



AYSO 1455 COACHING OBJECTIVES U6-12

TRAINING OVERVIEW FOR U5-6 PLAYERS

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	Penetration	Instep Kick	What is in and out of play
Prevent Scoring	Delay	Dribbling	Do not kick or trip others
		Throw-Ins	No handling of the ball

TRAINING OVERVIEW FOR U7-U8 PLAYERS

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Instep Kick	Start of Play / Kick off
Maintain Possession	Width, Depth	Dribbling	Ball in and out
Prevent scoring	(Defending) Delay, Depth	Throw-Ins	Some Fouls / Misconduct
Concentration (moving attacker into best space for defending)	Concentration	Push pass, inside of foot ball control	Goal Kicks / Corner Kicks

TRAINING OVERVIEW FOR U10 PLAYERS

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Instep Kick	Start of Play, Restarts
Maintain Possession	Depth	Dribbling	Ball In and Out
Advance the Ball	Width	Throw-Ins	Fouls and Misconduct
Prevent Scoring	Mobility	Goalkeeping	Corner Kick
Regain Possession	(Defending) Delay	Inside Foot (push pass)	Goal Kick
Delay Opponents	Depth, Balance	Inside Foot (ball control)	Penalty Kick
	Concentration	Front Block Tackling	

TRAINING OVERVIEW FOR U12 PLAYERS

OBJECTIVES	PRINCIPLES	TECHNIQUES	KNOWLEDGE
Score	(Attacking) Penetration	Dribbling	Start of Play, Restarts
Maintaining Possession	Depth	Inside of foot ball control	Ball in and out
Advance the Ball	Width	Sole of foot ball control	Fouls and Misconduct
Prevent Scoring	Mobility	Top of thigh ball control	Corner Kicks
Regain Possession	Creativity	Instep kick	Goal Kicks
Delay Opponents	(Defending) Delay	Inside of foot push pass	Penalty Kicks
	Depth	Heading	Offside
	Concentration	Tackling	
	Balance	Goalkeeping	
	Composure	Technical "Cleansing"	

EVERYONE PLAYS ♦ BALANCED TEAMS ♦ OPEN REGISTRATION ♦ POSITIVE COACHING ♦ GOOD SPORTSMANSHIP