

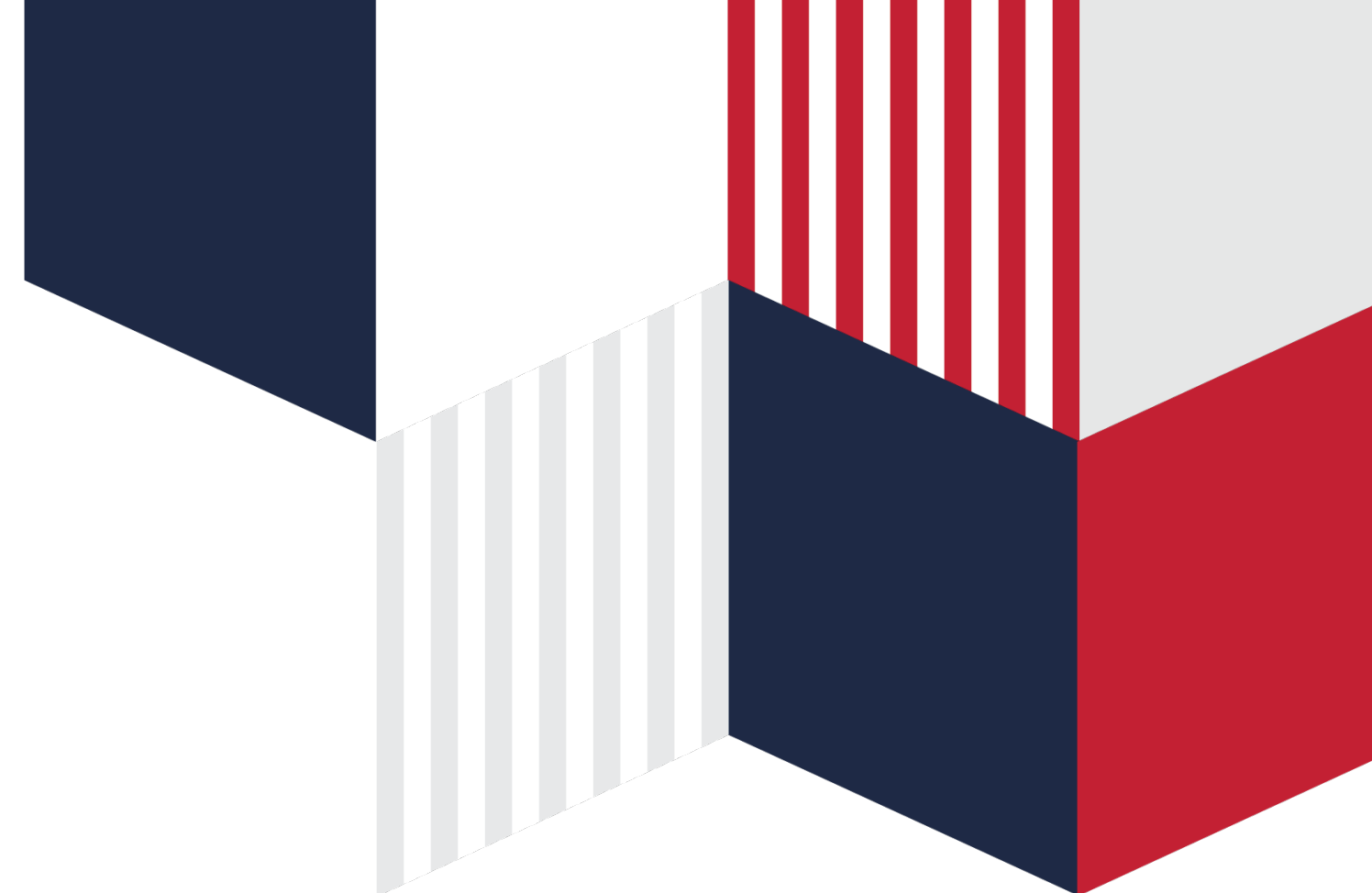


U . S . S O C C E R F E D E R A T I O N  
**PLAYER DEVELOPMENT  
FRAMEWORK**  
**9V9**  
**U11 - U12 LEARNING PLAN**



U.S. SOCCER FEDERATION - TECHNICAL PLAN

**PLAYER-CENTERED**



# WHO IS IN FRONT OF US?

**A PLAYER-CENTERED APPROACH TO PLAYING THE GAME**

FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18	
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18	
U11	<b>SOCIAL CHARACTERISTICS</b>			<b>EMOTIONAL CHARACTERISTICS</b>			<b>LANGUAGE CHARACTERISTICS</b>			<b>COGNITIVE CHARACTERISTICS</b>			<b>PHYSICAL CHARACTERISTICS</b>	
	<ul style="list-style-type: none"> <li>Transitioning from a 'safe' and predictable social environment to a new and unpredictable one (elementary school to middle school)</li> <li>Begin growing desire to assert individuality and independence (in relation to their parents)</li> <li>Very loyal to peer group and are influenced by them (judgement)</li> <li>Are self-conscious of their abilities and sensitive to what others think of them</li> <li>Can be critical of peers and adults</li> <li>Enjoy more peer dominated group discussions</li> <li>Struggle to understand intentions of others</li> </ul>			<ul style="list-style-type: none"> <li>Anxious about growing up, are learning to handle emotions such as fear, frustration, and rejection and can struggle in restraining their strong emotions</li> <li>Can change emotions quickly- may be overly sensitive and dramatic. Joy, irritation, euphoria and anger alternate at a rapid pace and are much more extreme than with adults.</li> <li>Beginning to gain experiences which give them insight into the fact that someone can have a different opinion (empathy is not yet developed)</li> <li>Become vulnerable to peer pressure because they are sensitive to the feelings or impressions of others</li> <li>Do not accept authority blindly</li> <li>Females may exhibit more emotional maturity due to the onset of adolescence and beginning of puberty</li> </ul>			<ul style="list-style-type: none"> <li>Language is evolving - the conversation can be more abstract (e.g., sportsmanship, fairness, etc.)</li> <li>Like to talk; use language to express feelings/tell stories</li> <li>Ask many questions and want thoughtful answers</li> </ul>			<ul style="list-style-type: none"> <li>Eager to learn</li> <li>Active listening increases and can better understand different points of view</li> <li>Beginning to use more logic and also thinking in abstract terms; can address hypothetical situations</li> <li>Still willing to use imagination and creativity</li> <li>Can sequence thoughts and actions; improving ability to perform more complex tasks (within that sequence). Also enjoy problem solving and rule-based games</li> <li>Still have difficulty making choices because they do not recognize all the different options available, and this can impact their perceptions of consequences</li> <li>Self-regulation skills are still developing (can act impulsively), so complex behaviors like independently organizing difficult tasks and acting in a systematic way can be challenging</li> </ul>			<ul style="list-style-type: none"> <li>Growth rate begins to increase due to the onset of the adolescent growth spurt and the beginning of puberty for some (early maturing individuals)</li> <li>Because of increased growth rate and maturation, players can be more susceptible to injury (overuse vs. acute injury)</li> <li>Increased physical development through the interaction of exercise and maturation (physical qualities like speed/strength improve because of the interaction between both physical growth and the training environment)</li> <li>Bigger differences begin to emerge</li> <li>Females enter adolescence and may begin to exhibit early signs of puberty (beginning of adolescent growth spurt for early maturing individuals developing both primary and secondary sexual characteristics)</li> </ul>	
