



Coach Education 12U Nuggets

Psychosocial

- 12U players are ready to learn!
- Can process more complex tasks.
- More analytical which boost their tactical awareness and understanding.
- Early/late puberty can impact self-esteem and relationships.

Technical

- Instep kick
- Dribbling
- Inside of foot push pass
- Inside of foot control
- Throw-ins
- Thigh control
- Juggling
- Block tackling
- Goalkeeping

Physical

- Strength, stamina and power increase
- Players should be able to execute with more confidence and capability
- Observable differences in genders start to develop

Attacking

- Score!
- Keep possession
- Advance ball

Defending

- Prevent scoring
- Regain possession
- Delay opponents



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



12U is the time for INSPIRATION!

Physical literacy improves
(balance, agility, speed, coordination, etc.)

Pre-pubescent players are responsive to role models,
friendships, and peer approval.

Players enjoy the team concept but will flourish in competitive
arenas, so 1v1 and 2v1 can help develop individual skills. Passing
techniques/activities will help develop their team concept.

Small-sided games help develop attacking & defensive
principles. Players should still rotate positions to avoid early
specialization (as well as participate in other activities/sports).

12U is the time for polishing off technical skills.