

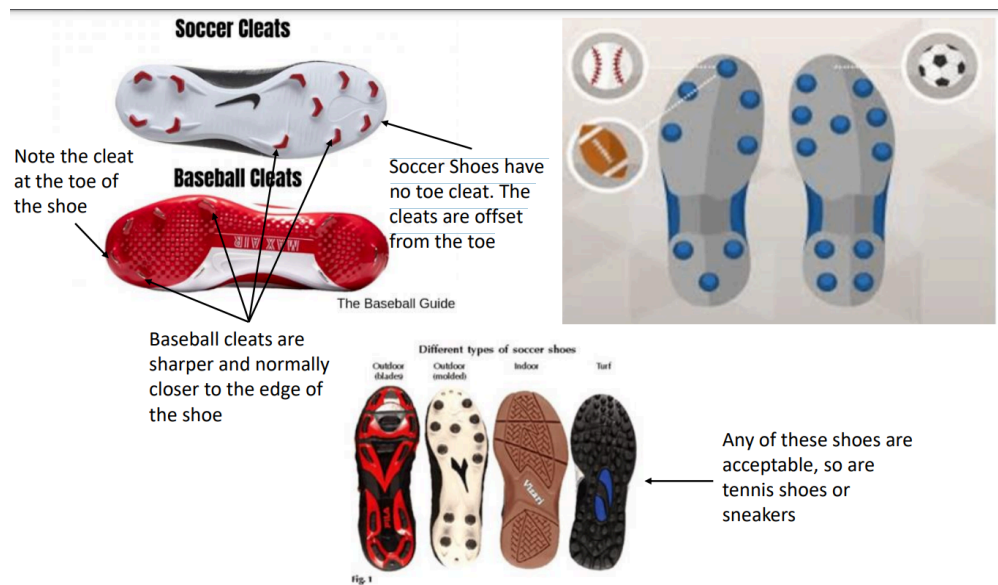
Coach Equipment Bags Include

At the beginning of the season, each team will be supplied with the following equipment:

1. Player Roster
2. Pinnes
3. 3-4 size 4 balls for u12
4. SAY Rule Book
5. Practice cones and markers
6. First Aid Kit
7. Clipboard with short-sided rules
8. Ball Pump

Each player must have the following equipment to play a game:

1. Their assigned tee shirt or jersey
2. Shin guards with a pair of socks which cover them
3. Soccer shoes with cleats are not required, but recommended
 - a. Soccer Shoes have no toe cleat. The cleats are offset from the toe.
 - b. No sharp edges on the cleats
 - c. Gym shoes are acceptable



4. Have a ball with their name on it at every practice
5. Water bottles are also recommended

Items considered dangerous that must be removed include:

1. Any hard hair beads, hard barrettes, hair clips, hair pins, etc. even if covered.
2. Any necklaces, rings or earrings – using tape to cover earrings is not permitted.
3. Any loose bracelet and any hard or soft wrist band that is not securely wrapped or taped over.

Coach's List of Things To Do

1. Attend the coaches training
2. Pick up equipment at equipment distribution
3. Email the parents of players on your roster and inform the parents:
 - a. When and where you will hold pre-season practices
 - i. It is recommended to have two practices a week and your practices should be on the same nights as games and run no longer than game times for your division.
 - b. Let parents know how you will communicate with them
 - c. Set up a snack schedule
 - d. Remind parents about uniform pickup
 - e. Remind parents about the kid's camp
 - f. Remind parents about travel away games
 - g. Remind parents about the u10/u12 tournament
 - h. Picture information will be communicated through our photographer.
4. During the Season
 - a. Ensure every player plays at least 50% of available minutes
 - i. You do not have to guarantee equal playing time.
 - b. Recruit parents to cover any games you can't make.
5. End of the season (last game at tournament)
 - a. Pick up and distribute medals or trophies at the tournament
 - b. Turn in your equipment bag at the field.

Times Two Policy

All teams that participate in PYSC programs shall ensure that all participants 18 years of age or younger shall have no less than two adults (preferably unrelated), per team, to be present at all team functions such as games, practices, outings, etc. No exceptions! All contact with Minor Athletes must be observable and interruptible. The adults assigned can be a combination of coaches, parents, board members or other persons over the age of 18. While the focus of this policy is on the protection of the child, it also provides a level of protection for volunteers.

u12 Soccer Coaching Guide

Coaching u12 (Under-12) soccer players is an exciting and crucial stage in their development. At this age, players are refining their technical skills, starting to understand more complex tactical concepts, and becoming more capable of playing in structured team formations. They can focus on mastering skills and beginning to make more sophisticated decisions during gameplay. u12 players have the physical and mental capacity to understand strategic concepts, but it's still important to keep practices fun, dynamic, and engaging.

This guide will help you effectively develop their skills, encourage teamwork, and introduce tactical awareness, all while maintaining a fun and supportive environment.

