



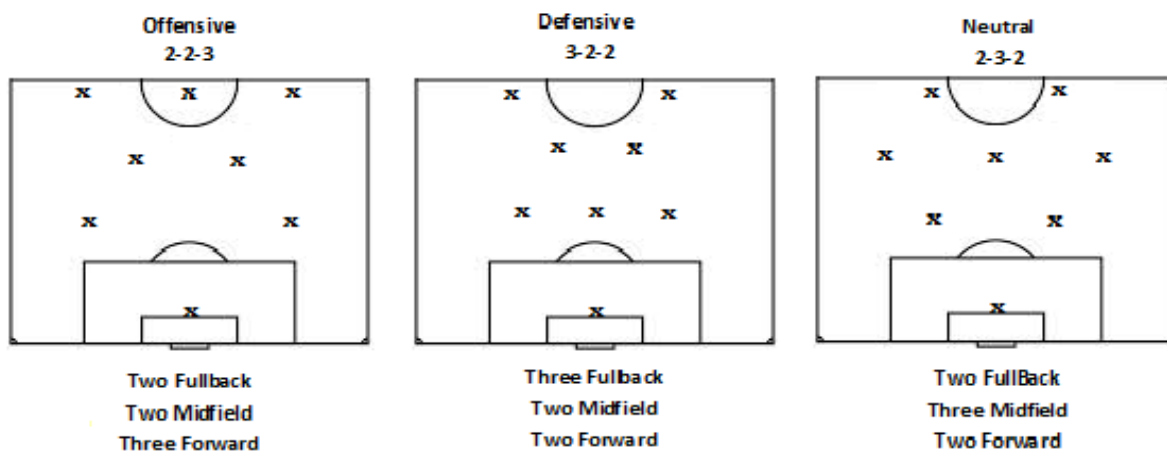
Coaching U11 & U12 - The next level of LTPD

While many things stay the same from the U9 & U10 divisions to U11 & U12 divisions there are a handful of changes which are outlined below. These changes are the beginning of the transition to a full size field and 11 VS 11 at U13 and up.

Long term player development should continue with the focus being on enjoying the game of soccer while learning concepts, skills and positioning through fun and encouraging practice and games. Coaches should also continue their education by completing the "Active For Life" clinic offered by the Manitoba soccer association. Fees will be covered by the district.

Game Length- Each game now consists of 2, 30 minute halves with a 5 minute half time break. It is encouraged to have your team arrive early to the field so that you can review your game plan, while also ensuring your players have the opportunity to warm up.

8 VS 8 format including Keepers- Each team will have eight players on the field one keeper and the other seven a combination of positions. While the games are not as small sided as U9&U10 every player should still have lots of chances to get plenty of touches on the ball. Here are a few examples of formations you can use:





These formations, and all other variations, have their strengths and weaknesses. Finding the ones that work for your team is something you should explore throughout the season.

At U11&U12 most of your players should be starting to have a good grasp on the basics of defense and offense and may be ready to begin exploring more complex positions, concepts, and formats. Start breaking down the basics of defense and offense into more complex positions such as sweeper, stopper, striker and more.

Substitutions- There is a limit of three players at a time for substitutions. Whenever there is a break in play you can call for subs to the referee and once acknowledged substitute up to 3 players from directly in front of your teams' bench. Many coaches find that five minute shifts work well to keep everyone engaged in the game. The Keeper may be substituted at half time however you should make the referee aware of the change.

Field Size- Fields will now be about 3/4 the size of a full size soccer field anywhere from 42-55 meters X 60-75 meters with goals 7 feet by 18 feet.

Keeping the field sizes smaller and the number of on field players lower still allows for many touches on the ball while the players continue to grow along with their knowledge, speed, and endurance.

Game Sheets- At each game the home team must provide a game sheet (these will be provided prior to the start of the season). Each team will be required to fill out the game sheet by listing the players and their jersey numbers, coach/assistant coach names, and the name of your referee liaison. The referee will be responsible for keeping a record of the game (goals will be recorded however final score shall read 0-0) and provide each team with a copy at the end of the match. Only the referee is allowed to make changes on the game sheet once play has begun.



After the game the home team is also responsible for submitting the game sheet to the district. It can be either mailed to St Charles Soccer Association, L02-1311 Portage Avenue, Wpg, MB R3G 0V3 in or scanned and sent by e-mail to info@stcharles-soccer.com. This must be done within 5 days after the game has been played.

Offside Rule- The offside rule comes into effect at this age.

A player is in an offside position when he or she is in the opponents half of the field closer to the goal line than both the ball and the second to last opponent (including the keeper). Being in an offside position is not an offense in itself.

An offside offense occurs when a player in an offside position becomes actively involved in the play as judged by the referee. This includes playing or touching the ball touched or passed by a team-mate, preventing an opponent from playing or being able to play by, in any way obstructing or distracting an opponent, or by gaining an advantage by being in an offside position.

When an offside offense does occur the referee will stop play and any play, (including scoring a goal) which happened in the time between the offense occurring and the referee stopping play, will be nullified.

An indirect free kick will be awarded to the defending team from the position of the offending player.

There are many nuances to offside and it is recommend that you educate yourself about offside offences as well as all the other rules and concepts within the game of soccer by reviewing the FIFA laws of the game found on the Canadian Soccer Association website.

If this is your first year coaching please request a copy of "Coaching U9&U10 being LTPD ready" from your convenor which can provide you with more complete information about the rules of soccer and the definition of LTPD.