



U11/U12 Coaches Handbook

Club Philosophy, Team Management, and General Information

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Values



Leadership

Modeling the way



Respect

One community with everyONE



Fun

We love the game and it shows!



Wellness

Social, emotional, & physical wellbeing above all else



Excellence

Going above & beyond

Long Term Vision



Each program from U4 – U18 will aim to help develop our future adult. It is important to make sure we zoom out and are often looking at the big picture of their 20+ year journey. Don't focus on their current circumstances or abilities, they will have lots of ups and downs on this journey and it's our job to be the support and the compass.

What does a good soccer player do:



Tactics

Understand the teams objectives including formations, principles of play, and long term goals. Have good verbal and non verbal communication.



Game Sense

Makes the best possible individual decision in order to help achieve the team objectives.



Technique

Executes the decision with a high quality sprint, dribble, shot, pass, or various defending techniques.



Emotional Intelligence

Social skills, taking responsibility for personal choices, empathy, and self-regulation & self-awareness. These will give the player the ability to work in a team, make good tactical decisions, execute with accuracy and learn from set backs.

Our Adult Player

Marginal gains to eventual greatness.



The CMF adult player understands the importance of sport in a child's development and is involved (at whatever capacity) in CMF programs as part of the CMF family and the Coquitlam community.



Aims to achieve a good balance in life knowing the importance of good life habits to their mental and physical health.



Demonstrates the virtues of; Respect, fun, leadership, excellence, and wellness in everyday life.



Understands our game. Understands tactics, the importance of technical ability and physical literacy no matter the level of play they have or are playing at.



Our adult player is proud of their achievements in sport with no regrets. They achieved what they set out to achieve and are happy to still enjoy the game as adults.

U11/U12 Age Characteristics

- Develop conscience, morality, and values
- Are usually very interested in group activities
- Begin to show some ability to deal with abstract concepts
- Can begin learning a few specialized techniques
- May display a competitive attitude and preference for competition, team games and challenging activities



U11/U12 Program Goals

Enjoyment through challenges

- Creation of an environment where challenges are valued and viewed as enjoyable.
- Understanding the difference between process and result and nurturing a true love for the game.

Development of Technical Ability

- Dribbling, passing, and shooting are emphasized. Preferably being coached within games with low numbers:
 - 1v1's
 - 2v1's
 - 2v2's
- If players do not express a growth mindset towards learning technique because of low success during games. Coaches may need to place further emphasis on isolated technique training.

Game Understanding Within 8v8 game play

- Ensure players understand formation, positional roles, and principles.
- Coach decision making after they have made a decision. This will lead to game understanding.
- Encourage good decision making even when their execution is letting them down. Then teach technique.

Creation of an Environment

Leading a team is very complex and challenging. We want to remind you of a few very important things.

Celebration of outside of soccer accomplishments:

Multisport athletes, musicians, and high academics may be reasons for missing sessions/games. We must learn to celebrate these while maintaining the desired environment within our team. If you are unsure on how to deal with a specific situation, please contact your Age Group Head Coach (AGHC).

Celebrate persistence and effort as much as mastery:

Rewards such as being on the starting line-up and playing time or praising in front of the group should not be limited to the players that have performed well but should be extended to the hard workers and persistent players. This will improve confidence, show your belief in them, and set them up to become our future adult player!

It's also what youth, parents, and coaches want. Players working hard within a positive environment that leads to learning, improving and team friendships. Remember that failing and trying again is much harder than succeeding and trying again. These should be appropriately praised.

Create opportunities to spend extra time together:

Kids make friends with the people they spend time with. Team events outside of soccer will nurture friendships and a team environment. – [Team Building Document](#)

Before The Game

30 minutes before kick-off players should arrive. Make sure you are there early to greet players and set up a warm-up. As part of your team culture, you should have a designated activity players will do on arrival; this can be individual juggling, passing with a partner, a “rondo” or piggy in the middle, tag, or even a player led pick-up game. This is the players time to spend some unstructured time with each other.

15 minutes before kick-off is when you should start your warm-up. This is an activity that is led by you in a much more structured way. Some ideas for warm-ups can be found [here](#). Pick a warm-up players enjoy doing and repeat every game day as part of the routine.



Game Management

Positions and Playing Time: As mentioned above, all players should have balanced playing time to the best of the coach's ability with a minimum of 50% per game on average over the season. Positions: It is important that players try all positions.

Subbing and Line Changes: Preparation is key. Prepare lines prior to the game for easy transition. Use an assistant coach or manager to help support you on line changes and timing shifts



Tactics: Game Principles

Attacking

1. First look to move ball towards opposing goal (this can be with a dribble, pass, or shot – players choice!)
2. If you can't, then look to move ball sideways
3. If neither are possible move ball back and look for another way

Defending

1. First prevent the opposition from moving the ball towards your goal
2. If you can also prevent them from going sideways that is better
3. If you can prevent them from moving the ball towards goal, sideways and backwards that is even better!

U11/U12 Formations: 1-2-1-3-1



Key Coaching Points:

Goalie plays everything for possession (roll ball to teammate or pass to teammate).

Defenders need to shift left and right depending on placement of the ball on the field, and dependent on which team is in possession. For example: When not in possession, If the ball is on the right side, the left defender should shift towards the middle of the field to cover/balance and the right defender should close space and mark tight.

Central Midfield needs to hold central area of the field. Central Midfielder should always be part of a triangle and encouraged to switch the play.

Left/Right Midfielder need to transition forward and back with the play. Focus on creating triangles with teammates when in possession of the ball. Create team defensive balance and shape when not in possession. Example: If the ball is on the left side of the field, the Right Midfielder does not mark tight, they shift towards the middle of the field to help offer cover.

