



# Learn To Train U9-U12

Parent Handbook





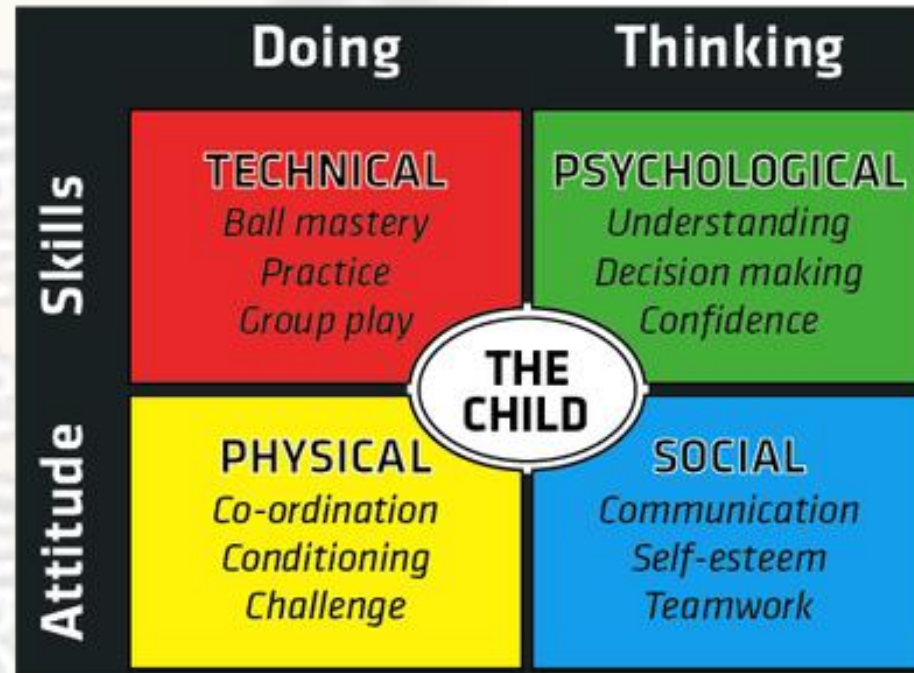
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### Four-Corner Approach

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game.

The “four-corner” approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player.





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### Physical Literacy

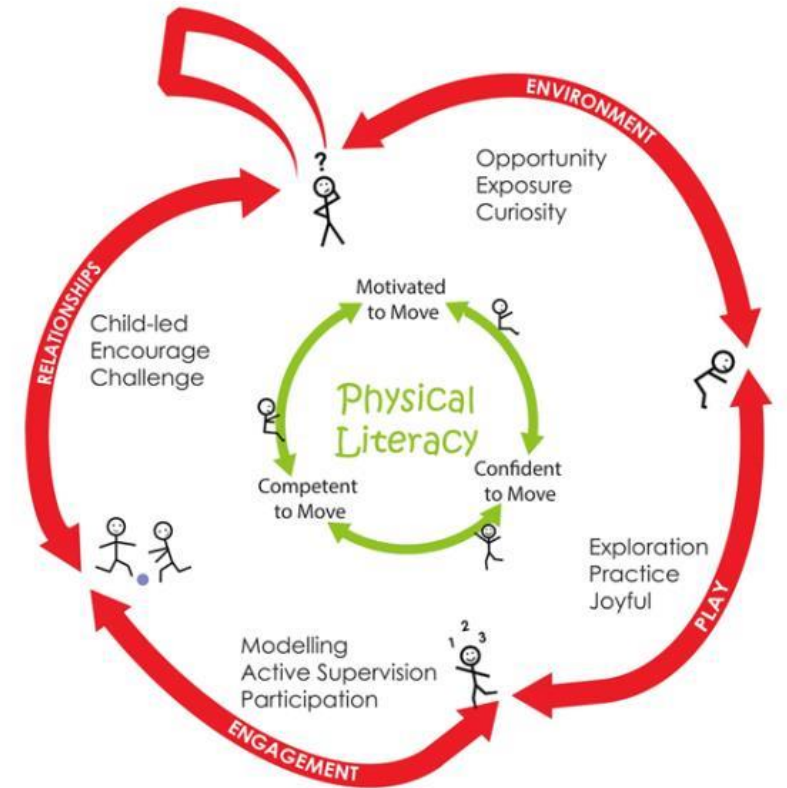
Physical Literacy is the combination of mastering fundamental movement skills and fundamental sport skills. It helps children involve themselves in and react to physical activities going on around them.

For children to have success in any sport it is important they master movement skills before sport specific skills. In other words, learning fundamental movement skills before fundamental soccer skills will improve performance ability.

In previous generations children played outside, in the backyard, street, local park a lot more than the current generation of children.

Electronic devices, video games and TV unfortunately keep them inside. This leads to their physical inactivity and poor physical literacy. Therefore it's even more prudent now that these fundamental movement skills are incorporated in our soccer programs.