U12														

**FOUNDATION PHASE III**

**SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING**

**GOALS**

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL)
- Players develop cooperative play, moderate structured team play based on a style of play (ME AND MY TEAMMATES)

**LEARNING ENVIRONMENT: OBJECTIVES**

- To develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, agility and mobility
- To develop reaction speed and acceleration speed: focus on accelerations and deceleration
- To develop a systematic approach to solving game situations (collaboration)
- To develop coordinated movements with teammates: including increased spatial awareness and interchange of roles during play
- To develop more complex player actions with a high focus on quick combination play between players (pace and fluidity)
- To develop the understanding and execution of 2v1 situations in attacking and defending
- To apply team principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision making - play in a formation with roles and responsibilities: - focus on anticipation and support
- To develop a deeper understanding of responsibilities of players off the ball
- To develop player ownership: player to player coaching - using verbal and non-verbal communication
- To introduce of the concept of a warming-up routine with responsibilities for the players
- To develop self-reflection and self-regulation skills
- To develop teamwork: group reflection skills

**LEARNING ENVIRONMENT: ACTIVITIES**

- Utilize a variety of activities that help develop physical qualities, technical skills and decision making
- Activities are not only formed around deliberate PLAY with the ball (one player - one ball), but also focused on small group teamplay - Utilize specific training session goals(player actions / team tactical principles)
- Focus on a spontaneous experience and fun IN cooperative GAMES (learning through moderate structured play that allows for players' choice) - Utilize inclusionary small sided games: 1v1 → 9v9 (including use of unbalanced games)
- Use of positional games (rondos)
- Focus on the development of both feet
- Short ball-oriented activities challenging the players' movement focused on power, speed, agility and mobility

**LEARNING ENVIRONMENT: COACHING**

- Encourage collaboration: a coach can expect his or her players to understand the game and use teammates to help solve problems.
- Support the idea that field space can be successfully covered by several small passes, or by one properly played long pass.
- Be patient with players that are eager to learn; find the appropriate level of challenge to stimulate and not stifle the learning process.
- Help each player develop at their own rate and not compare themselves to other players.
- Understand the different types of questions to engage players.
- Encourage and support playing and development in multiple roles and positions throughout the season.



