

## U11/U12 EXIT STANDARDS

### **Technical: Dribbling**

Mastery in:

- Step
- Hook
- Cut
- Sole Moves
- Sole Rolls

Proficient in: 1v1 Attacking Dribbles, Change of Speed, Moves / Fakes

Proficient in: Shield / Escape Dribbling

### **Technical: Passing**

Mastery in: Push and Slip Pass

Continued introduction to: Laces Pass, Cross and Driven Balls

Continued introduction to: Weak foot

Introduction to: Bending Balls (outside and inside slices)

Introduction to: Creative Passes

### **Technical: Receiving**

Proficient in: Receiving with all surfaces

- Receiving to yourself
- Receiving to a new space
- Receiving to turn
- Spin turns (outside and inside)

Introduction to: Receiving with disguise

- Out the back
- Let it roll

Introduction to: Receiving air balls with different surfaces

### **Technical: Shooting**

Continued introduction to: Laces contact

Introduction to: Scoring

- Awareness of Goal
- Near Post / Far Post
- Goalkeeper (looking up)
- Side Foot
- Toe
- Both Feet

### **Set Piece Organization: Throw-in**

Introduction to:

- Defending Throw-in
- Keeping possession off throw-in

### **Set Piece Organization: Corner Kicks and Kick Off**

Introduction to:

- Defending and Attacking Kick Off play
- Defending and Attacking Corner Kick organization (know set-up and plays)

### **Set Piece Organization: Free Kicks**

Introduction to:

- Running attacking plays from free kicks
- Defensive organization of wall and free kicks

### **Set Piece Organization: Restarts**

Introduction to:

- Emphasis on playing quick restarts in attacking half
- Emphasis on being aware of quick restarts in defense

### **Set Piece Organization: Goal Kick and Goal Punts**

Introduction to:

- Offensive and Defensive balance / organization from both ends

### **Tactical: Offensive Principals**

Continued introduction to: Attacking Principals

Continued introduction to: Possession

Continued introduction to:

- Combination play
- Rotating ball
- Build up

Introduction to: Counter Attack

Introduction to: Attacking Patterns

### **Tactical: Defensive Principals**

Proficient in: 1v1 Defending

Continued introduction to: Defensive Principals

Introduction to:

- Small Groups tactics 2, 3 and 4 player groups
- Defensive Rows
- Areas of the Field
- Shoot Blocking
- Footwork and Body Position
- Zonal defending

### **Physical:**

Continued introduction to: Agility, Acceleration, Sprinting, Reaction, Back Pedal, Jumping / Landing, Balance, Coordination, Physical Confrontation against opponent (Shoulder, Bumping, Use of arms)

### **Psychosocial:**

Proficient in:

- Focus
- Respect
- Enjoyment
- Effort
- Competition (getting after it in training and games)
- Confidence / Self-esteem

- Commitment

Introduction to:

- Team Unity
- Team / Club Pride