Our grassroots soccer programs must incorporate these skills within their practices. Twisting, turning, changing of direction, jumping, bounding, skipping etc. can all be incorporated with a ball or without a ball.



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### Program Components

Age Group	U9/U10	U11/U12
<b>Training Duration</b>	60 Minutes	75 Minutes
<b>Training to Game Ratio</b>	2:1	2:1 / 3:1
<b>Coach to Player Ratio</b>	1:10	1:12
<b>Season Length</b>	20 Weeks	20 Weeks
<b>Competition Days per season</b>	20	20
<b>Playing Format</b>	7v7	9v9
<b>Game Duration</b>	50 Minutes	70 Minutes
<b>Ball Size</b>	Size 4	Size 4
<b>Game Day Rosters</b>	Max 12	Max 16
<b>Playing Time</b>	Fair playing time in all positions	Fair playing time in all positions
<b>Training Roster Size</b>	Open Roster	Open Roster
<b>Match Officials</b>	Referee	Referee
<b>Sideline Restarts</b>	Dribble or pass	Throw-in
<b>Retreat Line</b>	1/3 of field	1/3 of field
<b>Offside</b>	n/a	yes
<b>Field Size</b>	W:30-36 / L:40-55	W:42-55 / L:60-75
<b>Goal Size</b>	6ft x 16ft	6ft x 18ft



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DEVELOPMENT STAGE	LEARN TO TRAIN			
TECHNICAL	U9	U10	U11	U12
Dribbling	1	1	1	1
Shooting	1	1	1	1
Running with the ball	1	1	1	1
Ball control	2	1	1	1
Passing	2	1	1	1
Receiving	2	1	1	1
Heading	4	4	4	3
Shielding the ball	3	2	2	1
Crossing	3	2	2	1
Finishing	3	2	2	1
1v1 Defending	3	3	2	1
1v1 Attacking	2	1	1	1

DEVELOPMENT STAGE	LEARN TO TRAIN			
PSYCHOLOGICAL/ MENTAL	U9	U10	U11	U12
Motivation	1	1	1	1
Self Confidence	1	1	1	1
Competitiveness	2	2	1	1
Concentration	2	2	1	1
Commitment	2	2	2	1
Self-Control	2	2	1	1
Determination	2	2	1	1

<b>PRIORITY KEY</b>	<b>1 = HIGH</b>	<b>2 = MID</b>	<b>3 = LOW</b>	<b>4 = NOT APPLICABLE</b>
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DEVELOPMENT STAGE	LEARN TO TRAIN			
SOCIAL/EMOTIONAL	U9	U10	U11	U12
Listening	2	2	1	1
Cooperation	2	2	1	1
Communication	1	1	1	1
Sharing	2	1	1	1
Problem-solving	2	2	1	1
Decision-making	2	2	1	1
Empathy	3	2	1	1
Patience	3	2	1	1
Respect/Discipline	2	2	1	1
Fair play/Honesty	2	1	1	1

DEVELOPMENT STAGE	LEARN TO TRAIN			
TACTICAL	U9	U10	U11	U12
Possession	2	2	2	2
Transition	2	2	2	2
Combination Play	2	2	2	1
Switching Play	4	4	4	3
Counter Attacking	4	4	4	4
Playing out from the back	2	2	2	1
Attacking Principles	3	3	3	3
Zonal Defending	4	4	4	4
Pressing	3	2	2	2
Retreat	3	3	3	3
Recovery	3	3	3	3
Compactness	3	3	3	2





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DEVELOPMENT STAGE	LEARN TO TRAIN			
PHYSICAL	U9	U10	U11	U12
Agility	1	1	1	1
Balance	1	1	1	1
Coordination	1	1	1	1
Stamina	2	2	2	1
Strength	2	2	2	1
Speed	1	1	1	1
Suppleness	2	2	2	2
Acceleration	1	1	1	1
Reaction	1	1	1	1
Basic Motor Skills	1	1	1	1
Perception	1	1	1	1
Awareness	1	1	1	1

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## Role of the Parents

### Before practice

- Ensure your child has eaten and has had enough rest
- Ask your child if they have all their “kit” and a water bottle
- Get your child to practice on time for best development results

### During your child’s practice

- Support your child
- Support the coach with praise and encouragement
- Praise effort don’t criticize mistake

### After your child’s practice

- Praise the effort your child has given
- Ask if they had fun and what they learned
- Give them food and a drink and encourage rest and recovery times

**NOTE:** Children at this age are looking for role models and begin to identify with famous players and successful teams. They want to learn imaginative skills and learn best by ‘doing’.





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## Resources

[www.whitbysoccer.com](http://www.whitbysoccer.com)

[www.ontariosoccer.net/player-grassroots](http://www.ontariosoccer.net/player-grassroots)