# PLAYER-CENTERED: THE PLAYER

9v9



U11 - U12

## SOCIAL

- Transitioning from a 'safe' and predictable social environment to a new and unpredictable one (elementary school to middle school)
- Begin growing desire to assert individuality and independence (in relation to their parents)
- Very loyal to peer group and are influenced by them (judgement)
- Are self-conscious of their abilities and sensitive to what others think of them
- Can be critical of peers and adults
- Enjoy more peer dominated group discussions
- Struggle to understand intentions of others



# PLAYER-CENTERED: THE PLAYER

9v9



U11 - U12

## EMOTIONAL

- Anxious about growing up, are learning to handle emotions such as fear, frustration, and rejection and can struggle in restraining their strong emotions
- Can change emotions quickly- may be overly sensitive and dramatic. Joy, irritation, euphoria and anger alternate at a rapid pace and are much more extreme than with adults.
- Beginning to gain experiences which give them insight into the fact that someone can have a different opinion (empathy is not yet developed)
- Become vulnerable to peer pressure because they are sensitive to the feelings or impressions of others
- Do not accept authority blindly
- Females may exhibit more emotional maturity due to the onset of adolescence and beginning of puberty



# PLAYER-CENTERED: THE PLAYER

9v9



U11 - U12

## COGNITIVE

- Eager to learn
- Active listening increases and can better understand different points of view
- Beginning to use more logic and also thinking in abstract terms; can address hypothetical situations
- Still willing to use imagination and creativity
- Can sequence thoughts and actions; improving ability to perform more complex tasks (within that sequence). Also enjoy problem solving and rule-based games
- Still have difficulty making choices because they do not recognize all the different options available, and this can impact their perceptions of consequences
- Self-regulation skills are still developing (can act impulsively), so complex behaviors like independently organizing difficult tasks and acting in a systematic way can be challenging



# PLAYER-CENTERED: THE PLAYER

9v9



U11 - U12

## PHYSICAL

- Growth rate begins to increase due to the onset of the adolescent growth spurt and the beginning of puberty for some (early maturing individuals)
- Because of increased growth rate and maturation, players can be more susceptible to injury (overuse vs. acute injury)
- Increased physical development through the interaction of exercise and maturation (physical qualities like speed/strength improve because of the interaction between both physical growth and the training environment)
- Bigger differences begin to emerge
- Females enter adolescence and may begin to exhibit early signs of puberty (beginning of adolescent growth spurt for early maturing individuals developing both primary and secondary sexual characteristics)



# PLAYER DEVELOPMENT INITIATIVES

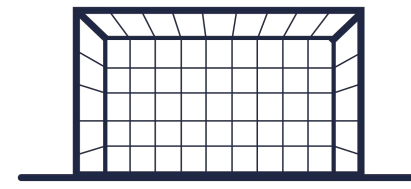
## 9V9 STANDARDS- GAMES

### BALL



Size 4 ball

### GOALS



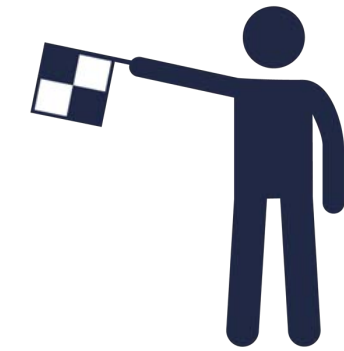
A 6.5 feet (height) x 18.5 feet (width) goal is recommended based on the age and ability of the players

### REFEREES



Referees have the U.S. Soccer Grassroots Referee License

### PENALTIES



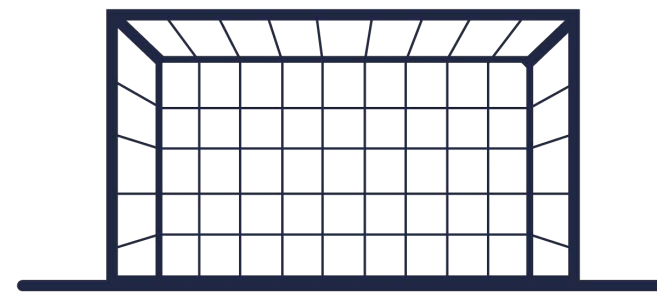
Offside (Law 11)

### TIME



2X 30-minute halves  
10-minute halftime  
No added time

### GOALS



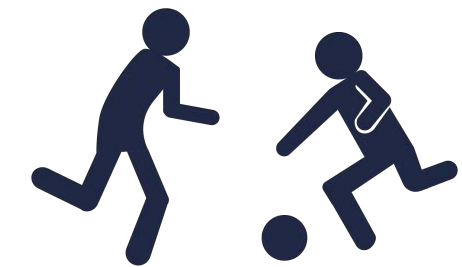
No larger than 7 feet (height) x 21 feet (width)

### START/RESTART PLAY



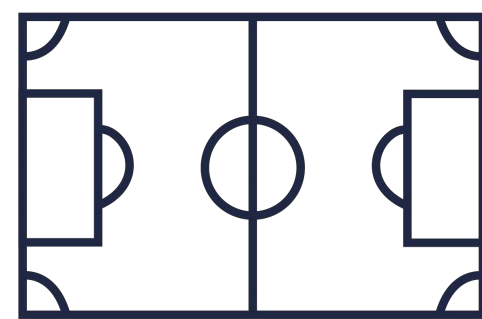
Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play

### FREE KICKS



For all free kicks, opponents should be 10 yards away from the ball on all restarts

### FIELD



70-80 yards (length)  
45-55 yards (width)

