, you should consider that your opponents will not be the same from week to week. Some formations may also work better for certain players than others.

A balanced formation is easy to start with. A defensive formation may be best to prevent high scoring games and may also be advantageous if your single Forward is a 'speedster' and the other team is playing aggressive with their Defense on the center line. And then there's the Flex Formation.

A formation is called from the Defense, to the Midfielders, to the Offense by counting the number of players (it's assumed that you will have a Keeper, so they aren't mentioned).

As an example, a “3 – 4 – 1” has 3 Defenders, 4 Midfielders and 1 Forward (and of course you have a Keeper)



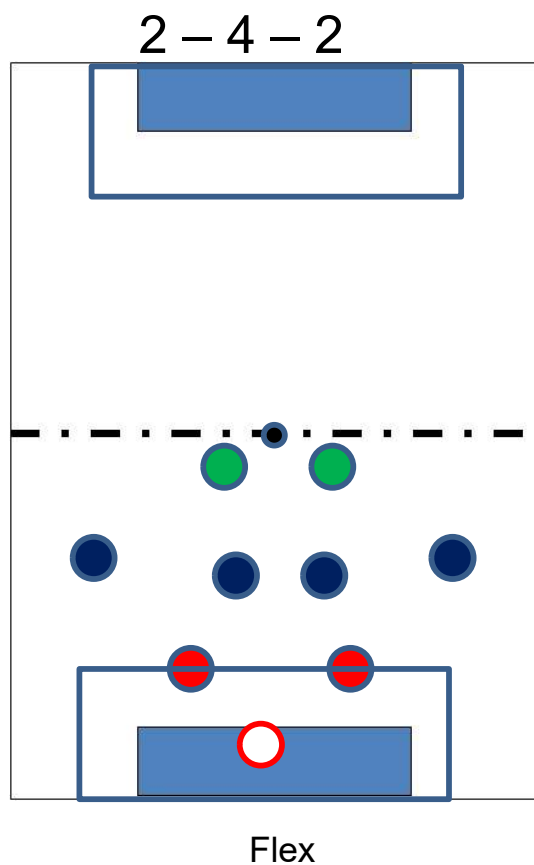
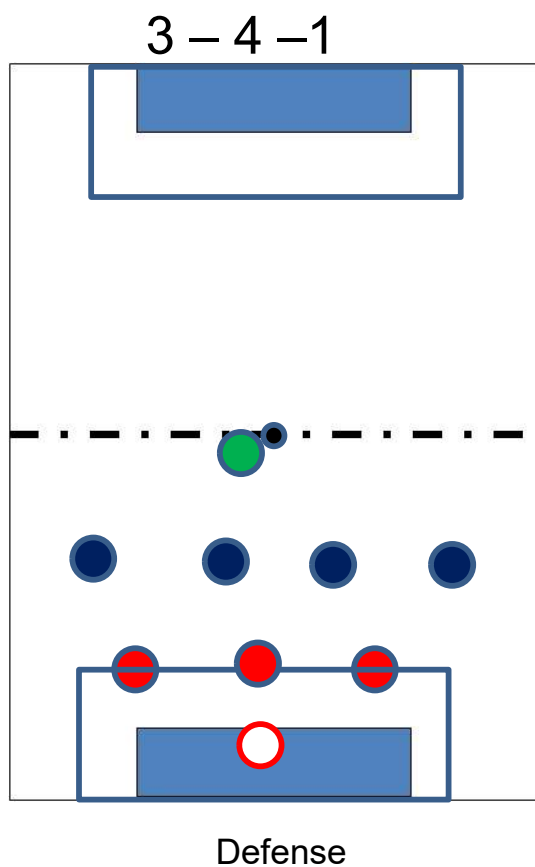
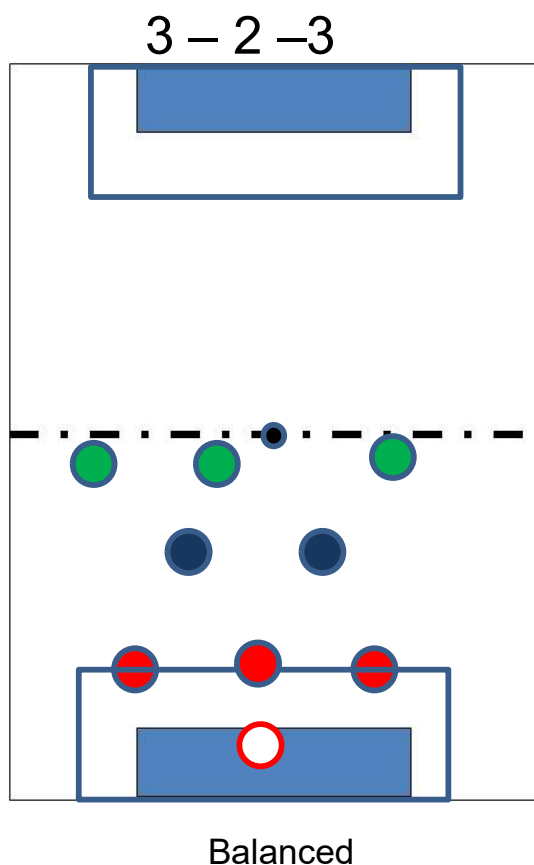
Choosing a formation

Determine your formation based on:

- Your strategy/philosophy
- Quality/caliber of players you have on the field (not necessarily your team)
 - There may be times where you will need to change your formation due to the mix of players on the field
 - You may need to change to a defensive formation if it is becoming a high-scoring game.

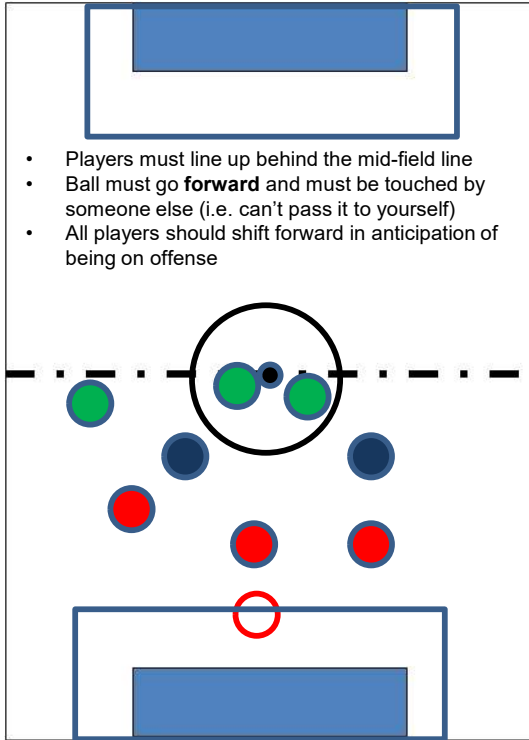
Formations are called from then Defense, to the Mid-Fielders to the Offense. The Keeper is assumed and not part of the formation.

