



St. Charles Force Curriculum

U11 and U12

LEARN TO TRAIN DEVELOPMENT MILESTONES



Training to Game Ratios		<ul style="list-style-type: none"> • 2:1 (one team training, one group training) • U11 – 1.25 hours • U12 – 1.25 hours increasing to 1.5 hours in second half of season • Size 4 ball • Encouraged academy attendance
Game Format		<ul style="list-style-type: none"> • 9v9 (8 players plus goalie) • Two 30 min halves
Footwork		<ul style="list-style-type: none"> • Refine turns turning techniques • Combine turns to keep possession under pressure (when to go forward, sideways or backwards) • Juggling using all body parts
Passing		<ul style="list-style-type: none"> • Driven pass both feet • Swerve pass both feet • Lofted and chip pass • Accuracy, timing, disguise, weight, pressurized • Passing on the run • Give and go • Creative passing
Running with the ball		<ul style="list-style-type: none"> • Running and turning • Running with pace and control into space
Dribbling		<ul style="list-style-type: none"> • Attacking opponent with change of direction • Speed, disguise • Refine 1v1 techniques at pace • Dribbling to create space • Fast foot (cover work)



<p>Receiving and Control</p>		<ul style="list-style-type: none"> • Controlling ball with different body parts front and back foot • Body shape to receive • Receiving different heights and angles • Receiving and turning under pressure
<p>Finishing and Crossing</p>		<p>Attacking</p> <ul style="list-style-type: none"> • Driven cross • Chips and volleys • Heading to finish • Set pieces <p>Defending</p> <ul style="list-style-type: none"> • Block challenges • Intercepting • Standing up and forcing the play in one direction • Set pieces
<p>Heading</p>		<ul style="list-style-type: none"> • Correct technique • Defensive and offensive • Service from hand and crosses
<p>Tactical Awareness</p>		<ul style="list-style-type: none"> • Decision making in small sided games • Support in front, behind, and to side, 3v3 and 4v4 • Creating space, individually and as a team (overlaps, crossovers, blind side runs) • Switching the field of play • Creativity going forward • <i>Experience of playing other positions</i> • Marking players and marking space • Challenging and forcing as a unit 2v2 3v3 • When to delay/challenge when to intercept • Regaining and keeping possession