

Mass Youth Soccer



Statewide U6-U12 Curriculum

The purpose of this curriculum is to help standardize “best practice” soccer training throughout Massachusetts. Through licensure courses, clinics, and ongoing support of towns and clubs, Massachusetts Youth Soccer Association works to educate as many coaches as possible. However, the coaching population is constantly changing and with an estimated 30,000+ coaches in the state, we believe that we need to do more to connect with coaches on a consistent basis. This curriculum will serve as a bridge for those connections in that town/club leaders can disseminate this curriculum to all coaches in order to develop coaching consistency within age groups and a developmental progression across age groups. The curriculum can stand on its own to teach all coaches what is best for developing players. At the same time, both town/club leaders and all member coaches can utilize our coaching staff for constant consultation and/or clarification whenever needed. Please understand that every child varies in their development and these are strictly guidelines. Guidelines are meant to be flexible as all players of the same age are certainly not at the same developmental level. It is important we challenge all players at a level that befits their ability. The information in this document comes not only from the State Director of Coaching and the State Developmental Coaches but also from the National Director of Coaching and other National Staff Coaches. The information is not solely based on observation and experience in soccer, but also on research and practice in psychology, child development, physiology, child education, and learning theory. We hope all towns/clubs will use this curriculum to guide their coaches and to help insure our players are being provided the best soccer environment possible.

www.mayouthsoccer.org

Mass Youth Soccer Statewide U12 Curriculum

<u>Age Group</u>	<u>Skill Priorities</u>
U-12	Continue with all U-10 foci Speed Dribbling in Traffic Ability to chip the ball Accurately play long passes Offensive/Defensive Heading Power/Accuracy Shooting

Tactical Priorities

Communication

Basic Support Positions

Receiving the Ball Away from Pressure

Combination Play

How and when to switch the point of attack

Pressure vs Containing

Proper 2 vs 2 roles

Introduction to all roles in 3 vs 3

The period this age group is entering is often referred to as the dawn of tactics. Typically players of this age begin to understand the basic tactical situations of the game and are more aware of movement off the ball and the reasons for tactical choices. Problem-solving becomes systematic and these players tend to learn quickly. Children of this age typically are beginning to develop abstract awareness, so they can understand coaches when we talk about space and runs off of the ball. However, just because they understand these basic tactical concepts does not mean we should focus on these concepts entirely. Players are still developing technically at this age, especially as they go through growth spurts and awkward phases.

It is quite common to look out at a U12 field and see players that are physically the size of adults. Yet, other U12 players appear as if they could still be in the 3rd grade. These children are all growing at different rates and undergoing physical, mental, emotional, and social changes. The average age for the beginning of pubescence in girls is 10 years old with a range of 7 to 14; for boys it is age 12 with a range of 9 to 16. As coaches, we need to be sensitive to these changes and their social implications when coaching this age group. Some players may pick up skills quickly, where as others may struggle. However, it may be the case that this is simply the result of differences in maturation. In a year, the slower developer may surpass the player who developed earlier. For this reason we need to be patient and keep open minds about all players through these years. They are aware of their struggles more than anyone else as peer evaluation is omnipresent at these ages. When we see them struggling, it is important for us to help them and to keep the game fun.

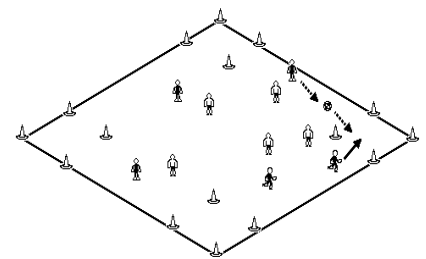
Typical Characteristics of U12 Players

- *all children are maturing at different rates*
- *players need to warm-up and stretch---muscle pulls and other nagging injuries are common otherwise*

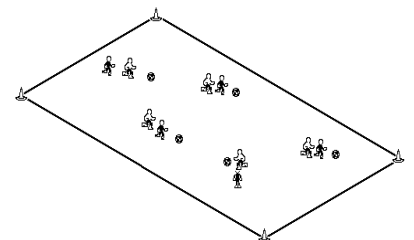
- *players will typically understand elemental abstract concepts and hypothetical situations*
- *they like to solve problems*
- *peer evaluation is a constant*
- *egos are sensitive*
- *coordination may depend on whether or not they are in a growth spurt*
- *technique still needs to be reinforced constantly*
- *playing too much can lead to overuse injuries*
- *playing too much and not feeling like they have a choice in the matter can lead to burnout and drop-out*
- *this is the dawn of tactics!*
- *keep asking the players to be creative and to take risks---we never want them to stop doing these things*
- *ask for feedback from them---they will tell you how things are going*
- *try to hand over leadership and ownership of the team to them*
- *keep it fun!!!*

Some Recommended Games for U12 Players:

- 1) Four Square Passing---Form a grid 35x35 with squares roughly 4 yards across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Players in the squares cannot be defended against they can pass or dribble the ball out. Balls out of play can be passed or dribbled back into play.