- Defense
- Mid-Field – aka Rover
- Offense – aka Stiker



Balanced Team

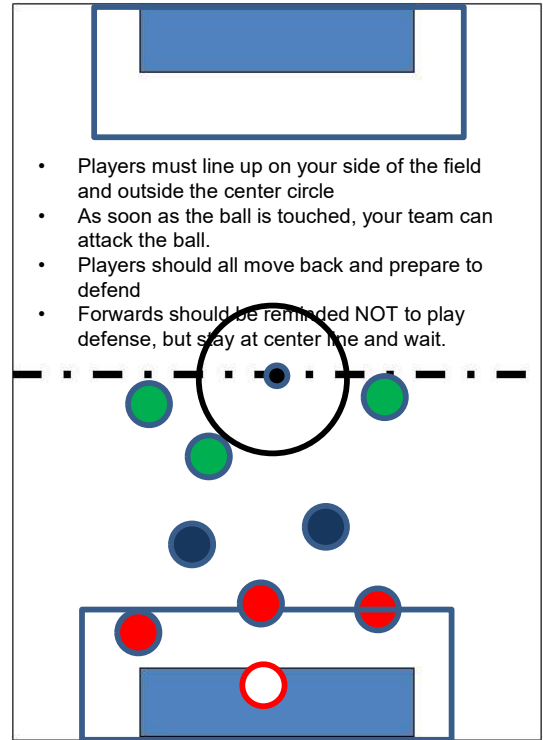
3 – 2 – 3



- Players must line up behind the mid-field line
- Ball must go **forward** and must be touched by someone else (i.e. can't pass it to yourself)
- All players should shift forward in anticipation of being on offense

Your team kicking off

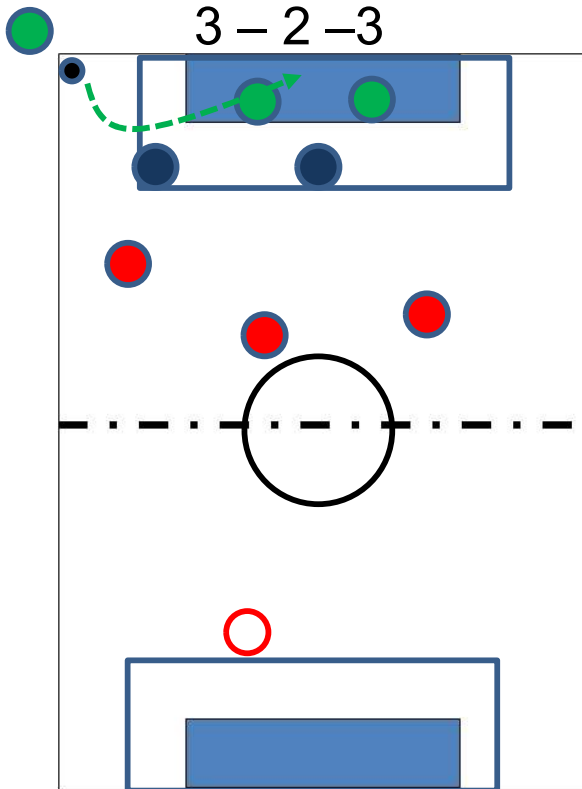
3 – 2 – 3



- Players must line up on your side of the field and outside the center circle
- As soon as the ball is touched, your team can attack the ball.
- Players should all move back and prepare to defend
- Forwards should be reminded NOT to play defense, but stay at center line and wait.

Opponent kicking off

Practice your Corner-Kicks at **EVERY** practice. Decide which players are able to kick the ball to the center of the goal area and which players can 'finish-it-off'

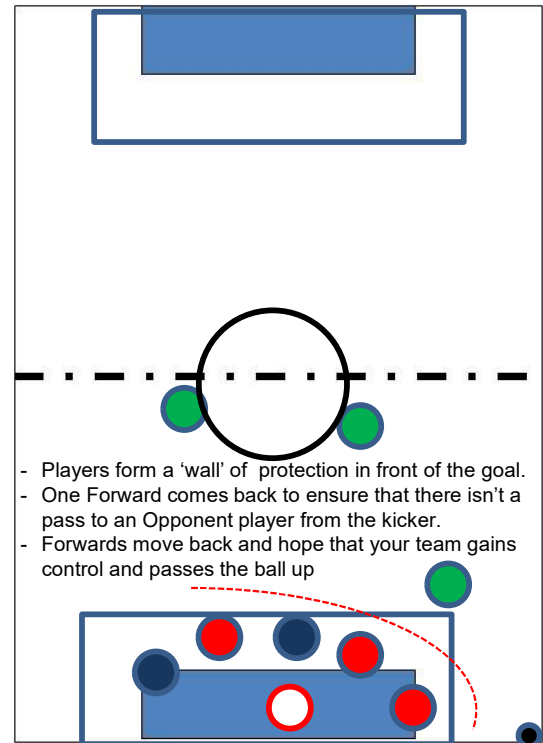


3 – 2 – 3

Your Corner-Kick

This is your best scoring opportunity, but it will only last for 5 seconds. After 5 seconds (or less) your Defense needs to be back in their normal positions

3 – 2 – 3



- Players form a 'wall' of protection in front of the goal.
- One Forward comes back to ensure that there isn't a pass to an Opponent player from the kicker.
- Forwards move back and hope that your team gains control and passes the ball up

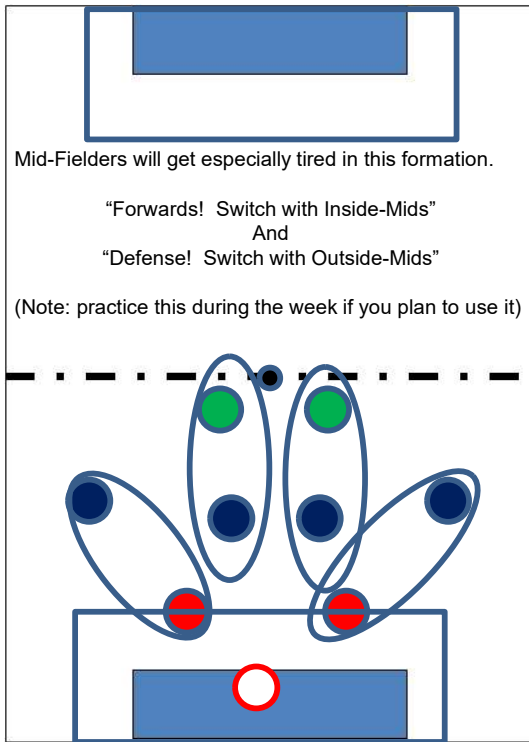
Opponent's Corner-Kick

This is your opponents greatest scoring opportunity. At least 1 Forward should be back to assist the defense of your goal

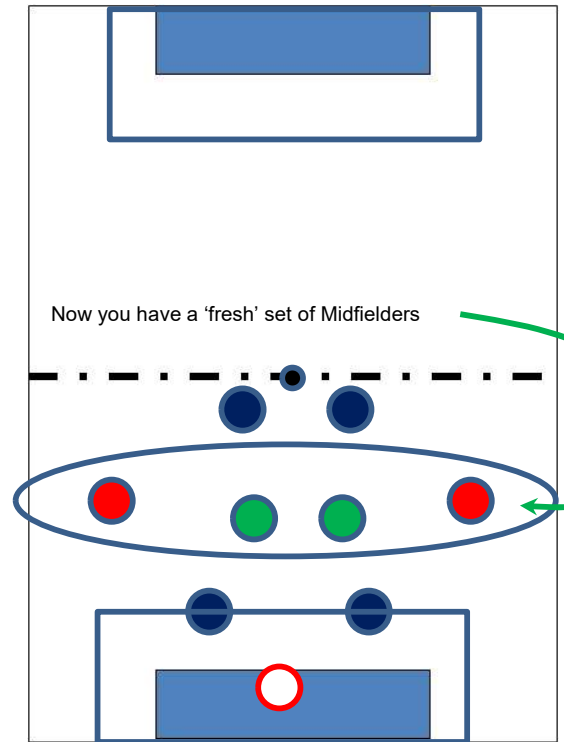
Flex –

Works well with teams with few/no substitutes and teams that have Outside-Mids that are willing/able to run a lot.

