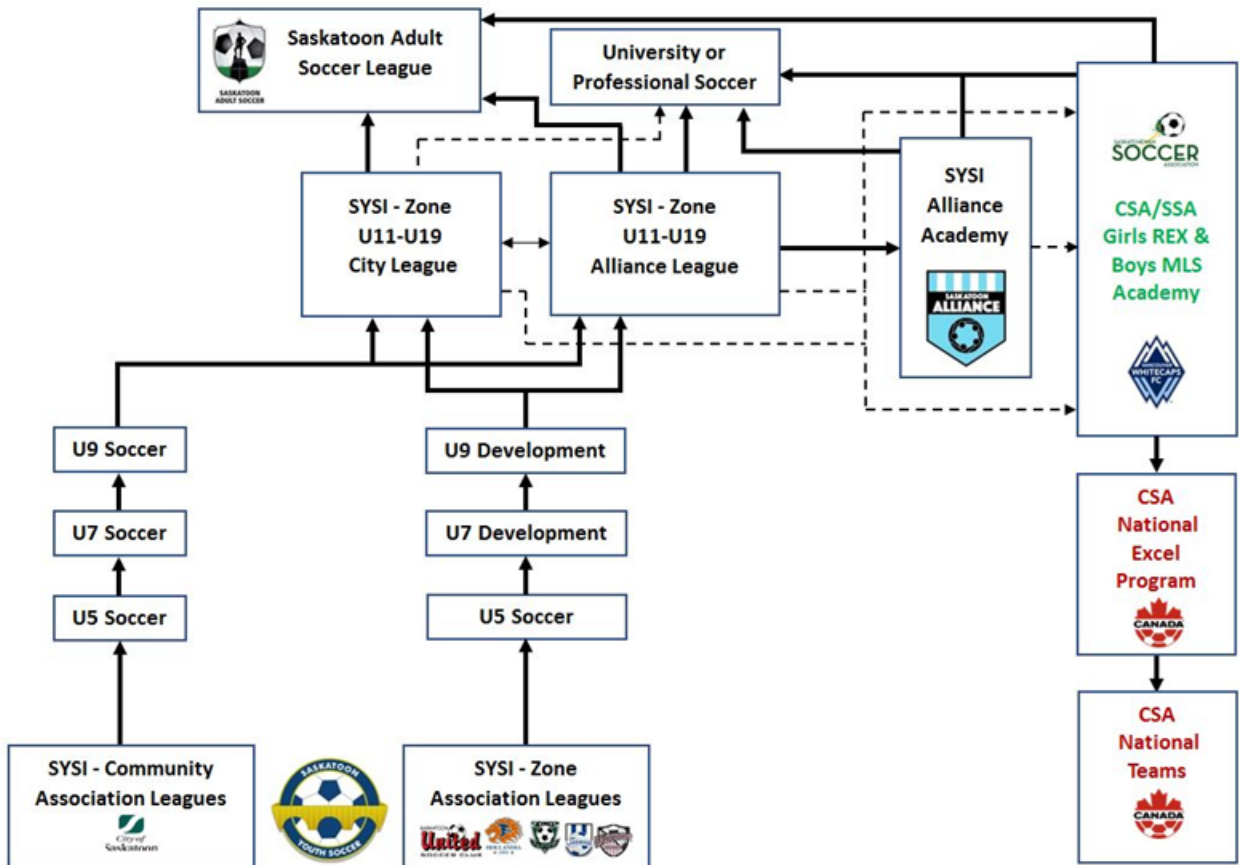




Hollandia Soccer Club

Program Outline

Saskatoon Youth Soccer Inc. Player Pathways



Group: Under 11 Alliance League

Season: **Outdoor 2024**

OBJECTIVES: Designing a soccer development program for 10 and 11-year-old players requires a nuanced approach that builds upon the foundational principles established in earlier stages while introducing more advanced concepts. Here's a broad outline of key principles for such a program:

1. **Technical Skill Refinement:** Continue to emphasize the development of technical skills such as dribbling, passing, shooting, and ball control.
2. **Tactical Understanding:** Introduce basic tactical concepts such as positioning, support play, movement off the ball, team shape, and roles and responsibilities.
3. **Game Realism:** Structure training sessions to mimic game situations as much as possible.
4. **Position-Specific Training:** Begin to introduce position-specific training
5. **Physical Conditioning:** Focus on developing physical attributes such as speed, agility, endurance, and strength.
6. **Decision Making and Problem Solving:** Encourage players to make decisions independently.
7. **Sportsmanship and Fair Play:** Promote sportsmanship, respect for opponents, and adherence to the rules of the game.
8. **Goal Setting and Self-Reflection:** Introduce personal goal setting techniques.
9. **Competitive Opportunities:** Offer opportunities for players to participate in age-appropriate competitive matches. Emphasize development over winning and provide constructive feedback following matches.
10. **Holistic Approach:** Take a holistic approach to player development that considers the physical, technical, tactical, psychological, and social aspects of the game.