

# U11

## LEARNING TO TRAIN



WEST VANCOUVER SOCCER CLUB



### What U11 Looks Like

- ❖ Teams play 8-side games
- ❖ Interlock teams have 1 game and 1 practice per week
- ❖ Development teams have 1 game and 2 practices per week (2<sup>nd</sup> practice with Club coaches)
- ❖ Rosters are up to max of 15 players
- ❖ Ball Size - 4, 50 x 80 field
- ❖ Duration of Game is 2 x 30 minutes
- ❖ ALL players, not just those on the two development teams, continue to be developed and assessed on an ongoing basis.
- ❖ There is lots of movement between levels from season to season, as players develop not only skill, but grow and also may choose other sports.
- ❖ Interlock players (not Development teams) are formed to balance ability across teams and take friendships into account.

### Technical Focus

Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.

### Coaching Expectations

- ✓ **Focus - technical and physical development**
- ✓ *Learning to Train* certification is mandatory for coaches (equivalent to CCY)
- ✓ On Girls' teams need to have a "carded" female either coaching or managing
- ✓ All players to be given equal playing time
- ✓ All players to be rotated through at least 3 different positions
- ✓ Focus should be on fun and safety
- ✓ No team should win a game by more than 5 goals
- ✓ If one team is short of players, the other team should lend some of theirs
- ✓ No coach is to stand behind the goal line
- ✓ All coaches need to process Criminal Record Check with WVPD – valid for 3 years

### Parental Expectations

- ✓ Don't encourage players to obsess on the score of the game.
- ✓ Give positive encouragement when cheering on the team.
- ✓ Refrain from giving technical instructions during the game. This is the coaches' job, ---players become confused when they hear different voices telling them what to do
- ✓ Never challenge the referee's decision, however bizarre it may seem.
- ✓ Players need to be at practices and games on time and with the proper equipment (i.e. uniform, shin pads, cleats, etc.)
- ✓ Players need to complete Code of Conduct (Athlete Agreement) and return to their coaches

### Further Development

Friday Academy for U9-U13 Players, 5:00 to 6:30 pm at Ambleside Turf. "Plus" invitational program on Wednesdays (mandatory for U11 Development players).

**NEW**  
Mid-season  
Player Report  
Card

### Player Evaluation



### Mark Your Calendar

**CLUB DAY – September 8th**  
**Free Clinic**

**Sep 15, 4-6 pm, U11-U13**

**Welcome Back Street Soccer**

**Oct 27<sup>th</sup> – GU11 In-club series**

**Nov 3<sup>rd</sup> – BU11 In-club series**

**Paid Clinic**

**Nov 24, U11-U12**

**2 hour training session with 2012**

**Olympians and Canadian**

**National Team Members**

**Divisional Coaches Game**

**September 22nd**

### Looking Ahead – What U12 Looks Like – What's Different

Transition to Divisional play – streaming of players into Gold, Silver and Bronze teams. More travelling involved.