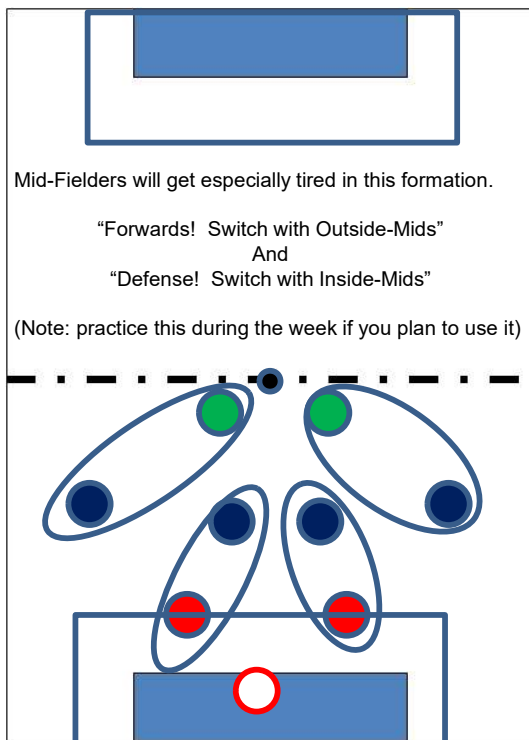
2 – 4 – 2



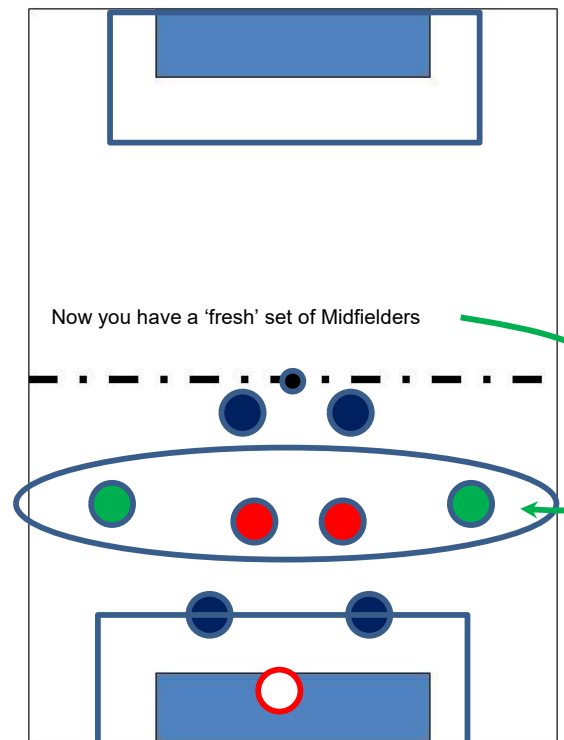
2 – 4 – 2



2 – 4 – 2

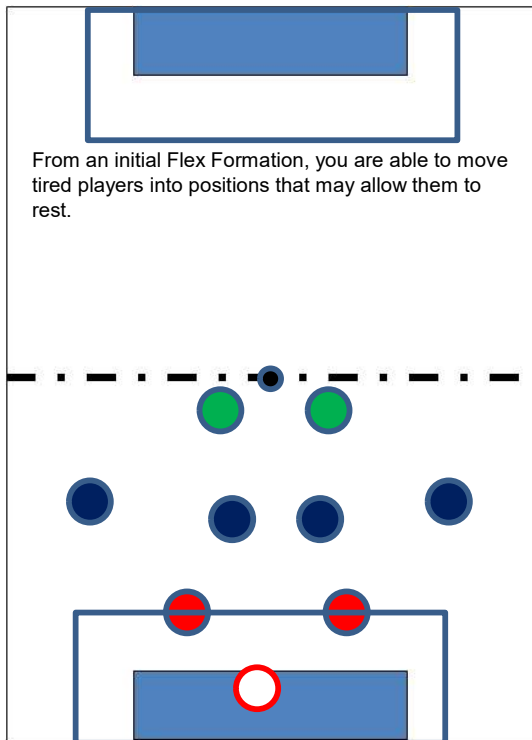


2 – 4 – 2



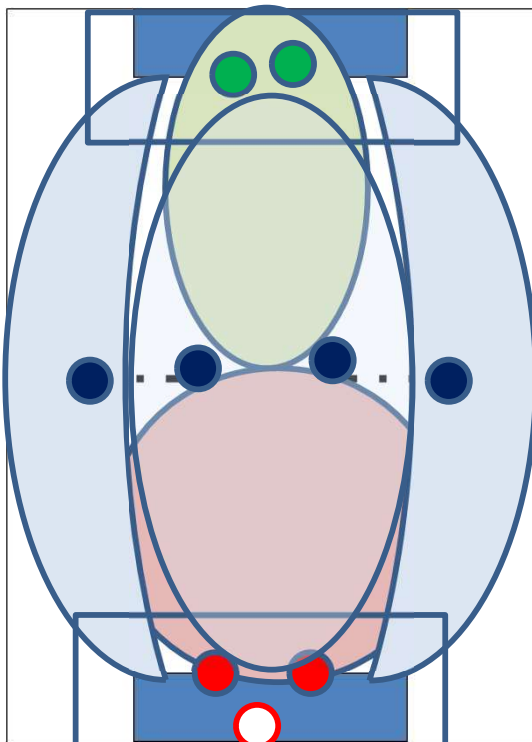
Flex - advantages

Initial Formation

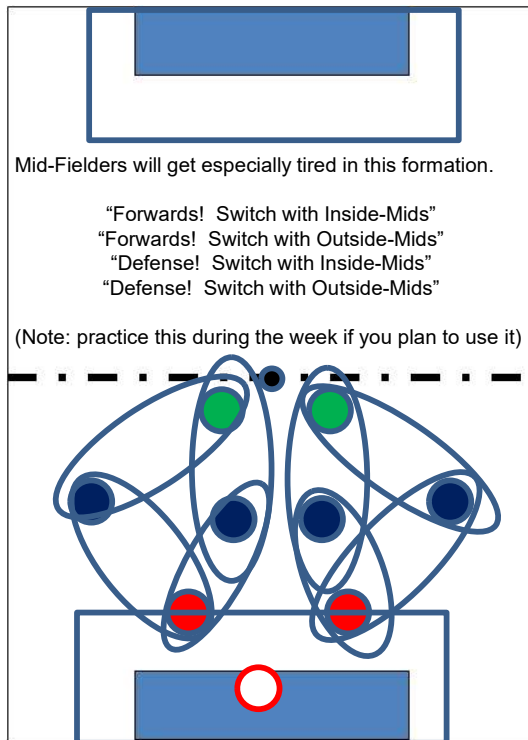


From an initial Flex Formation, you are able to move tired players into positions that may allow them to rest.

Lanes – if your Mids are doing their job, they WILL get tired



Switching Options

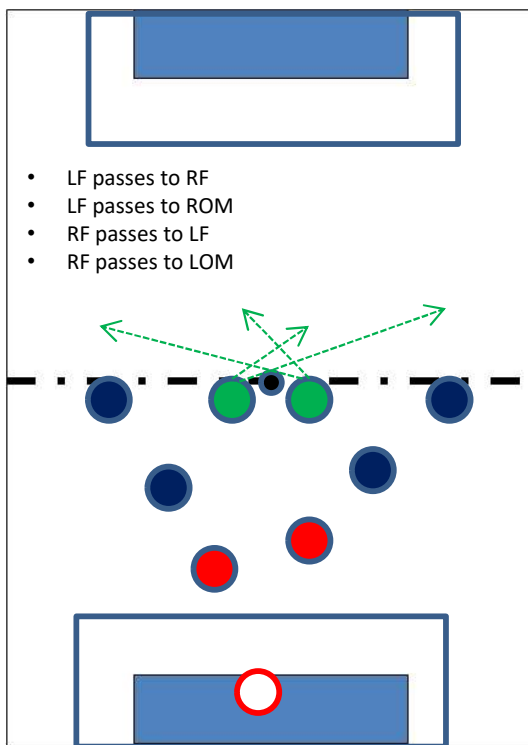


Mid-Fielders will get especially tired in this formation.

