OYSA Best Practices
Coaching Guidelines for U11/12

Mission:
• Provide players an opportunity to play soccer
• To foster a love of the game of soccer

Style of Play:
• Have Fun! - Attacking soccer!
• Make soccer decisions only - dribble, pass, shoot
• Aggressive Defending

Practice Guidelines:
• Use Play - Practice - Play Model
  o Play 1 should be no bigger than 4v4
    ▪ Can be played in various game types - 2 goal, 4 goal, endlines, endzones, etc
  o Practice should be realistic to 9v9
  o Play 2 is 9v9 or smaller
• High Energy - Have Fun!
• NO LINES - NO LAPS - NO LECTURES
• Set up all your activities before training begins
• Short quick transitions and water breaks (if needed)
• Training topics should mainly focus on attacking
• Positive Reinforcement, Guided Questions, Key Words, and Constructive Feedback are the preferred coaching toolkit options

Game Guidelines:
• Games should be played 9v9 or smaller
• Play in a 3-2-3 or 3-3-2 formation
• Work towards 75% playing time for all players

Goals:
• Focus on technique
• Spacing and fundamentals - Start defining positional roles
• Creativity
• Retention rates above 75% for next season

Coaching Points:
• Creativity is encouraged and celebrated
• Take players on, it’s okay to be selfish
• Use both feet
• Dribbling Technique
• Spread out
• Support the attack
• Create Passing Options
• Passing Technique
• Create 1v1 and 2v1 situations
• Switching the point of the attack
• Shooting Technique
• Switch Positions
• Change
• Steal the ball
• Protect the goal
• Make it compact
• Pressure, cover, balance
• Stay involved