### SHIN GUARDS



Shin guards Required

### HEADING



No heading for U11\*





# PLAYER DEVELOPMENT FRAMEWORK

9v9



U11 - U12

## FOUNDATION PHASE III

### SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

#### Soccer Development

##### GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball under a high level of pressure (ME AND THE BALL)
- Players develop cooperative play, moderate structured team play based on a style of play (ME AND MY TEAMMATES)

#### Learning objectives

- To develop more complex movement skills with an emphasis on multi-lateral development: maintain and enhance flexibility, strength, agility and mobility
- To develop reaction speed and acceleration speed: focus on accelerations and deceleration
- To develop a systematic approach to solving game situations (collaboration)
- To develop coordinated movements with teammates: including increased spatial awareness and interchange of roles during play
- To develop more complex player actions with a high focus on quick combination play between players (pace and fluidity)
- To develop the understanding and execution of 2v1 situations in attacking and defending
- To apply team principles in attacking, defending and transition moments: utilize a Style of Play as a structure for decision making
  - play in a formation with roles and responsibilities:
  - focus on anticipation and support
- To develop a deeper understanding understanding of responsibilities of players off the ball
- To develop player ownership: player to player coaching - using verbal and non-verbal communication
- To introduce of the concept of a warming-up routine with responsibilities for the players
- To develop self-reflection and self-regulation skills
- To develop teamwork: group reflection skills



# THE GAME MOMENTS





# PLAYER DEVELOPMENT FRAMEWORK

9v9



U11 - U12

**FOUNDATION PHASE III**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

ATTACKING	
GAME IDEA	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>CREATE ATTACKING SHAPE</b>	<ul style="list-style-type: none"> <li>• Create appropriate height, width, depth</li> <li>• Create attacking distances between players</li> </ul>
<b>PROVIDE OPTIONS TO PLAY FORWARD</b>	<ul style="list-style-type: none"> <li>• Provide vertical or diagonal passing options</li> <li>• Overload wide: run past the ball</li> <li>• Move or lose opponent when marked</li> </ul>
<b>BREAK LINES TO ADVANCE ATTACK</b>	<ul style="list-style-type: none"> <li>• Drive with the ball to exploit space</li> <li>• Engage opponent: create 1v1 or 2v1</li> <li>• Find a free player between or behind the lines</li> <li>• Switch play: change the point of attack</li> </ul>
<b>FINISH THE ATTACK</b>	<ul style="list-style-type: none"> <li>• Separate: quick movement to unmark</li> <li>• Find the player in a position to score or assist</li> <li>• Fill in zones in front of goal</li> <li>• Cross to player in front of goal: over the ground and in the air</li> <li>• Take on 1v1 to create or score</li> <li>• Finish from the dribble, pass, or cross</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>CREATE ATTACKING SHAPE</b> POSITION TO CREATE SPACE	<ul style="list-style-type: none"> <li>Create appropriate height, width, depth</li> </ul>	<ul style="list-style-type: none"> <li>The players off the ball spread out quickly and make the field big, both up and down the field (vertically) and across the field (horizontally).</li> <li>We make the space to defend bigger, which makes it more difficult for the opponent to defend and win the ball back.</li> </ul>
	<ul style="list-style-type: none"> <li>Create attacking distances between players</li> </ul>	<ul style="list-style-type: none"> <li>Distances between players are approximately proportional to each other, which supports good ball circulation.</li> </ul>
<b>PROVIDE OPTIONS TO PLAY FORWARD</b> (RE-)POSITION TO RECEIVE THE BALL	<ul style="list-style-type: none"> <li>Provide vertical or diagonal passing options</li> </ul>	<ul style="list-style-type: none"> <li>Players off the ball scan and move into open space, to provide a passing option.</li> <li>During the approach, the players adjust their body position to receive diagonally, facing the opponent's goal.</li> </ul>
	<ul style="list-style-type: none"> <li>Overload wide: run past the ball</li> </ul>	<ul style="list-style-type: none"> <li>A player makes a penetrating run at the right time to provide a passing option.</li> </ul>
	<ul style="list-style-type: none"> <li>Mover or lose opponent when marked</li> </ul>	<ul style="list-style-type: none"> <li>The player off the ball recognizes the proximity of an opponent, scans and moves into open space, away from this opponent, to provide a passing option.</li> </ul>
<b>BREAK LINES TO ADVANCE ATTACK</b> PLAY THE BALL FORWARD	<ul style="list-style-type: none"> <li>Drive with the ball to exploit space</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans and recognizes the space in front.</li> <li>The player runs with the ball into the open space to advance.</li> </ul>
	<ul style="list-style-type: none"> <li>Engage opponent: create 1v1 or 2v1</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball decides to progress forward by driving at an opponent, using body feints and/or change of speed to dribble past (eliminate) them.</li> </ul>
	<ul style="list-style-type: none"> <li>Find a free player between or behind the lines</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans for a teammate supporting in open space and executes an accurate pass with appropriate pace to this free player.</li> </ul>
	<ul style="list-style-type: none"> <li>Switch play: change the point of attack</li> </ul>	<ul style="list-style-type: none"> <li>The players move the ball fast from one side of the field to the other side with a limited number of passes.</li> </ul>
<b>FINISH THE ATTACK</b> CREATE SCORING OPPORTUNITY AND SCORE	<ul style="list-style-type: none"> <li>Separate: quick movement to unmark</li> </ul>	<ul style="list-style-type: none"> <li>The player off the ball, close to the opponent's goal, moves away quickly from direct opponent in order to receive the ball.</li> </ul>
	<ul style="list-style-type: none"> <li>Find the player in a position to score or assist</li> </ul>	<ul style="list-style-type: none"> <li>High up the field, the player on the ball passes at the right time to a teammate in a goalscoring position.</li> </ul>
	<ul style="list-style-type: none"> <li>Fill in zones in front of goal</li> </ul>	<ul style="list-style-type: none"> <li>A minimum of two players run in front of the goal when the ball is wide in order to receive or score from a cross.</li> </ul>
	<ul style="list-style-type: none"> <li>Cross to player in front of goal: over the ground or in the air</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans from a wide area and passes to a teammate in front of goal.</li> </ul>
	<ul style="list-style-type: none"> <li>Take on 1v1 to create or score</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball in the attacking half eliminates an opponent through dribbling to create a goalscoring opportunity.</li> </ul>
	<ul style="list-style-type: none"> <li>Finish from dribble, pass or cross</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball decides to shoot after a dribble when in a goalscoring position.</li> <li>The player in a scoring position receives the ball from a teammate in a wide position (cross) or central position (pass) and shoots on goal.</li> </ul>