“Forwards! Switch with Inside-Mids”
“Forwards! Switch with Outside-Mids”
“Defense! Switch with Inside-Mids”
“Defense! Switch with Outside-Mids”

(Note: practice this during the week if you plan to use it)

Allows for more Kick-off options from LF/RF (Left/Right Forwards) to ROM/LOM (Right/Left outside-mids)

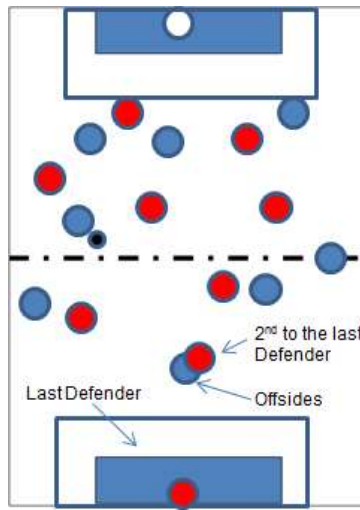


- LF passes to RF
- LF passes to ROM
- RF passes to LF
- RF passes to LOM

Offsides – All four (4) things must be true:



1. The player is **ACTIVELY** involved in the play – not involved, not offside; however, obstructing an opponent may be considered 'actively involved', but standing around doing nothing may not be considered offside.
2. It can only occur on the scoring side of the field
3. There are less than two opposing players between him/her and the goal (the goalkeeper may be one of the players, but not necessarily).
4. The player is in front of the ball



Although there isn't an offside when a player receives the ball directly from a corner kick, goal kick, or throw-in; there is an offside if the ball is deflected off a teammate

An offside offense may occur if a player receives the ball directly from either a direct free kick or an indirect free kick.

The ball is returned to the place the ball was prior to the offside. Direct Free Kick from the point that the ball was **passed** to the offside player.

Free Kicks



Indirect Free Kick – Referee raises his/her hand until ball is kicked and touched by another player.

Indirect Free Kick are award to the opposing team when:

- a foul has occurred other than a foul that results in a **DIRECT FREE KICK**
- A Yellow/Red card has been issued
- An Off-sides is called
- A Keeper picks up the ball when his/her teammates pass it to them
- When play is stopped to caution/send-off a player when no specific foul has occurred (e.g. dissenting the decision of the referee).



Direct Free Kick – Referee points in the direction of kick
Foul, hand ball or offside.

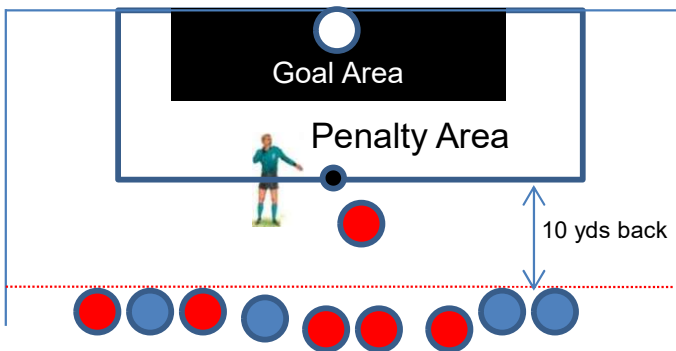
Direct Free Kick are award for:
A direct free kick is awarded when a player commits a deliberate foul outside of the penalty box. The kick is taken from where the foul occurred, unless it was within the fouled team's own goal area, in which case it may be taken from anywhere within the goal area. Opponents must remain 10 yards from the ball until the ball is in play.



Play On / Advantage
Although a penalty has occurred, play continues due to the advantage of the team in possession.

Even if a foul is committed, if interrupting the game is a disadvantage to the team that was fouled, the Referee shouldn't stop the game.

Penalty Kick – One on One everyone else needs to be 10 yards behind the player taking the shot



Referee points to penalty mark from which kick is to be taken.

Penalty Kick are given for:
Fouls or hand balls inside the penalty area:
• Pushing
• Tripping

Defensive **hand ball** with the intention of blocking a goal results in a **Red Card** for that player and a **Penalty Kick** is awarded to other team.

Yellow and Red Cards

This is going to hurt me more than it's going to hurt you, but I must tell you . . .

Unless you are the Referee Administrator, please respect the Referee's decision (and submit a comment to Springfield AYSO after the game) – Demonstrate Good Sportsmanship! Integrity is more important than winning.



Warning



Ejection

Flopping may result in either a Yellow Card or a Red Card

Flopping (i.e. a player acting as if they were injured) will result in a Yellow Card for unsportsmanlike behavior.

Flopping will result in a Red Card if the intention of the Flop was to be awarded a Penalty Kick.

Contact with Keeper may result in either a Yellow Card or Red Card

If the Keeper has both hands on the ball prior to an opponent contacting the ball, the opponent may not contact either the ball or the Keeper – any inadvertent contact may result in a Yellow Card any intentional contact may result in a Red Card.

If the player is guilty of a foul and the **Keeper** leaves the game due to injury, a Red Card will be given to that player. If the Keeper "Flops", they will be given either a Yellow Card or a Red Card

Defending vs. Attacking

Defensive objective –

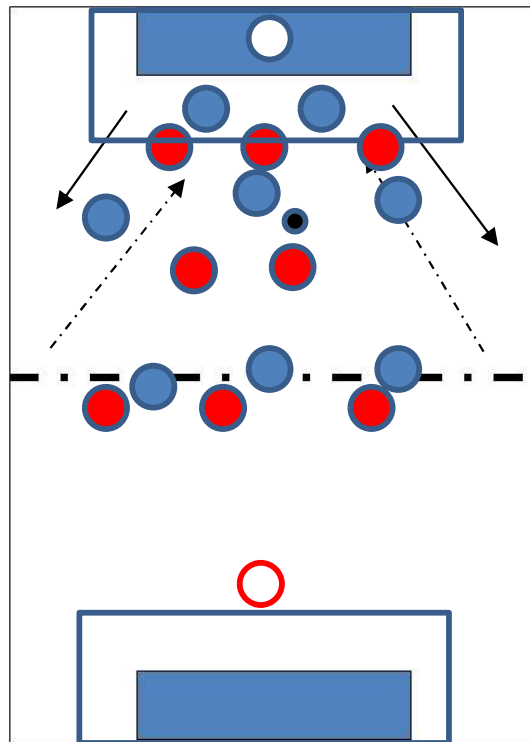
- Get the ball away from the goal! – Up and Out
 - Up the field (toward the other goal)
 - To the Outside of the field (away from the center)

Keeper is close to the goal, but not inside to goal

Defenders are helping to protect the goal

Midfielder is trying to 'clear' the ball and is helping the defense

Forwards are resting. "You can't play the whole field"



Forwards are working together to "center the ball" and score a goal

Midfielder is trying to support the Forwards by centering the ball and not letting it get past him/her

Defenders are resting and ensuring that the ball doesn't pass the center line.