Forwards need to shift with the play and keep the depth (stay high) to spread out the opponent.

U11/U12 Formations: 1-3-1-3



Key Coaching Points:

Goalie plays everything for possession (roll ball to teammate or pass to teammate).

Central Defender must communicate to team and hold the central area of the field. Central defender does not want to stay too far back and create a large gap for opposing team to attack into, close the space and stay close to your teammates.

Right/Left Forwards need to look to combine with winger and create 2v1 situations. The far side winger moves towards the middle to score goals but will also need to go wide if the ball starts to be switched.

Fullback's need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive roll. Only one should go forward at a time in order to maintain balance at the back.

Central Midfielder's must hold the middle position to keep the team shape. Create triangles with teammates when in possession and create balance with additional central midfielder when on defensive. Work with the other central midfielder to create balance and cover when defending (1st and second defender roles).

Forward player needs to stay deep (high) to create the opponent to stay spread out. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

U11/U12 Formations: 1-2-3-2



Key Coaching Points:

Goalie plays everything for possession (roll ball to teammate or pass to teammate).

Central Defender must communicate to team and hold the central area of the field. Central defender does not want to stay too far back and create a large gap for opposing team to attack into, close the space and stay close to your teammates.

Right/Left Winger need to move forward into the attacking 1/3 to support their Forward and Midfielder players when the ball is on their side. The far side winger moves towards the middle to create cover with the central defender, and anticipate balls coming cross field and opportunities to attack and support. **Wingers** need to transition forward and support quickly, but also retreat upon losing the ball and play a more defensive roll.

Central Midfield needs to hold central area of the field. Central Midfielder should always be part of a triangle and encouraged to switch the play.

Forwards need to shift with the play and keep the depth (stay high) to help spread out their opponents. Forward player needs to support on the side that the ball is on and look to form triangles with ball carrier.

A diagram of a soccer field with 10 players represented by numbered circles (1-10) and 6 triangles (1-6). Player 1 (yellow circle) is in the top center. Player 2 (blue circle) is on the left. Player 3 (white circle) is on the right, near the goal. Player 4 (white circle) is in the center. Player 5 (white circle) is in the center. Player 6 (white circle) is in the center. Player 7 (white circle) is in the center. Player 8 (white circle) is in the center. Player 9 (white circle) is in the center. Player 10 (white circle) is in the center. Player 11 (yellow triangle) is at the bottom center. Player 12 (blue triangle) is on the left. Player 13 (blue triangle) is on the right. Player 14 (blue triangle) is on the left. Player 15 (blue triangle) is on the right. Player 16 (blue triangle) is on the left. Player 17 (blue triangle) is on the right. Arrows indicate movement: a solid blue arrow from 1 to 3, a dashed blue arrow from 2 to 4, a dashed blue arrow from 4 to 5, a dashed blue arrow from 5 to 6, a dashed blue arrow from 6 to 7, a dashed blue arrow from 7 to 8, a dashed blue arrow from 8 to 9, a dashed blue arrow from 9 to 10, a dashed blue arrow from 10 to 11, a dashed blue arrow from 11 to 12, a dashed blue arrow from 12 to 13, a dashed blue arrow from 13 to 14, a dashed blue arrow from 14 to 15, a dashed blue arrow from 15 to 16, and a dashed blue arrow from 16 to 17.

This is because the players are playing the “game of their lives”. The importance of this game for them might be monumental. They cannot (and should not) comprehend the lengthy journey they are embarking on. Below are things we do as coaches to make sure they are on the right path:

- # Retreat Line Video

Decision Making

An Integral Part of Development

Our decisions in the game and in life are based on our emotions and how we deal with them. Fear, frustration, anger, self-doubt, and ego can dictate what we do. This may lead to poor decision making and behaviours. The game is a great way to start introducing these to our young players, especially since they are starting to become aware of their emotions. As leaders, we must first make sure to not transfer these emotions to our players, such as fear of losing a game.

Instead create an environment where its ok to have these emotions and where they can learn to understand them and overcome them. To do this we use team virtues.

The next slide has some examples that you can use or modify in your coaching

Team Virtues

Teach them about courage!

“Courage allows me to play and perform with heart, to be brave and overcome fear”

Some decisions are hard! Passing the ball sideways to a teammate when you are learning to pass is risky and may lead to a goal. But we won't learn how to do it unless we try. Conquer that fear of failure and if it's the right decision pass sideways! It's the only way to get better.

Teach them about compassion!

“Compassion from my teammates allows me to be courageous”

My teammates will make mistakes. But in order to get better they must be brave and continue to try things that they cannot do. I must support them in their journey and put myself in their shoes when they make a mistake because I hope they will do the same for me.

Teach them about respect!

“Go out of your way to make sure nobody feels beneath you”

Thank your parents and coaches. Value the opposition, without them you would not have a game. Thank the referee for teaching you the rules and making sure the game was played fairly. These are the people that will help you grow. Treat them accordingly.

General Info

[CMFSC Technical Staff Contact Information](#)

Age Group Head Coaches:

AGHC are available for guidance when delivering sessions and managing players and parents. Please let them know if you have concerns and they will help you or involve the appropriate people.

[BC Soccer Mandatory Certification](#)

See what coaching certification is required for head coaches and recommended for volunteer coaches for the different age groups.

[MOJO Curriculum App](#)

Our curriculum has moved to the MOJO App. If you have not done so, please watch the video on how to download and start using this great resource.

[CMFSC Coaching Workshops](#)

We will hold coaching workshops through the year. Once confirmed they will appear here.