# PLAYER DEVELOPMENT FRAMEWORK

**9v9**



**U11 - U12**

**FOUNDATION PHASE III**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
<b>ATTACKING</b>
<b>WITH THE BALL</b>
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
Scanning
Supporting
Adapting body shape

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

### WITH THE BALL

#### CONTROLLING

- Scanning for a free teammate before or while receiving and preparing the ball
- Receiving and preparing the ball from a long pass in the air
- Receiving and preparing the ball on the bounce
- Receiving and preparing the ball on the turn towards the opponent's goal as quickly as possible
- Receiving/playing in 1 touch if you can pass accurately

#### PROTECTING

- Shielding the ball and maintaining possession
- Placing most of the body between the defender, keeping the ball on the furthest foot away from the opponent while looking for teammates
- Turn away from and out of reach of your opponent

#### DRIVING

- Running as fast as possible with the ball, picking up speed to gain as much time and territory as possible

#### DRIBBLING

- Accelerating when eliminating the opponent
- Reading the body shape of the opponent and engaging on the most obvious or weak side
- Holding off the opponent and creating distance from the opponent

#### PASSING

- Make the pass with the right ball speed and at the right time so that you can continue playing in favorable conditions
- Avoiding passing to a teammate surrounded by two or more opponents
- Trying to take out an opponent with a quick wall pass (give and go) in a small space
- Making a leading pass in front of your teammate, making sure that the teammate can take the ball without having to slow down
- Making a long pass in the air

#### SHOOTING

- Looking at the position of the goalkeeper before shooting at goal, and selecting a target
- Aiming for the far side if you shoot from an angle and the goalkeeper is protecting near post
- Finish in 1 time/touch when closely marked
- Finish on the volley/bounce

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

## PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

### SPACIAL & POSITIONAL AWARENESS

#### SCANNING

- Searching for the ball, teammates and the goal

#### SUPPORTING (POSITIONING)

- Assessing teammates' movements and moving off each other
- Unmarking and running behind opponent when a teammate on the ball is looking for options (sprint)
- Look to get out of sight from the defender's vision
- Lose direct opponent by switching positions with a teammate
- Anticipate as the third player who will get the ball after a pass between two teammates

#### ADAPTING BODY SHAPE

- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal
- While approaching, have an optimal overview of the game situation

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>CREATE ATTACKING SHAPE</b>	<ul style="list-style-type: none"> <li>• Create appropriate height, width, depth</li> <li>• Create attacking distances between players</li> </ul>	• Controlling
					• Protecting
			<b>PROVIDE OPTIONS TO PLAY FORWARD</b>	<ul style="list-style-type: none"> <li>• Provide vertical or diagonal passing options</li> <li>• Overload wide: run past the ball</li> <li>• Move or lose opponent when marked</li> </ul>	• Driving
					• Dribbling
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> <li>• Score goal</li> <li>• Create chance</li> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>BREAK LINES TO ADVANCE ATTACK</b>	<ul style="list-style-type: none"> <li>• Drive with the ball to exploit space</li> <li>• Engage opponent: create 1v1 or 2v1</li> <li>• Find a free player between or behind the lines</li> <li>• Switch play: change the point of attack</li> </ul>	• Passing
					• Shooting
			<b>FINISH THE ATTACK</b>	<ul style="list-style-type: none"> <li>• Separate quick movement to unmark</li> <li>• Find the player in a position to score or assist</li> <li>• Fill in zones in front of goal</li> <li>• Cross to player in front of goal: over the ground or in the air</li> <li>• Take on 1v1 to create or score</li> <li>• Finish from dribble, pass, or cross</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
					• Scanning
					• Supporting
					• Adapting body shape