Keeper comes up outside the box. Keeper can't use his/her hands, but can help to keep the ball on the other side of the field

Offensive objective –

- Get the ball in the goal! – "Center it"
 - Forwards should be converging on the goal
 - Mid-fielder should be behind Forwards, kicking the ball toward the goal (center) for the Forwards to "finish it!"
 - Defenders should be "forming a wall" to prevent a loose ball from leaving the scoring area
 - Keeper should be out of the box, waiting for 'stray' kicks that can be quickly returned

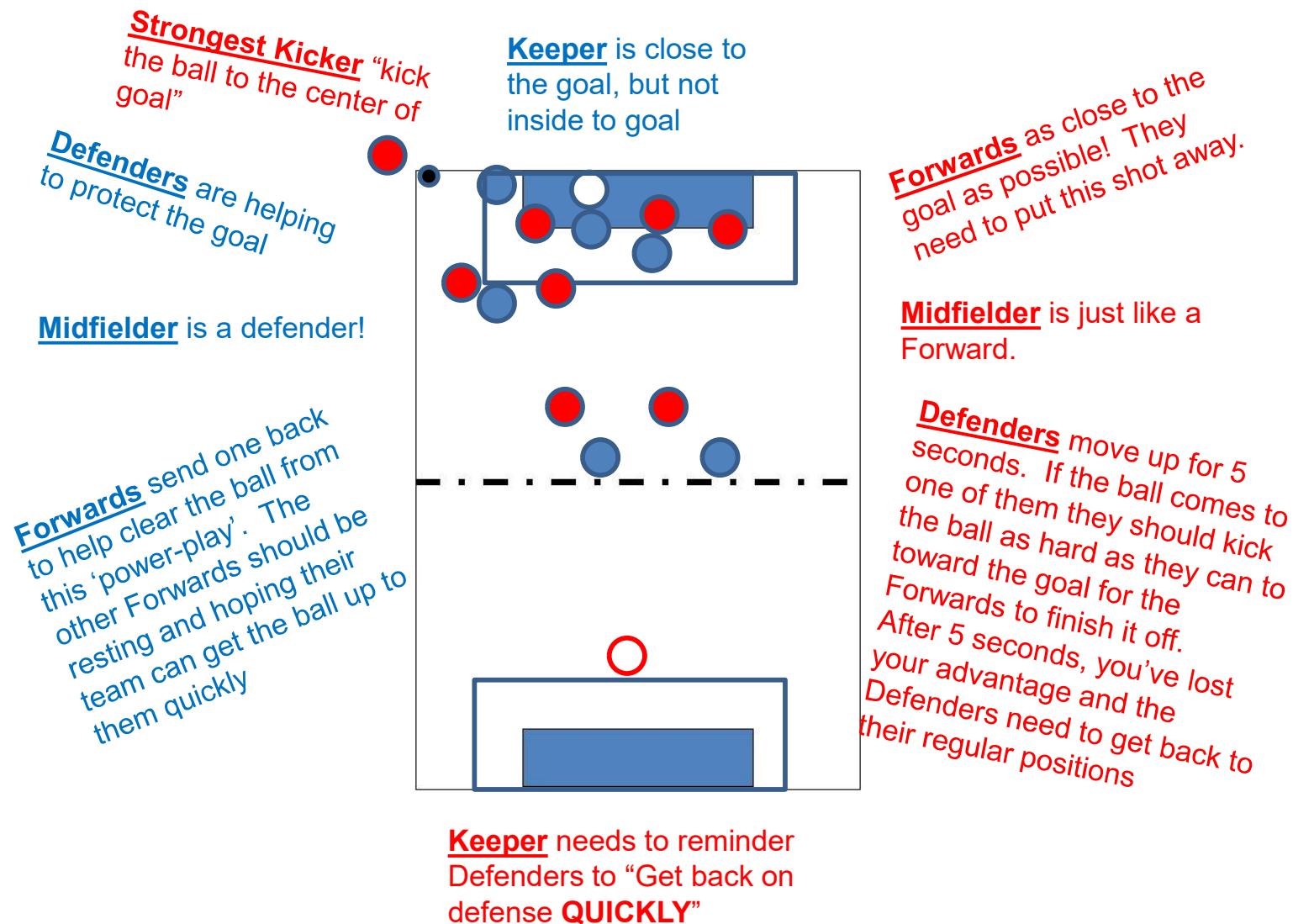
Corner Kicks - Defending vs. Attacking

(Yet to be modified from U8)

This is a team's best opportunity to score a goal! **BOTH** teams should add players to the goal area.

Defensive objective –

- Protect the goal
 - To the Outside of the field – it's easier to protect against a throw in than it is to protect against a corner kick



Offensive opportunity – strike hard/strike fast

Corner Kicks should be practiced during every week of the season. This will be your best opportunity to score. You should practice using the player with the strongest leg. Ideally, the ball should be kicked just in front of the center of the goal and your Forwards will finish off the play with a goal.

Your defenders should move up, but they need to be prepared to get back on defense quickly because if you can't score immediately, you've probably lost the advantage and in that case, they should return to the center line quickly.

Goal Kicks – Defending vs. Attacking

(Yet to be modified from U8)

Defensive objective –

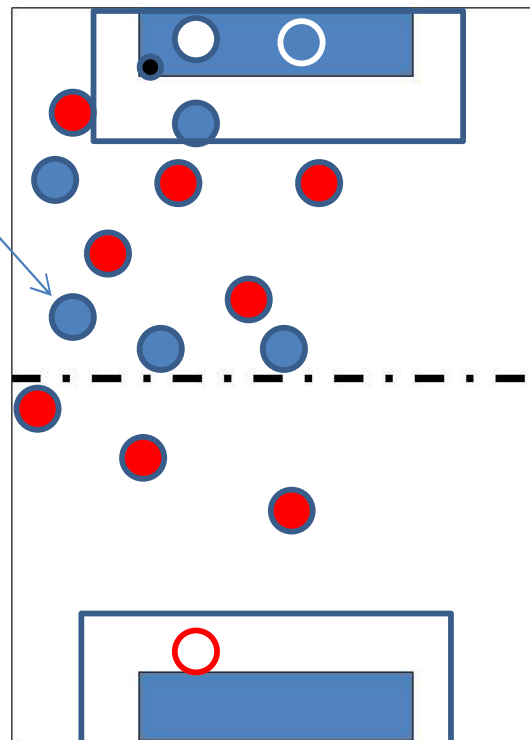
- Keeper may place the ball anywhere inside the inner box; generally, the ball is placed in the upper corner. The ball must be stationary before it can be kicked.
- The ball **MUST** clear the Penalty Box (if it doesn't, someone else should take the kick)
- The ball should be kicked “up and out, NOT down the middle”
- Alternative plan: A Defender can kick the ball instead of the Keeper

Defenders one Defender should back up and cover the goal in case the Keeper doesn't kick the ball to the outside. Defender can't use his/her hands

Midfielder should anticipate that the Keeper will be trying to get the ball **UP** and **OUT**; therefore, should be to the outside.

Forwards should shift to the side the Keeper has placed the ball. **BE AWARE:** the Keeper can pick-up the ball and move it to the other corner if he/she sees an opportunity

Keeper must put the ball down in the inner box and the ball must be still for at least 1 second



Forwards are anticipating that the ball will be kicked to the outside, but hopeful that the ball will be kicked in the middle of the field. They may not touch the ball until it leaves the Penalty Box.

