



# U12G Training & Development Philosophy

*FOUNDATION PHASE: Developing a Love of the Game....*

- **FOCUS - Technical Development**
  - Dribbling
  - Shielding
  - Passing and Receiving
  - Shooting
  - Heading
  - Tackling
  
- **TEACH - Basic Tactical Development:**
  - Individual: 1v1 situations in attack and defense
  - Small Group Play
  - 5v5, 7v7 & 8v8 Games
  - Attacking
  - Defending
  
- **ENCOURAGE - Enjoyment of the game.**
  - Focus on long term development
  - What will best serve the players at U16-U18
  - De-emphasize Wins, Losses and Rankings
  
- **EXPOSE U12 - Players to the Development Program**
  - U13-U14 Developmental Years
  - Combined Team Training
  - The U15-U18 ECNL Years

