



# Player Development Topics U11/12



## February- May Individual Technical Training

*Ball familiarization*  
*Dribbling for possession*  
*Dribbling for speed*  
*Dribbling to beat a player*  
*Receiving/in the Air*  
*Passing- Long and short*  
*Shooting*  
*Finishing*  
*Defending*  
*Combination play*  
*Goalkeeping*

## April – May Functional Team Training

*Playing out of the back*  
*Changing the point of attack- Switching fields*  
*Penetrating passing*  
*Playing into the striker*  
*Attacking Corners and Free kicks*  
*Defensive team shape*  
*Defensive and midfield team shape*  
*Total team shape*  
*Defending corners and free kicks*  
*Speed of play*

## May- August

### Combination sessions

*Technical Training maintenance*  
*Passing and Dribbling*  
*Passing and Receiving*  
*Dribbling and Shooting*  
*Crossing and Finishing*  
*Receiving and Turning*  
*Shooting and Finishing*  
*Passing and Moving*