**U11/U12 EXIT STANDARDS**

**Technical: Dribbling**

Mastery in:

* Step
* Hook
* Cut
* Sole Moves
* Sole Rolls

Proficient in: 1v1 Attacking Dribbles, Change of Speed, Moves / Fakes

Proficient in: Shield / Escape Dribbling

**Technical: Passing**

Mastery in: Push and Slip Pass

Continued introduction to: Laces Pass, Cross and Driven Balls

Continued introduction to: Weak foot

Introduction to: Bending Balls (outside and inside slices)

Introduction to: Creative Passes

**Technical: Receiving**

Proficient in: Receiving with all surfaces

* Receiving to yourself
* Receiving to a new space
* Receiving to turn
* Spin turns (outside and inside)

Introduction to: Receiving with disguise

* Out the back
* Let it roll

Introduction to: Receiving air balls with different surfaces

**Technical: Shooting**

Continued introduction to: Laces contact

Introduction to: Scoring

* Awareness of Goal
* Near Post / Far Post
* Goalkeeper (looking up)
* Side Foot
* Toe
* Both Feet

**Set Piece Organization: Throw-in**

Introduction to:

* Defending Throw-in
* Keeping possession off throw-in

**Set Piece Organization: Corner Kicks and Kick Off**

Introduction to:

* Defending and Attacking Kick Off play
* Defending and Attacking Corner Kick organization (know set-up and plays)

**Set Piece Organization: Free Kicks**

Introduction to:

* Running attacking plays from free kicks
* Defensive organization of wall and free kicks

**Set Piece Organization: Restarts**

Introduction to:

* Emphasis on playing quick restarts in attacking half
* Emphasis on being aware of quick restarts in defense

**Set Piece Organization: Goal Kick and Goal Punts**

Introduction to:

* Offensive and Defensive balance / organization from both ends

**Tactical: Offensive Principals**

Continued introduction to: Attacking Principals

Continued introduction to: Possession

Continued introduction to:

* Combination play
* Rotating ball
* Build up

Introduction to: Counter Attack

Introduction to: Attacking Patterns

**Tactical: Defensive Principals**

Proficient in: 1v1 Defending

Continued introduction to: Defensive Principals

Introduction to:

* Small Groups tactics 2, 3 and 4 player groups
* Defensive Rows
* Areas of the Field
* Shoot Blocking
* Footwork and Body Position
* Zonal defending

**Physical:**

Continued introduction to: Agility, Acceleration, Sprinting, Reaction, Back Pedal, Jumping / Landing, Balance, Coordination, Physical Confrontation against opponent (Shoulder, Bumping, Use of arms)

**Psychosocial**:

Proficient in:

* Focus
* Respect
* Enjoyment
* Effort
* Competition (getting after it in training and games)
* Confidence / Self-esteem
* Commitment

Introduction to:

* Team Unity
* Team / Club Pride