# PLAYER DEVELOPMENT FRAMEWORK

**9v9**



**U11 - U12**

**FOUNDATION PHASE III**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

**ATTACKING TO DEFENDING TRANSITION**

GAME IDEA

When we lose the ball, we want to regain it early by reacting immediately with maximum intensity. When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES
<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Press to regain or prevent progress of the ball</li> </ul>
<b>DELAY THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>Slow down and dictate opponent</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Press from behind as quickly as possible</li> </ul>
<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Defend the goal and create conditions to engage</li> </ul>
	<ul style="list-style-type: none"> <li>Challenge to protect against any goal attempt</li> </ul>

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING TO DEFENDING TRANSITION

When we lose the ball, we want to regain it early by reacting immediately with maximum intensity.  
When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b> <small>REACT QUICKLY TO WIN THE BALL BACK AND STOP OPPONENTS' FORWARD PLAY</small>	<ul style="list-style-type: none"> <li>Press to regain or prevent progress of the ball</li> </ul>	<ul style="list-style-type: none"> <li>The player is recognizing situations when to press or hold and force wide (awareness).</li> <li>The player is trying to win the ball when showed an opportunity to regain (distance, numbers and levels of compactness).</li> </ul>
<b>DELAY THE COUNTERATTACK</b> <small>DROP AND NARROW, REDUCE SPEED OF OPPONENTS TO ALLOW PLAYERS TO RECOVER</small>	<ul style="list-style-type: none"> <li>Slow down and dictate opponent</li> </ul>	<ul style="list-style-type: none"> <li>The player is reducing the opponent's speed of play to allow teammates to return to the defensive shape.</li> <li>The player is dictating the direction.                             <ul style="list-style-type: none"> <li>-Force backwards or wide.</li> </ul> </li> </ul>
<b>RECOVER WITH SPEED</b> <small>SPRINT BACK TO GET BALANCED, ORGANIZED AND APPLY PRESSURE</small>	<ul style="list-style-type: none"> <li>Press from behind as quickly as possible</li> </ul>	<ul style="list-style-type: none"> <li>The player is sprinting back and puts pressure on the opponent on the ball.                             <ul style="list-style-type: none"> <li>- Prevent the opponent from playing forward or dribbling with the ball.</li> <li>- Try to recover the ball (don't give up).</li> </ul> </li> </ul>
<b>DENY THE FINISH</b> <small>DENY SCORING OPPORTUNITIY AND PREVENT SCORING</small>	<ul style="list-style-type: none"> <li>Defend the goal and create conditions to engage</li> </ul>	<ul style="list-style-type: none"> <li>The player is patient and doesn't commit too early (recognize distance from goal, wait for teammates).</li> <li>The player is trying to isolate the opponent on the ball when possible: 2v1 → 1-1</li> </ul>
	<ul style="list-style-type: none"> <li>Challenge to protect against any goal attempt</li> </ul>	<ul style="list-style-type: none"> <li>The player engages when opponent is in a goalscoring position and commits when that opponent has a chance or attempt on goal. This allows the goal attempt to be blocked.</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING TO DEFENDING TRANSITION

When we lose the ball, we want to regain it early by reacting immediately with maximum intensity.  
When we recognize we are unable to pressure the ball, we recover quickly into a defending shape.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>APPLY IMMEDIATE PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Press to regain or prevent progress of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> </ul>
					<ul style="list-style-type: none"> <li>Pressing</li> </ul>
					<ul style="list-style-type: none"> <li>Challenging</li> </ul>
					<ul style="list-style-type: none"> <li>Delaying</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>DELAY THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>Slow down and dictate opponent</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
					<ul style="list-style-type: none"> <li>Scanning</li> </ul>
					<ul style="list-style-type: none"> <li>Adapting body shape</li> </ul>
					<ul style="list-style-type: none"> <li>Covering</li> </ul>
			<b>RECOVER WITH SPEED</b>	<ul style="list-style-type: none"> <li>Press from behind as quickly as possible</li> </ul>	<ul style="list-style-type: none"> <li>Marking</li> </ul>
			<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Defend the goal and create conditions to engage</li> </ul>	
				<ul style="list-style-type: none"> <li>Challenge to protect against any goal attempt</li> </ul>	



