

MYSA 8v8 Small Sided Program Under 11 and Under 12 Guidelines

Field Size: Min: 45 x 80 yards / Max: 55 x 90 yards

The field of play must be rectangle in shape. The length of the touch line must be greater than the length of the goal line.

Additional Dimensions

- Goal Area: 6 x 19 yards
- Penalty Area: 14 x 35 yards
- Corner Arc: 1 yard
- Center Circle Radius: 8 yards

Goal Size: 7 feet high x 21 feet wide; must be placed on the center of each goal line.

Ball Size: Size 4

Number of Players: 8 players on the field, one of whom must be the goalkeeper (minimum of 5 players and one must be a goalkeeper).

Roster Size: Min. 10 / Max. 14

Players' Equipment: Shinguards are required.

Substitution: Substitutions are allowed at any stoppage of play with referee's discretion.

Referees: One referee (Grade 9 or above) and two assistant referees (may use club linesmen).

Game Length: 2 x 30 minute halves

Start/Restart of Play: All opponents must be 8 yards away.

Ball Out of Play: The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air.

Scoring: A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Offside: Offside **IS** in effect.

Fouls/Misconduct: Direct & Indirect

Free Kicks: Free kick by the attacker within the Goal Area must be placed on top of the Goal Area Line parallel to the goal line and closest to the point of infraction. All opponents must be 8 yards away unless they are on their own goal line between the goalposts.

Penalty Kick: Taken from a penalty mark 10 yards from the goal line on a perpendicular line equidistant from the goalposts.

Throw-In: The thrower must face the field and with both feet on the ground, delivers the ball from behind and over the head using both hands.

Goal Kick: All opponents must be outside of the penalty area.

Corner Kick: All opponents must be 8 yards away.

Under 11 and Under 12 Youth Player Development The Dawning of Tactical Awareness

Hero worship, identification with successful teams/players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have high arousal level in relation to the training of basic skills. This is the "Golden Age of Learning" and skill development. Demonstration is very important and the players learn best by doing. This is an appropriate time to introduce and teach basic principles of play.

The "Six principles" of U11/U12 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate?
2. Provide clear, concise and correct information.
3. Organize activities simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

Coach

Sensitive teacher; enthusiastic; possess soccer awareness; ability to demonstrate; knowledge of the basic skills. Certificate/License: U10/U12 Youth Module/"E" Certificate.

Technique/Skill

Improved technique is achieved by repetition of fundamentals. Improved skill is achieved by applying technique under increasing pressure.

1. **Dribbling:** Encourage risk taking! Moves to beat an opponent; keep possession (shielding/spin turns); change of direction and speed.
2. **Receiving:** Concentrate on getting the body into the line of flight of the ball. Player's first touch must prepare for the second touch.
3. **Shooting:** Proper striking technique must consider position of non-kicking foot, position of head, striking surface of the foot. Shooting should be practiced at goal with a goalkeeper and a moving ball.
4. **Passing:** Proper passing technique must consider position of non-kicking foot, position of head, striking surface of the foot. Passes can be made to a teammate or to space. Considerations include accuracy and strength of the pass as well as distance and angle.
5. **Heading:** Forehead, eyes open, mouth shut. Heading can be regularly practiced but for only short intervals.

Key considerations

For the U11/U12 player developing technique and skill is best achieved with appropriate management of pressure in activities (time, space, opponents).

Tactics = Decisions

Players will develop their tactical understanding if the challenges in training are realistic and achievable. Players should play a variety of positions to develop an awareness and become a complete player.

Individual (1 vs. 1)

Attacking: Keep possession and encourage risk taking, take players on 1v1 in proper areas of the field.

Defending: Proper pressure (in front and behind), channeling and immediate chase.

Small Group (2 vs. 1, 2 vs. 2, 3 vs. 1, 3 vs. 2, 3 vs. 3)

Attacking: Keep possession; support; combination play (wall pass, take over, overlap, double pass).

Defending: Pressure, Cover; Marking

Physical

All fitness work with the ball including flexibility (static stretching), agility (coordination on the ball), speed, strength and endurance.

Psychological

Keep it FUN and ENJOYABLE to foster a desire to play (intrinsic motivation). Encourage decision making as well as imagination and creativity. Increase demands and discipline.

Characteristics of U12 Children

- The average age for the beginning of pubescence in girls is 10 years with a range of 7-14, for boys is age 12 with a range of 9-16.
- Flexibility training is a key to prevention of injury.
- Overuse injuries, burnout and high attrition rates associated with high-intensity children's programs that fail to stress development and learning enjoyment.
- Begin to develop abilities to sustain complex coordinated skill sequences.
- Begins to think in abstract terms and can address hypothetical situations.
- A systematic approach to problem solving appears at this stage, the game of soccer must present the ability to think creatively and solve problems while moving.
- Beginning to spend more time with friends and less with parents.
- Whether a child enters puberty early or late has important psychological implications.
- Children are susceptible to conform to peer pressure.
- Developing a conscience, morality and a scale of values.