Key Principles for u12 Coaching:

1. **Skill Mastery & Refinement:** While u12 players should have basic skills in dribbling, passing, and shooting, this is the time to refine these skills and introduce more advanced techniques.
 2. **Tactical Awareness:** Begin to teach basic formations (such as 3-2-3 or 2-3-3) and positional play, as well as concepts such as spacing, timing, and the importance of transitioning between offense and defense.
 3. **Game Understanding:** Focus on decision-making during games, such as when to pass, when to dribble, and how to read the game.
 4. **Teamwork & Communication:** Encourage collaboration, communication on the field, and collective team efforts in both attack and defense.
 5. **Positive Coaching:** Provide constant positive feedback, emphasizing effort, improvement, and smart decision-making.
-

Practice Structure:

A typical u12 practice session lasts 60-75 minutes. These sessions should blend skill development, tactical learning, and game situations, allowing players to practice in both individual and team contexts.

1. **Warm-Up (10-15 minutes):**
 - **Objective:** Prepare players physically and mentally for the session, and engage them in fun, technical activities.
 - **Activities:**
 - **Dynamic Dribbling Relay:** Set up a course with cones or markers for dribbling. Players must dribble through the course and back, alternating feet or using different moves (e.g., stepovers, inside-outside touches).
 - **Passing Triangle:** Set up a passing grid where players pass and

- move in a triangle pattern. Emphasize the importance of the first touch and timing.
- **Movement-Based Warm-Up:** Have players move through various types of jogging (high knees, butt kicks, side shuffles) to increase heart rate and flexibility.
2. **Skill Development (20-25 minutes):** Focus on developing both individual and team-based skills. Use drills to build technical proficiency and reinforce tactical awareness.
- **Dribbling with Purpose:**
 - **Activity:** Set up a small-field obstacle course with cones. Have players dribble at speed, using different dribbling techniques such as feints, changes of direction, and quick touches.
 - **Objective:** Encourage close control, speed with the ball, and using both feet.
 - **Tip:** Emphasize that dribbling should always have a purpose—either to beat a defender, create space, or break the defense.
 - **Passing & Moving Off the Ball:**
 - **Activity:** Set up 2v2 or 3v3 passing grids where players practice passing to teammates, followed by quick movement into space to receive the ball back.
 - **Objective:** Focus on accurate passing, quick decision-making, and creating space by moving off the ball.
 - **Tip:** Encourage players to communicate and remind them to always be ready for the next pass by opening their body to receive.
 - **Shooting & Finishing:**
 - **Activity:** Create shooting drills from various angles, including volleys, one-touch shots, and shooting after dribbling past defenders.
 - **Objective:** Improve accuracy and power, and teach players to finish in different game scenarios.
 - **Tip:** Focus on composure in front of goal and the importance of striking with the inside of the foot for accuracy or the laces for power.
3. **Tactical Development (20-25 minutes):** Introduce tactical drills that focus on both individual decision-making and team play. This is where you begin to help players understand their roles on the field and how to work together.
- **Small-Sided Games with Tactical Emphasis:**
 - **Activity:** Set up small-sided games (e.g., 4v4, 5v5) with a specific tactical focus, such as:
 - **Possession-Based Play:** Focus on keeping possession of the ball, moving the ball quickly, and maintaining good spacing.
 - **Attacking and Defending Transitions:** After each possession change, emphasize quick transitions either to attack or defense.

- **Objective:** Develop game awareness, positioning, and quick thinking when transitioning between roles.
 - **Tip:** Use these games to teach the importance of defending from the front (e.g., the forward pressing the center backs) and when to drop back and support the defense.
 - **Defensive Shape & Marking:**
 - **Activity:** Organize defensive drills to work on concepts like pressing the ball, staying compact, and tracking runners.
 - **Objective:** Teach players how to defend in a team shape (e.g., compactness in the middle of the field, defenders staying close to attackers) and how to mark players both on and off the ball.
 - **Tip:** Reinforce the importance of staying between the ball and goal and that good defenders anticipate the opponent's moves.
 - **Attacking Shape & Support Play:**
 - **Activity:** Practice building attacks from the back (e.g., goalkeeper or defenders passing to midfielders, midfielders making runs) in a 4v4 or 5v5 setup.
 - **Objective:** Teach the players how to maintain width and depth in the attack, use overlapping runs, and create space.
 - **Tip:** Encourage players to make runs to support the player with the ball and to understand when to create width or overloads on one side of the field.
4. **Game Play and Scrimmage (10-15 minutes):**
- **Objective:** Allow players to apply the skills and tactics they've learned in a live game setting.
 - **Activity:** Set up a full-sided (or near full-sized) scrimmage, or play small-sided games (e.g., 6v6) with the emphasis on what was covered in the tactical portion of the session (such as defensive shape or passing accuracy).
 - **Tip:** Rotate positions to give players experience in different roles. Observe and offer constructive feedback during the scrimmage.
5. **Cool Down (5-10 minutes):**
- **Objective:** Let the players wind down physically and mentally after an intense session.
 - **Activity:** Gentle jogging followed by static stretching (focus on calves, quads, hamstrings, and lower back). Use this time to review the key points of the session and reinforce positive behavior.
 - **Tip:** Ask players to reflect on their performance, highlight individual and team successes, and reinforce areas of improvement.