# PLAYER DEVELOPMENT FRAMEWORK

9v9



U11 - U12

**FOUNDATION PHASE III**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

DEFENDING	
GAME IDEA	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>Make team compact:                             <ul style="list-style-type: none"> <li>- Position to create a high front line</li> <li>- Position to create a high defensive line</li> </ul> </li> <li>Create defending distances between players</li> </ul>
<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Initiate pressure on the opponent with the ball</li> <li>Engage when chance of regaining the ball</li> <li>Provide cover: nearest players eliminate passing options</li> <li>Prevent the switch: keep opponent on one side</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Immediately (re-) apply pressure on the ball</li> <li>Look to intercept the pass</li> </ul>
<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Get narrow and close the center</li> <li>Deny the cross</li> <li>Defending the cross: defending the width of the goal</li> <li>Challenge to protect against any goal attempt</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>CREATE DEFENDING SHAPE</b> POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE	<ul style="list-style-type: none"> <li>• Make team compact:                             <ul style="list-style-type: none"> <li>- Position to create a high front line</li> <li>- Position to create high defensive line</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Create a high defensive block and reduce passing options for the opponent on the ball.                             <ul style="list-style-type: none"> <li>- Attacking players (re-)position to create a high line of confrontation.</li> <li>- Defenders and goalkeeper stay connected and position high.</li> </ul> </li> <li>• Position to block passing lanes, make play predictable and build pressure.</li> </ul>
	<ul style="list-style-type: none"> <li>• Create defending distances between players</li> </ul>	<ul style="list-style-type: none"> <li>• Create relationships - connections between players through spacing and distances:                             <ul style="list-style-type: none"> <li>- Reduce options to penetrate with the ball.</li> <li>- Ensure cover.</li> <li>- Allow for interception.</li> </ul> </li> </ul>
<b>BUILD PRESSURE ON THE BALL</b> CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY	<ul style="list-style-type: none"> <li>• Initiate pressure on the opponent with the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The opponent with the ball is under consistent pressure to prevent forward play.</li> <li>• The opponent on the ball will have less time/space to make a decision and execute the next play (force mistakes).</li> </ul>
	<ul style="list-style-type: none"> <li>• Engage when chance of regaining the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The player attempts to win the ball back, trying not to get eliminated by a dribble, touch or pass.</li> </ul>
	<ul style="list-style-type: none"> <li>• Provide cover: nearest players eliminate passing options</li> </ul>	<ul style="list-style-type: none"> <li>• The closest teammates of the player initiating pressure or engaging the player with the ball, prevent options (free teammates) for the opponent on the ball.</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b> RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS	<ul style="list-style-type: none"> <li>• Immediately (re-) apply pressure on the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The opponent with the ball is under consistent pressure to prevent forward play.</li> <li>• An eliminated player puts pressure from behind on the opponent on the ball.</li> </ul>
	<ul style="list-style-type: none"> <li>• Look to intercept the pass</li> </ul>	<ul style="list-style-type: none"> <li>• The players in the defensive block are always attentive to stop the ball from reaching its intended destination (opponent's teammate).</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>DENY THE FINISH</b> PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES	<ul style="list-style-type: none"><li>• Get narrow and close the center</li></ul>	<ul style="list-style-type: none"><li>• The defending players between the ball and the goal, get closer as quickly as possible to reduce the space centrally.</li></ul>
	<ul style="list-style-type: none"><li>• Deny the cross</li></ul>	<ul style="list-style-type: none"><li>• One or two wide defending players prevent the opponent from crossing the ball.</li></ul>
	<ul style="list-style-type: none"><li>• Defending the cross: defending the width of the goal</li></ul>	<ul style="list-style-type: none"><li>• Get organized and increase the protection in front of the goal on the cross: create 2+1.<ul style="list-style-type: none"><li>- Weakside fullback is connecting to the backline.</li><li>- Defending midfielder is connecting to the backline.</li><li>- Occupy strategic zones.</li></ul></li><li>• Close marking of direct opponent: keep eye on ball and opponent .</li><li>• Challenge: be first on the ball (aggressiveness).</li></ul>
	<ul style="list-style-type: none"><li>• Challenge to protect against goal attempt</li></ul>	<ul style="list-style-type: none"><li>• The player engages when opponent is in a goalscoring position and commits when that opponent has a chance or attempt on goal. This allows the goal attempt to be blocked.</li></ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

## DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

### PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

#### AGAINST THE BALL

<b>INTERCEPTING</b>	<ul style="list-style-type: none"><li>• Staying in possession of the ball after stealing it and continue with an attacking action</li><li>• Playing in one touch to a teammate</li></ul>
<b>PRESSING</b>	<ul style="list-style-type: none"><li>• Running to the opponent who is about to receive the ball (approx. 2 yards distance) while the ball is moving</li><li>• Having fast approach but slow arrival</li></ul>
<b>CHALLENGING</b>	<ul style="list-style-type: none"><li>• Taking good defensive posture (on toes, knees are bend, staggered stance, ...) that allows to start the 1v1 in favorable conditions</li><li>• Retaining possession of the ball after winning the duel</li></ul>
<b>DELAYING</b>	<ul style="list-style-type: none"><li>• Slowing down, reducing speed from the opponent's action</li><li>• Driving the player on the ball to the outside (away from goal)</li></ul>
<b>BLOCK THE SHOT</b>	<ul style="list-style-type: none"><li>• Getting in between the ball and the defending goal to redirect the ball away from goal</li></ul>

