

MN RUSH U12 Development Curriculum

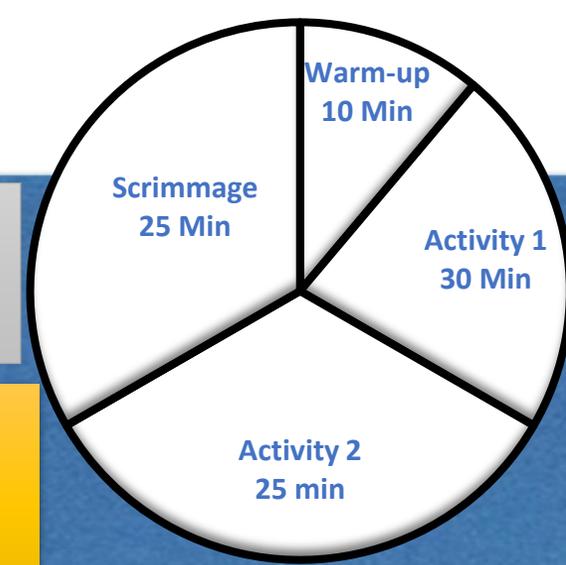
“They won’t care what you know until they know that you care”

OBJECTIVES

Movement Education: 10%
 Technical: 60%
 Tactical: 30%

ORGANIZATION

- Heading allowed
- Limited heading practice
- Ball to Player Ratio 1:1 to 1:6
- Size 4 ball
- Session: 75-90 minutes
- Games: 60 Minutes [9 v 9]
- 2:1 practice to game ratio
- Offsides in EFFECT



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

BY THE END OF THE SEASON PLAYERS SHOULD...
 be comfortable heading the ball offensively and defensively, be able to play a lofted pass with minimal pressure, understand the relationship between the lines (multi directional support passes), understand the role of the third defender in relationship to the first and second (pressure, cover, balance).

GENERAL CHARACTERISTICS*

- Better able to deal with flighted balls
- Can sequence thoughts and actions to perform more complex tasks
- Can use abstract thought to meet the demands of the game
- Should be able to simultaneously run, strike the ball and think
- Fertile period to learn – full of eagerness
- Important psychosocial implications for a child entering puberty
- Popularity influences self-esteem
- Improved coordination
- Significant physical differences exist between the genders now
- Strength and power becoming factors in performance

TECHNICAL

- Heading
- Attacking
- Defending
- Lofted pass
- Third defender
- Finishing
- From Cross
- With Instep

TACTICAL

- Positional play
- Recovery runs
- Third defender
- Introduction to set plays
- Relationship between the lines
- Combination plays
- Take over
- Double pass

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