

Professional Training Expectations for the U12 and Above Age Groups

As a parent and/ or a coach, you can expect the following from the professional training staff during their training sessions. The U12 and above age groups are ages where you really can start to see the development of the team concept. All players should be realizing that they have certain roles and responsibilities within the team. It is important then to make sure that the training sessions are always fun, but also definitive. Tactics will be also introduced and one tactical component should be introduced during a training session, i.e. possession. Boys and girls will learn some advanced skills concerning dribbling, passing, and receiving reflecting a tactical implication within the game. The focus will be on small group tactics, but definitely will introduce some larger team tactics as well.

Training sessions will last 75 minutes. Sessions will feature one head PSA professional staff coach. Each of the PSA professional staff coaches are highly qualified coaches with licenses from the United States Soccer Federation or the National Soccer Coaches of America Association. The professional staff coach will draw the session up and instruct all parent coaches from the teams involved what the session will entail. There will be different stations set up with one or two parent coaches at each one to instruct a small group of players on the specific skill. The professional staff coach will oversee all stations and parent coaches to make sure all players are using the correct technique.

The following skills can be expected to be taught during the training sessions:

- Advanced technical skills in small spaces with tactical implications
- Small group attacking and defending tactics
- Large group attacking and defending tactics
- Defining of positional roles and responsibilities
- Full sided games to goal