

Scappoose Soccer Club



U11

Field Size: 45-55 x 70-80

Player Count: 9 v 9 incl. Goal Keeper

Ball Size: 4

Time Limits (training): 60 - 90 min

Time Limits (games): 60 min

SUMMARY:

You will really see a significant difference between players at this level. Players will develop physically at varying degrees. The test here will be to ensure the kids are playing as a team. Increasing their technical skills as well as their tactical knowledge will develop better strategic plays with a better understanding and appreciation of the game.



Technical/Skill Emphasis:

- Speed Dribbling in Traffic
- Chip passes - long passes
- Beat an opponent
- Volley Shots
- Passing – anticipating to space – give n go - overlap
- Goal Keeper – basic technique to save the ball

Tactical Considerations:

- Off sides Proficiency
- Communication – verbal & visual
- Angles & distance of support
- Receiving the ball away from pressure
- Pressure vs. containing
- Introduction to on-field roles rather than positions
- Defense – clear to sides

Psychological Emphasis:

- Encourage players to practice on their own
- Encourage players to play at higher levels
- Start to instill a sense of discipline & commitment to the game
- Quality of performance should be more important than results

Physical Considerations:

- Conditioning without the ball every practice
- Dynamic stretching every practice



Scappoose Soccer Club

U12

Field Size: 45-55 x 70-80

Player Count: 9 v 9 incl. Goal Keeper

Ball Size: 4

Time Limits (training): 90 min

Time Limits (games): 60 min

SUMMARY:

This is the age where the competition increases yet again. Encourage tournament playing. Encourage your players to mentor or seek younger players promoting the love of the game.



Technical/Skill Emphasis:

- Increased Speed Dribbling in Traffic
- Chip passes - Accurately play long passes
- Dribbling to beat an opponent
- Passing – anticipating to space – give n go - overlap
- Goal Keeper – positioning and arc as ball moves from right to left

Tactical Considerations:

- Off sides Proficiency
- Spacing – 7 yards away from any teammate
- Support – Always have a drop and a square pass
- Defense – Pressure, support, and cover
- Communication – verbal & visual
- Angles & distance of support
- Receiving the ball away from pressure
- Pressure vs. Containing
- Switching field to change point of attack

Psychological Emphasis:

- Practice on their own
- Play at higher levels
- Discipline & commitment to the game

Physical Considerations:

- Conditioning without the ball every practice
- Dynamic stretching every practice

Scappoose Soccer Club



U13 - U14

Field Size: 60-70 x 95-110

Player Count: 11 v 11 incl. Goal Keeper

Ball Size: 5

Time Limits (training): 90 min

Time Limits (games): 70 min

SUMMARY:

When the players finish their U-14 season, they should have gained all of the skill and knowledge from previous years as well a life long love for the game.



Technical/Skill Emphasis:

- Dribbling for possession
- Receiving & dealing with balls of the air under pressure
- Strikers playing with back to goal
- Advanced Goal Keeper training

Tactical Considerations:

- Spread wide when attacking – compact on defense
- Speed of play & rhythm of play
- Through balls – ball movement
- 1 v 1 technical skills to beat a defender
- Zonal defending – Counter attacking
- Thinking ahead more than one pass
- Quick decision making skills

Psychological Emphasis:

- Instill competition within training activities
- Team rules & discipline are important

Physical Considerations:

- Conditioning without the ball every practice
- Dynamic stretching every practice



Scappoose Soccer Club

Currently -

The Scappoose Soccer Club does not specifically and regularly offer anything for U-15 and beyond.

However -

We are always open to suggestions and requests.

In the future, if there is enough interest in starting a team for that age group, we would be more than willing to entertain those ideas.

Any Question - Please feel free to contact us at scappoosesoccer.org