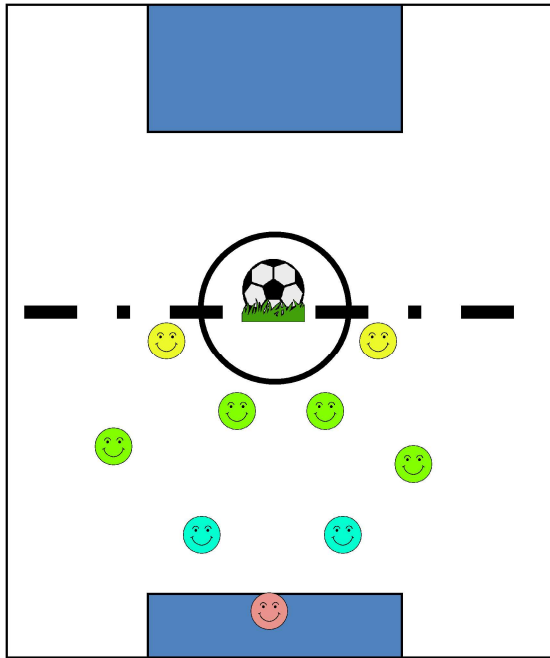
Midfielder 'cheats' to one side anticipating where the ball will be kicked

Defenders have all 'shifted' to the side where the ball will be kicked

Keeper the other team has the advantage and the Keeper should be prepared

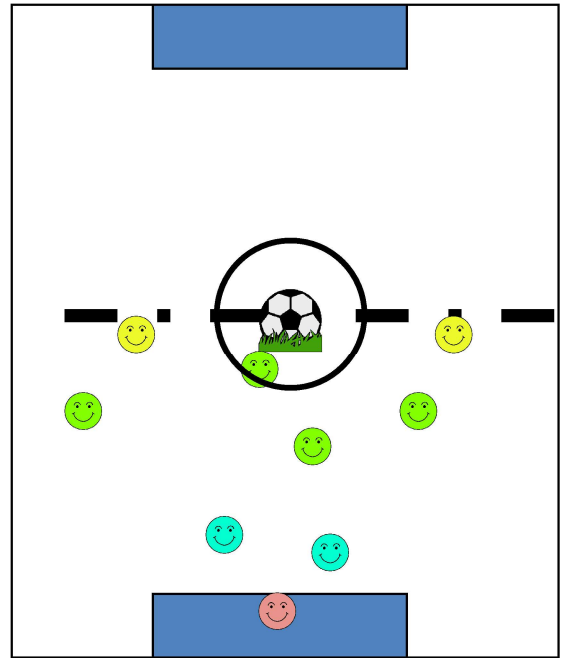
Offensive objective –

- If the Keeper makes the mistake of kicking the ball to the center of the field, the Forwards have an opportunity for a quick rebound into the net.
- Mid-Fielder should be 'cheated' to the side that he/she anticipates the ball will be kicked
- Defenders should 'shift' to the side that the ball will be kicked to



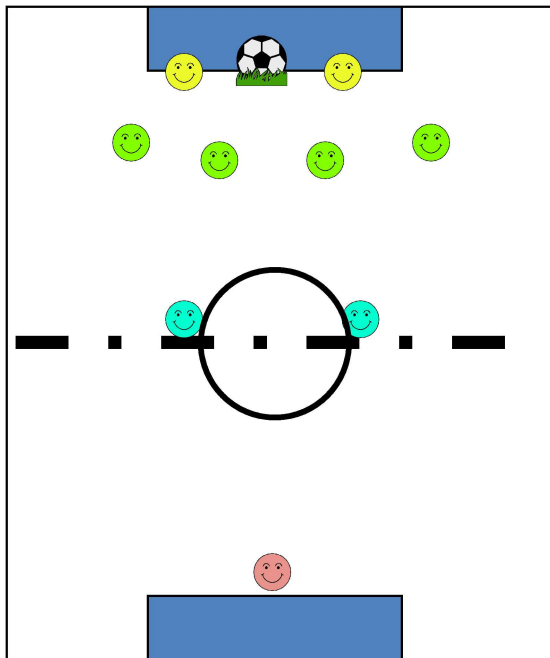
Their kick-off

- Forwards are outside of the circle on defense side hoping to steal the ball
- Mid-fielders are up, but preparing to defend
- Defenders are back, ready to help the Keeper



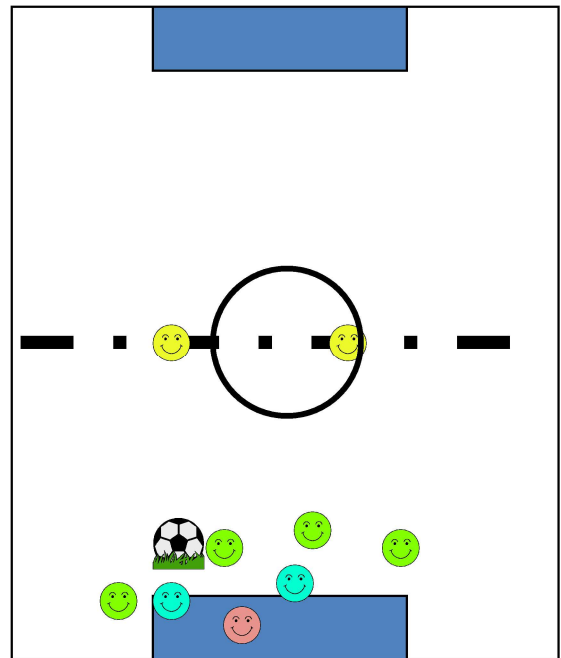
Your kick-off

- Forwards or Mid-Fielder may kick the ball in any direction. Once kicked, another player must touch the ball next
- Mid-fielders are supporting forwards
- Defenders are forward trying to keep the ball on the other side of the field



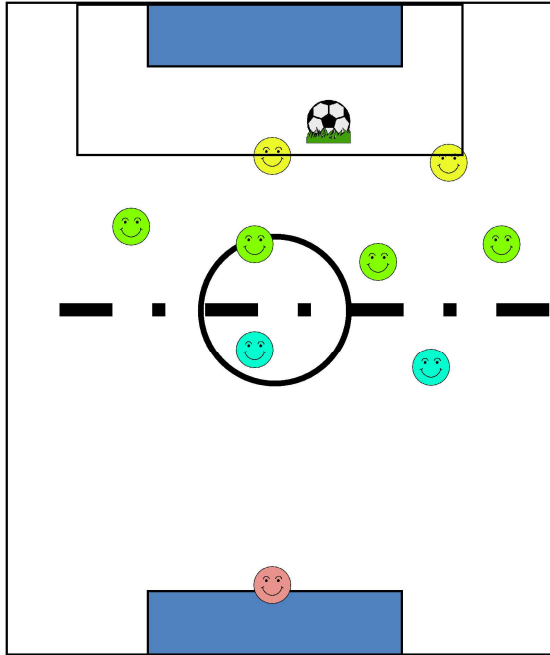
Attacking:

- Forwards should be behind the ball, put pushed up as far as possible.
- Mid-fielders are supporting Forwards
- Defense is resting at mid-field



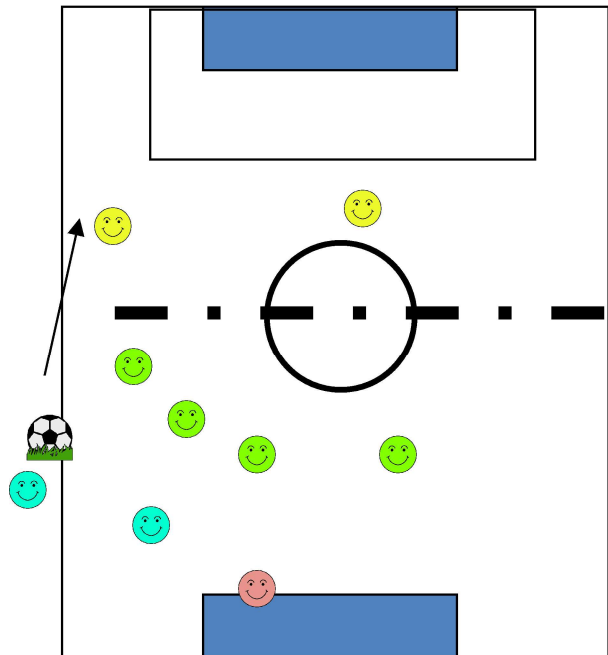
Defending:

- Forwards are resting at mid-field
- Mid-fielders are helping on Defense
- Defense is helping Keeper



