

NORTH STAR FC

U11 Development Curriculum

OBJECTIVES

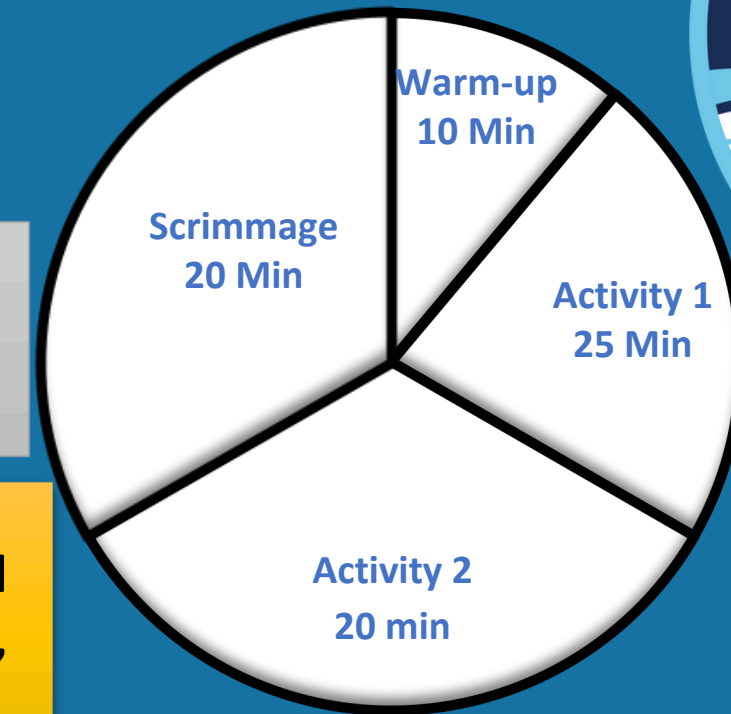
Movement Education: 15%
Technical: 60%
Tactical: 25%

ORGANIZATION

- NO Heading
- Offsides in effect
- Ball to Player Ratio 1:1 to 1:6
- Size 4 ball
- Session: 75 minutes
- Games: 60 Minutes [9 v 9]
- 2:1 practice to game ratio
- Tournaments and jamborees

BY THE END OF THE SEASON PLAYERS SHOULD...

be comfortable receiving the ball under pressure, be capable of scoring from a served ball (finishing), recognize combination opportunities (mobility, support, penetration), have an understanding the role of the second defender in relationship to the first (pressure, cover).



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game



TECHNICAL

- Receiving with - Thigh
- Chest • Shielding • Receiving with Back to Pressure • Individual defending (advanced) • Second defender • Crossing • Finishing

GENERAL CHARACTERISTICS*

- Lengthened attention span -they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented –prefer team type balls and equipment. Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
- Developing the pace factor –thinking ahead
- Gross an

TACTICAL

- Second defender
- Combination play
- Give and go
- Overlap
- Introduction to flank play
- Third attacker (unbalance)
- Transition and counter attack
- Marking
- Relationship along the line

**General Characteristics from the US Soccer Player Development Model*