Coaching Tips:

- **Individual Decision-Making:** u12 players are at a stage where they can begin to make decisions on the ball. Encourage them to make decisions quickly, whether it's passing, dribbling, or shooting, while under pressure.

- **Use Game-Like Scenarios:** Always strive to incorporate game-like situations into your drills. This will help players understand how to transfer skills learned in practice to match situations.
 - **Focus on Communication:** Emphasize the importance of talking on the field, whether it's calling for the ball, directing teammates, or organizing defensively.
 - **Positive Feedback:** At this age, players are developing their confidence, so it's crucial to praise effort and focus on the positive aspects of their performance while offering constructive feedback in a supportive manner.
 - **Game Understanding:** u12 players are capable of understanding more complex strategies and team dynamics. Use the scrimmage to reinforce basic formations and roles on the field.
-

Key Skills for u12 Soccer:

1. **Dribbling:** Focus on close control, changes of pace, and using both feet. Teach players to use feints and tricks to beat defenders.
 2. **Passing & Receiving:** Encourage quick, accurate passes and a good first touch. Teach the importance of passing into space.
 3. **Shooting & Finishing:** Work on shooting with power and accuracy, as well as finishing from various angles and distances.
 4. **Defending:** Teach solid 1v1 defending, marking, positioning, and team defense concepts such as pressing and compact shape.
 5. **Tactical Awareness:** Teach the basics of attacking and defensive shapes, spacing, and transitioning between offense and defense.
-

Common Challenges and Solutions:

1. **Lack of Defensive Awareness:** Some players may struggle to understand defensive positioning.
 - **Solution:** Use shadow defending drills where players work on positioning themselves between the ball and goal, and explain the importance of being aware of both the ball and the opponent.
 2. **Poor Passing Accuracy:** Some players may still struggle with passing accuracy and technique.
 - **Solution:** Focus on passing drills with increasing difficulty (e.g., longer distances, passing under pressure) and encourage players to look up before making a pass.
 3. **Inconsistent Communication:** Players may not consistently talk on the field.
 - **Solution:** Reinforce the importance of verbal communication and praise players when they call for the ball or direct their teammates.
-

Parent Communication:

- **Encourage Positive Reinforcement:** Remind parents that u12 is a key stage for skill development. Encourage them to celebrate effort and improvement, not just success.
 - **Focus on Teamwork:** Emphasize the importance of playing as part of a team, supporting each other, and creating a fun, supportive atmosphere.
 - **Track Progress:** Keep parents updated on their child's progress, highlighting specific areas where they are excelling (such as passing or defending) or areas for improvement.
-

Conclusion:

Coaching u12 soccer is about refining individual skills, introducing tactical concepts, and helping players understand their roles in both attack and defense. By focusing on technical mastery, teamwork, and game understanding, you will help these players develop the necessary skills to play at a higher level while still maintaining a fun and supportive environment. This is an exciting stage in their soccer journey, and with the right guidance, they will continue to grow and develop as players.

Essential List of Soccer Terms

Pitch: Official name for a soccer field.

Goal: Rectangular frame located at each end of the pitch. It is formed with a pair of posts standing vertically and one crossbar joining the posts. A net covered the back portion of each goal. When the ball crosses the goal line between the posts and under the crossbar, scoring teams earn a point.

Sideline; Runs the longer sides of the field and represents the pitch vs. out-of-bounds.

Goal/End Line: Two goal lines connect the two sidelines to form a rectangle. Goals sit in the middle of each goal line.

Corners: The four corners of the field, this is the intersection of the goal line and the sidelines.

Pass: Using your feet, a move from one player to another player on your team.

Dribble: Controlling the ball while running on the field.

Offside: A rule preventing offensive players from positioning themselves behind all defenders before the ball is passed to them.

Yellow Card: One of two disciplinary actions available for the referee. This is for a player being “cautioned” by the referee for illegal actions on the field.

Red Card: The more severe disciplinary action available to the referee. Players shown a red card are not allowed to play the remainder of the game and the team is not allowed to substitute a player for them.

Advantage: Although a penalty has occurred, referees are allowed to let the team that has just been fouled continue their offensive motion if stopping play would be non-beneficial to this specific momentum.

Slide Tackle: A defensive action where a player slides on the ground and knocks the ball free from the opposing team, while in control. This play is not allowed and can often turn into penalties if the defensive player makes physical contact with the player before hitting the ball.

Hand Ball: Soccer players cannot use their hands. Refers to a player touching the ball with their hands and results in the other team being awarded the ball.

Free Kick: Officials award free kicks to a team when they are penalized (an illegal action) by the opposing team. Used as a method for restarting play.

Corner Kick: Awarded to a team when the opposing team knocks the ball out-of-bounds on their own goal line (without scoring a goal). A player takes a kick from the corner of the field to restart play.

Penalty Kick: Awarded to a player when the opposing team commits an illegal action in the penalty area in front of their own goal, a rectangular box surrounding the goals. Officials award the offensive team a kick towards the goal, in a 1-on-1 situation against the goalie from the penalty spot (a circle in the center of the penalty area in front of the goal).