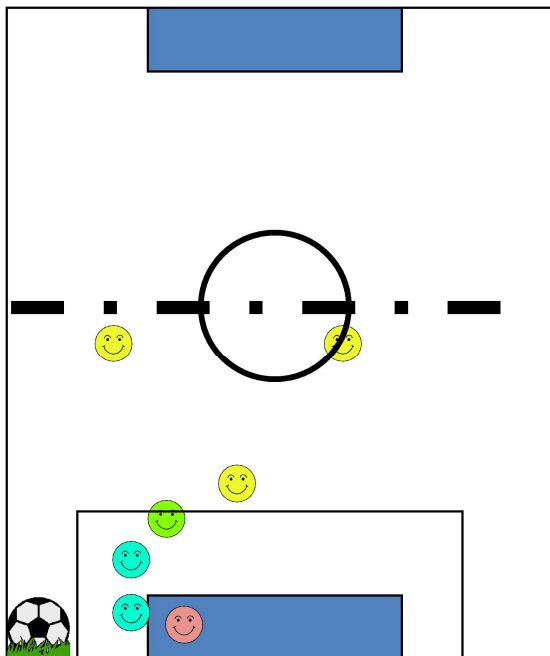
Offense

- Forwards are in their lanes
- Mid-fielders are behind forwards
- Defenders are half way between the ball and the goal they are defending



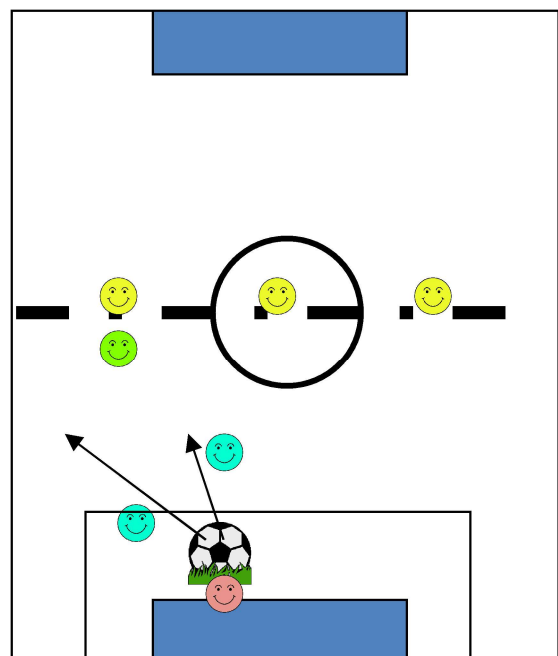
Throw in from Defensive side of field

- Throw-in taken by Defender, other Defenders are protecting the goal
- Mid-fielders are in their lanes, but shifted toward the throw-in side
- Forward is down the line, and the other Forwards are in their lanes, but shifted toward the throw-in side



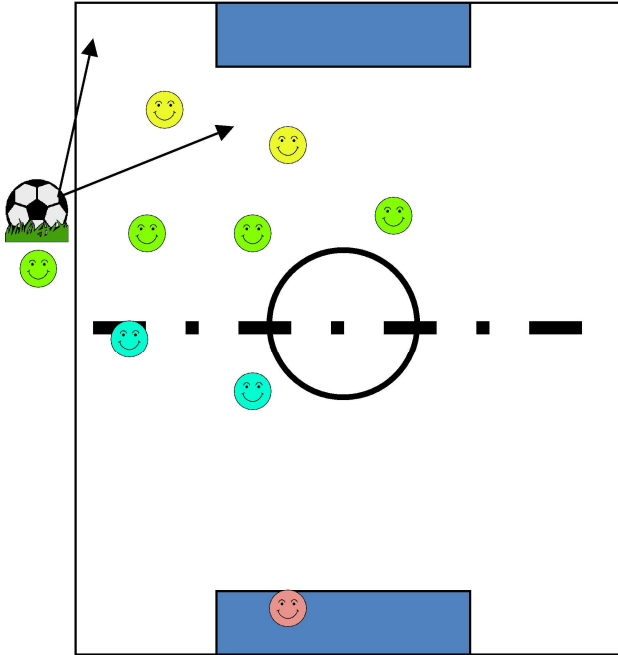
Their Corner Kick:

- Keeper is on the near post protecting the goal
- Defenders are in the goal box protecting the goal
- Mid-fielders are playing defense trying to send the ball "up and out"
- Forwards are on the defense side anticipating that the defense will send the ball to them.

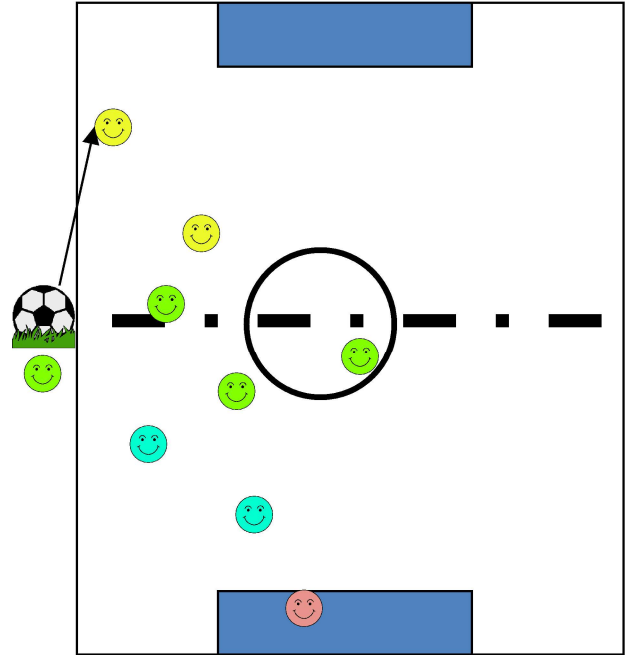


Drop Kick or Goal Kick

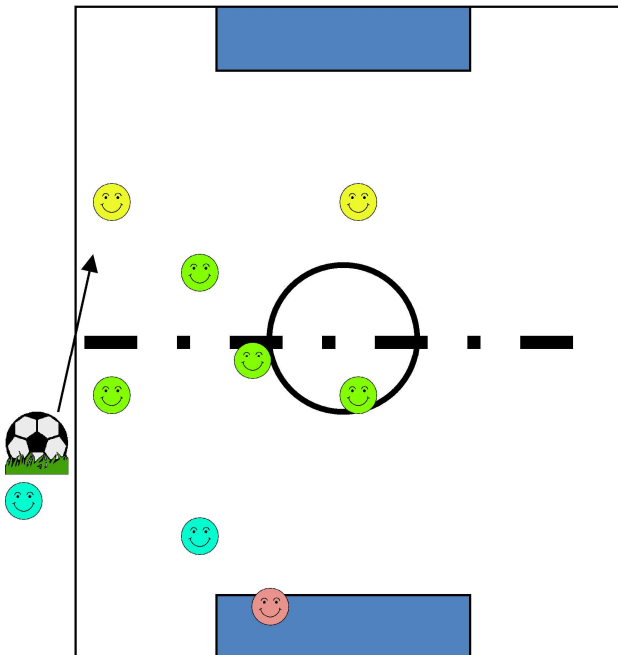
- Keeper ALWAYS kicks it "Up-and-Out"
- Defenders are shifted to the side the ball is being kicked, but in their lanes
- Mid-fielders are shifted to the side that ball is being kicked. Their objective is to send the ball "up the line"



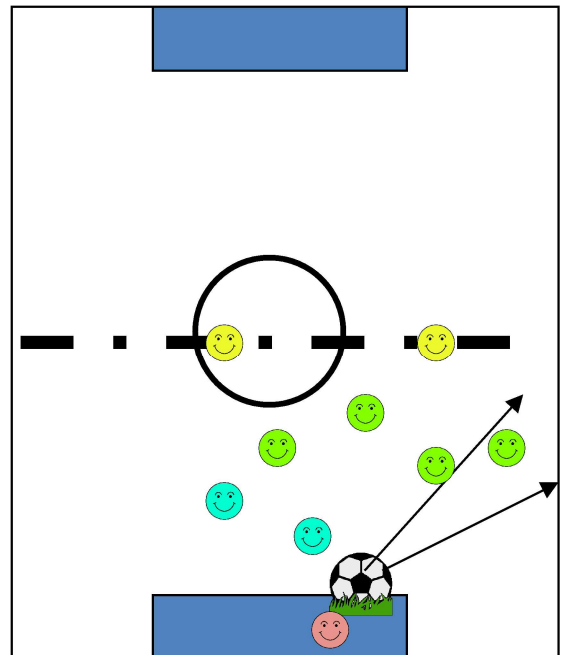
When we have a throw-in, near their goal, the Mid-Fielder throws it up-the-line or toward the goal.



