



Northwest Indiana United Futbol Club
P.O. Box 1175
Valparaiso, IN 46384

A Parent's Handbook

U9 & U10's:

- Emphasis on fun, excitement and play.
- Build on player's eye-foot coordination so that they are comfortable with the ball.
- Creative skills development.
- Elements of competition.
- Teach good sportsmanship.
- Teach how to work with teammates and coaches.
- Begin to develop leadership.

U11 & U12's:

- More structured skills development.
- Individual tactics.
- Defensively: don't dive in.
- Offensively: recognize 1 vs. 1 situations.
- Small group tactics.
- Defensively: cover, ball side and goal side.
- Offensively: wall pass, overlap and support.
- Team tactics: playing position.
- Teach them to deal with winning and losing.
- Teach them to respect authority, listen and be coachable.
- Introduce them to injury prevention.

U13 & U14's:

- Structured skill development.
- Individual tactics.
- Defensively: Proper fundamentals, defensive fakes.
- Offensively: Aggressive in 1 vs. 1, create space for self.
- Teach players to recognize and read game situations.
- Small group tactics and team tactics.
- Defensively: Pressure-cover-balance, ball side and goalside.
- Offensively: Penetration-support-movement.
- Playing position as part of a team.
- Taking over positions during the game.
- Create a winner's mentality.
- Stimulate initiative and self-confidence.
- Injury prevention and introduce them to nutrition and other methods of how to take care of their bodies.
- Gender specific issues become apparent.