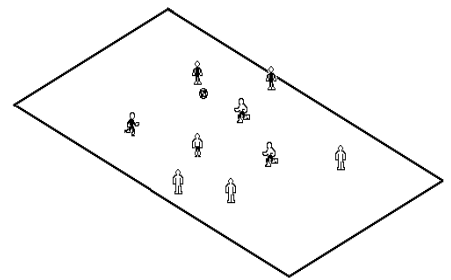
- 2) Shield-Steal---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding



errors throughout this activity and make sure entire group knows how to properly shield.
Version 2: make this competitive by breaking the group into two teams and seeing which team has more balls at the end of the time.

- 3) Colors-Warm Up---Half of the players in red pennies, half in blue. Teams playing together in the same space combine in the passing sequence blue-blue-red-red-blue-blue-red-red etc. etc. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Coach can limit touch-count, mandate which foot to pass with or which side of foot to pass with as sees fit. When players can do first sequence adequately and without frequent errors change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. Stress communication and technical passing points throughout. Make this activity competitive by counting errors and setting goals by lowering allowed errors.

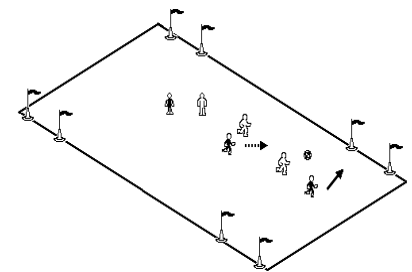
- 4) 2v2+2 or 3v3+3---Three distinct teams in colors (red, green, white), one team starts as defenders and the other 2 teams play together to keep the ball away from the defense (so it is actually 4v2 or 6v3). When the ball is taken by the defense, the color (two/three players) they stole it from becomes the new defenders. Players must pay close attention to who the defenders are, to score the teams in possession must make 6 passes before losing possession. If they do this, both teams on offense receive 1 point.



- 5) 2v2 with 2+2---In a grid 15x15 yards, each team has two players in the grid and two on the outside, on opposite sides from each other. The teams score by either making six passes (with teammate inside the grid or support players) or by executing a 1-2 (wall pass) with a support player. After 3 minutes switch inside and outside players.

- 6) 5 Goal Game---4v4+2 in 35x40 yard grid. Five 2-yard goals are spread out throughout the grid. The plus 2 players are always on the attacking team. The teams score by passing through any of the goals to a teammate. Must receive with inside of foot, then outside, weak foot inside/outside are different expectations that can be put on the players. First team to 10 points wins. Players need to be able to see where the open goals are, and receive with a “picture” of what is around them. With this in mind, if the players are advanced enough, the player receiving through the goal must play 1 touch. Coach could require receiving player to perform a feint before touching ball.

- 7) 3v3 or 4v 4 To Four Small Goals---In a 30x30 yard grid, two teams attack the two opposite goals and defend their two goals. The goals are three feet wide and setup near each corner. With three attackers the players now have the 1st attacker (ball) and 2nd attackers (support) and a triangle shape in attack, looking to change the point of attack away from pressure. The defending team now has the 1st defender (pressure), 2nd defender (cover), and 3rd defender (balance). This game can be played to lines, goals with keepers, four squares or targets.



- 8) Bread and Butter---Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (with only 2 touches). If a team gets scored

upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yard area. Stress correct technique, receiving sideways on, and facing where they wish to play. May restrict the players to 2/3 touch to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive.

- 9) 6v6 team touch---Play a normal 6v6 game except for the fact that every player on a team must touch the ball before their team can score. This forces players to show for the ball, to communicate, and to spread out the field. Version 2: If players are advanced, you can enforce a 3 or 2 touch limit on players.
- 10) 8v8 dual sided goal---Using a coerver goal or setting up a goal in which the goalie must protect both sides of the goal, play 8 against 8. Both teams can score from either side of the goal. If a goalie makes a save she just punts the ball out. Teams must learn to change the point of attack and must give support to each other and communicate constantly. This will help teach teams to make the field big when on offense and to try to compact the field on defense.

***** Every practice should include a scrimmage*****

US YOUTH SOCCER & MASS YOUTH SOCCER GAME RECOMMENDATIONS

Under 12's play 8 vs 8 (*including a goalkeeper*)
Field Size: 75 to 80 yds long X 50 yds wide
Ball: #4