

U11/U12 Coach Orientation: Technical Section
8 aside Roles/Responsibilities: 3-3-1 with inside right/left mids

GK- Acts as sweeper when other team has ball. Should be on edge or outside box whenever ball is in opposing half. Acts as outlet for pass back for defenders in possession and under pressure.

Center D- Stays central & back, moves up to just past center when team attacks to receive pass backs and to keep play in their end (have your GK standing just outside his goal box whenever the ball is in their half, even if they have the ball, should be ready to run out & play any thru balls away) If the other team breaks out of their end, center D cannot run back to his goal, must stay and engage the player coming down with ball.....but not dive in, allowing wide D's & midfield to get back. If left or right D move up to pressure or get involved in attack CD shifts over slightly to that side to cover while keeping an open body (and eye) to opposite side of field.

L and R Defense- They should not run across the center D in defense or attack. They should play endline to endline. They provide the width in attack. Only one should look to move forward in attack at a time when the ball is on their side, the other side always staying to support/cover CD. One should also move up when their side mid moves forward to pressure their D. Also, when you first win the ball in your own end, try and get it out to wide D as the safe play wide, if they get it wide and have space, they should be encouraged to dribble down the field (ie not just knock it down the line), when they are approached by an opponent they can either beat them if they are 1 v 1, pass inside to CM (who may be able to switch ball to other side, ie other defender or mid), or pass inside & forward to CF. These guys should take all throw ins. Even if there is a throw in deep in their end. This way the team have more options to throw to forward or in midfield.

CM- Helps all the way back on defense and generally plays to about 5-10 yards outside of opponents box. Tries to switch ball from side to side & look for thru balls when possible. Ideally he spends most his time in the middle stripe of the field, leaving the wide areas for the wide D and L/R mids to attack in twos. Hangs back a bit in attack as option for wide mid/wide D to play back to for a switch to other side of field.

LM/RM- These are the most 2 way positions on the field, plays goal to goal, helps the outside defender on their side by double teaming the opponents taking on defenders, & is first to spring forward to help the forward attack. If the opposite mid or wide Defender is about to cross the ball in front of goal, he should be charging in late to attack the ball & help the forward score. This player should also push high to help the forward pressure the backline when their D gets the ball in a wide position while the opposite wide mid stays central to help the CM. Their movements to receive the ball should vary from getting wide & in positions to take on defender 1 v 1, & looking for the ball more centrally to facilitate possession & play make with the CM/CF & get the wide D involved in attacks.

Center Forward- Stays high & primarily central, when your team is defending he should be around center waiting/on toes ready for an outlet pass. Can go one v one on his own if he has space to turn, but should not turn into a crowd of defenders. If he is in this scenario, he should pass back to one of three supporting mids or to a wide D who is breaking out of his own end, try and keep this player from running into the corners looking for a pass when your wide mids and/or defenders are moving up the line with the ball, especially in their half. He should "post up" centrally for a give & go with wide player or if the wide players beat a man 1 v 1 or 2 v 1 he is ready to head to net to finish a cross

The key to much of this is your wide defenders not just hanging back with the center D all day. They provide your width both in defensive breakouts, but also in your attack. So when the team is moving forward, they need to move up with the play and behave like a midfielder in attack.