

# MN RUSH U11 Development Curriculum

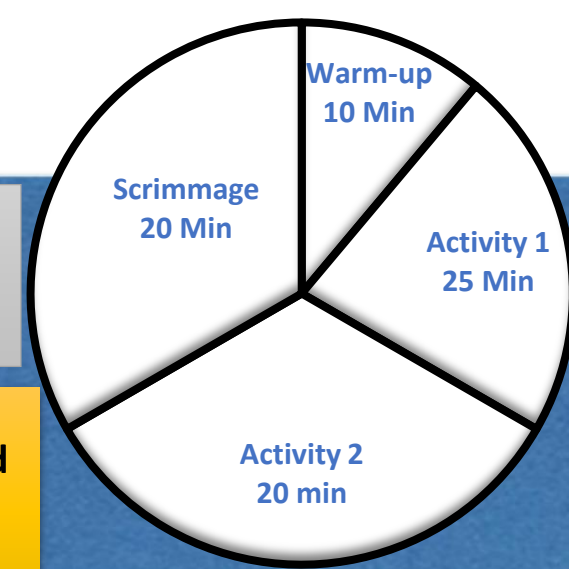
“They won’t care what you know until they know that you care”

## OBJECTIVES

- Movement Education: 15%
- Technical: 60%
- Tactical: 25%

## ORGANIZATION

- NO Heading
- Offsides in effect
- Ball to Player Ratio 1:1 to 1:6
- Size 4 ball
- Session: 75 minutes
- Games: 60 Minutes [9 v 9]
- 2:1 practice to game ratio
- Tournaments and jamborees



Activity 1 = Small Sided Game  
Activity 2 = Expanded Small Sided Game

**BY THE END OF THE SEASON PLAYERS SHOULD...**  
**be comfortable receiving the ball under pressure, be capable of scoring from a served ball (finishing), recognize combination opportunities (mobility, support, penetration), have an understanding the role of the second defender in relationship to the first (pressure, cover).**

## TECHNICAL

- Receiving with
  - Thigh
  - Chest
- Shielding
- Receiving with Back to Pressure
- Individual defending (advanced)
- Second defender
- Crossing
- Finishing

## GENERAL CHARACTERISTICS\*

- Lengthened attention span - they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented – prefer team type balls and equipment. Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
- Developing the pace factor – thinking ahead
- Gross an

## TACTICAL

- Second defender
- Combination play
- Give and go
- Overlap
- Introduction to flank play
- Third attacker (unbalance)
- Transition and counter attack
- Marking
- Relationship along the line

*\*General Characteristics from the US Soccer Player Development Model*