When we have a throw-in at mid-field, the Mid-Fielder throws it up-the-line.



When we have a throw-in on defense, a Defender throws it up-the-line.



When we have a Goal-Kick, the Keeper kicks it up-and-out. NEVER down the middle.

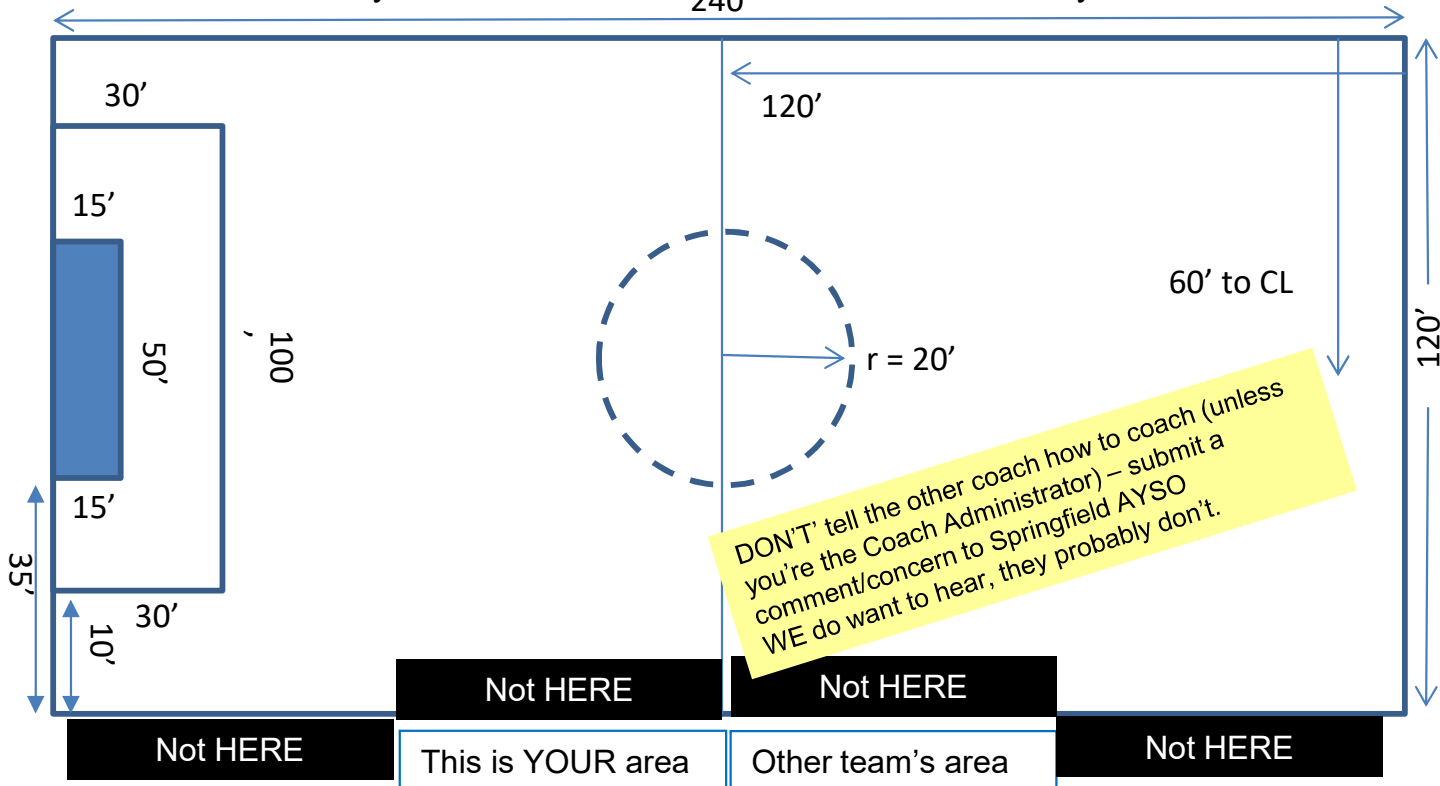
Friends and Family of both teams

240'

Friends and Family of both teams

Photographers ONLY

Photographers ONLY



Organizing your Coaching Staff



If you are both coaching the Offense . . . who's coaching the Defense?

- Offensive Coach – best time to reinforce coaching strategy is when your forwards are 'resting' (i.e. while your team is on defense)
- Bench Coach – your role is to keep the benched player's heads in the game. Be aware of the game in case an injury substitution is needed. Try to answer their questions and allow the Offensive and Defensive Coaches to control the game
- Defensive Coach – best time to reinforce coaching strategy is when your Defenders are 'resting' (i.e. while your team is on offense).



- Offensive Coach – best time to reinforce coaching strategy is when your forwards are 'resting' (i.e. while your team is on defense)
AND you're the **Bench Coach** when you're team in on defense.
- Defensive Coach – best time to reinforce coaching strategy is when your Defenders are 'resting' (i.e. while your team is on offense).
AND you're the **Bench Coach** when you're team in on offense.



- If you are the only coach, I would suggest that you look for some one that comes to practices frequently that you might be able to utilize as a Bench Coach

Game Day Information

Date: _____

Player Development means that every player should play every position and have **EQUAL** playing time over the season in **ALL** positions

- Offense
- Mid-Field
- Defense
- Keeper – maybe not on game days, but try to make this up to them during practices
- Bench

Although this may not be entirely possible, it's the ideal. Remember: This is about teaching players to be a part of a team. It's not about winning – oh, I want to win, but I want to win by 1-2 goals and I want ALL my players to feel successful. This frequently means that it's more about my planning and strategy than their ability. Challenge yourself to use all your players equally.

More things to consider:

- Be prepared to take notes during the game – they will be useful during next week's practice
- Coach's children must NOT be given preferential consideration.
- Start with identifying which players will be your Keepers for all four quarters
- Match strong players and weak players in each area
- Decide which quarter each player will be sitting out. A good time to sit out is after a player has been a mid-fielder (they should be tired)

Be flexible in the 4th Quarter of the game

- Bench any player that hasn't sat out a quarter
- If you winning, put your best players on defense or sitting out.
- If you're behind, try to put together a line-up that takes advantage of each player's strengths

	Positions				Goals			
	1st	2nd	3rd	4th	1st	2nd	3rd	4th
Matthew	X	CF	M	Keeper				
Thomas	LD	X	RF					
Ben	RD	Keeper	X					
Steve	CF	RD	Keeper	X				
Sam	RF	X	RD					
Isaac	LF	M	X					
Cameron	M	X	CF					
Riley	Keeper	RF	X					
Noah	X	LF	LD					
Peyton	X	LD	LF					

Players should play the whistle **and** play with integrity

- If the ball is clearly out of play, your players should be trained enough to know that they should stop
- Play doesn't stop until the **ENTIRE** ball crosses the line. Unlike football, if ANY portion of the ball hasn't crossed the line, there's no goal and the ball isn't out of play.

Only this ball is out of play or a **GOAL!**