#### SPACIAL & POSITIONAL AWARENESS

<b>SCANNING</b>	<ul style="list-style-type: none"><li>• Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting</li></ul>
<b>ADAPTING BODY SHAPE</b>	<ul style="list-style-type: none"><li>• Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal</li></ul>
<b>COVERING</b>	<ul style="list-style-type: none"><li>• Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed</li></ul>
<b>MARKING</b>	<ul style="list-style-type: none"><li>• Preventing direct opponent from receiving the ball in favorable circumstances by positioning next to the opponent (proactive stance)</li><li>• Trying to look at both the ball and direct opponent</li></ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>Make team compact:                             <ul style="list-style-type: none"> <li>Position to create a high front line</li> <li>Position to create high defensive line</li> </ul> </li> <li>Create defending distances between players</li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> </ul>
					<ul style="list-style-type: none"> <li>Pressing</li> <li>Challenging</li> <li>Delaying</li> <li>Blocking the shot</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Initiate pressure on the opponent with the ball</li> <li>Engage when chance of regaining the ball</li> <li>Provide cover: nearest players eliminate passing options</li> <li>Prevent the switch: keep the opponent on one side</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
					<ul style="list-style-type: none"> <li>Scanning</li> </ul>
					<ul style="list-style-type: none"> <li>Adapting body shape</li> </ul>
					<ul style="list-style-type: none"> <li>Covering</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Immediately (re-) apply pressure on the ball</li> <li>Look to intercept the pass</li> </ul>	<ul style="list-style-type: none"> <li>Covering</li> </ul>
					<ul style="list-style-type: none"> <li>Marking</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Get narrow and close the center</li> <li>Deny the cross</li> <li>Defending the cross: defending the width of the goal</li> <li>Challenge to protect against goal attempt</li> </ul>	<ul style="list-style-type: none"> <li>Marking</li> </ul>
					<ul style="list-style-type: none"> <li>Marking</li> </ul>





# PLAYER DEVELOPMENT FRAMEWORK

**9v9**



**U11 - U12**

**FOUNDATION PHASE III**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

DEFENDING TO ATTACKING TRANSITION	
GAME IDEA	
<p>When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.</p> <p>When we recognize we cannot play forward, we keep the ball and move into our attacking shape.</p>	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>PLAY FORWARD QUICKLY</b>	<ul style="list-style-type: none"> <li>• First action forward</li> </ul>
<b>JOIN THE ATTACK WITH SPEED</b>	<ul style="list-style-type: none"> <li>• Provide support in front of the ball</li> </ul>
<b>FINISH THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>• Create and exploit space for self or teammate</li> </ul>
	<ul style="list-style-type: none"> <li>• Find the player in a position to score or assist</li> <li>• Finish from the dribble, pass or cross</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING TO ATTACKING

When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.  
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.

### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>PLAY FORWARD QUICKLY</b> <small>ADVANCE THE BALL WITH AS FEW PASSES AS POSSIBLE</small>	<ul style="list-style-type: none"> <li>First action forward</li> </ul>	<ul style="list-style-type: none"> <li>Start attacking transition immediately with forward pass or dribble:                             <ul style="list-style-type: none"> <li>- Pass forward into open space or feet to (highest) transition player (vertical / diagonal).</li> <li>- Touch forward and run or dribble aggressively at maximum speed when space is available.</li> </ul> </li> </ul>
<b>JOIN THE ATTACK WITH SPEED</b> <small>SPRINT FORWARD TO ATTACK OR SUPPORT</small>	<ul style="list-style-type: none"> <li>Provide support in front of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Sprint forward and commit numbers into the attacking half.</li> <li>Get players in front of the ball as quickly as possible to attack the backline of the opponent.</li> <li>Provide a passing option: make a run in behind.</li> </ul>
<b>FINISH THE COUNTERATTACK</b> <small>CREATE SCORING OPPORTUNITY AND SCORE</small>	<ul style="list-style-type: none"> <li>Create and exploit space for self or teammate</li> </ul>	<ul style="list-style-type: none"> <li>Separate from opponent and receive between the lines.</li> <li>Exploit space behind opponent backline: make a run to receive in behind.</li> <li>Make a run to free up space for teammate to receive.</li> </ul>
	<ul style="list-style-type: none"> <li>Find the player in a position to score or assist</li> </ul>	<ul style="list-style-type: none"> <li>Recognize the right moment to pass to a teammate in a better position to score or assist.</li> <li>-keep composure (decision at full speed).</li> </ul>
	<ul style="list-style-type: none"> <li>Finish from dribble, pass or cross</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball decides to shoot after a dribble when in a goalscoring position.</li> <li>The player in a scoring position receives the ball from a teammate in a wide position (cross) or central position (pass) and shoots on goal.</li> </ul>

# U11 - U12

## FOUNDATION PHASE III

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# DEFENDING TO ATTACKING

When we regain the ball, we immediately think and play forward, look to attack at maximum speed in order to create chances and score goals.  
When we recognize we cannot play forward, we keep the ball and move into our attacking shape.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>PLAY FORWARD QUICKLY</b>	<ul style="list-style-type: none"> <li>• First action forward</li> </ul>	• Controlling
					• Protecting
					• Driving
					• Dribbling
					• Passing
					• Shooting
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> <li>• Score goal</li> <li>• Create chance</li> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	<b>JOIN THE ATTACK WITH SPEED</b>	<ul style="list-style-type: none"> <li>• Provide support in front of the ball</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
					• Scanning
			<b>FINISH THE COUNTERATTACK</b>	<ul style="list-style-type: none"> <li>• Exploit space for self or teammate</li> <li>• Find the player in a position to score or assist</li> <li>• Finish from dribble, pass, or cross</li> </ul>	• Supporting
					• Adapting body shape