

OJFC Coach Guide



U13-U16 - 11v11



Purpose

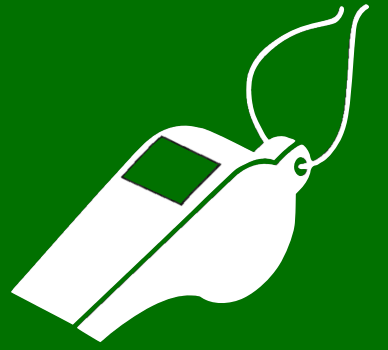
This guide is designed to support volunteer coaches working with U13-U16 players in community football as they transition to the full 11v11 game format. At this stage, young players are developing a greater understanding of teamwork, positioning, and basic tactics, while still prioritising fun and individual skill development.

Remember, success at this age isn't about winning trophies, but about helping young people develop a lifelong love for football, make friends, and learn valuable life skills through sport.

By keeping sessions engaging and positive, we can ensure that players continue to enjoy football and stay active in our community for years to come!



Key Coaching Principles



Fun

Football should be enjoyable! Young players learn best when they are engaged and having fun. Keep sessions light, positive, and full of energy.

Touches on the Ball

Every player should have as many interactions with the ball as possible. Avoid long lines or waiting time—maximise movement and involvement.

Player-Centred Coaching

Encourage kids to explore and make decisions. Let them try things, make mistakes, and learn through experience rather than constant instruction. Drills will feel ‘messy’ — that’s okay!

What To Expect

Physical Changes

Players will be going through growth spurts at different rates, affecting their coordination and physical abilities. Expect players development to be inconsistent.

Increased Speed of Play

With full-size fields and stronger, faster opponents, players will have less time on the ball and must improve their awareness and decision-making.



Coach Tip: Be patient with players going through physical changes. Encourage proper warm-ups and recovery to help prevent injuries. Don't judge ability solely on size—smaller players can still be technically and tactically strong.

Key Differences

Larger Field, Full 11v11 Format

Players transition to the full-sized pitch and 11v11 game, requiring increased spatial awareness greater physical demands on the players. Players will need better warm ups to ensure they are ready for trainings and games.

Greater Tactical Understanding

As players begin to develop their understanding of the game, coaches can introduce more advanced attacking and defending skills, set-piece strategies, team formations and player roles.

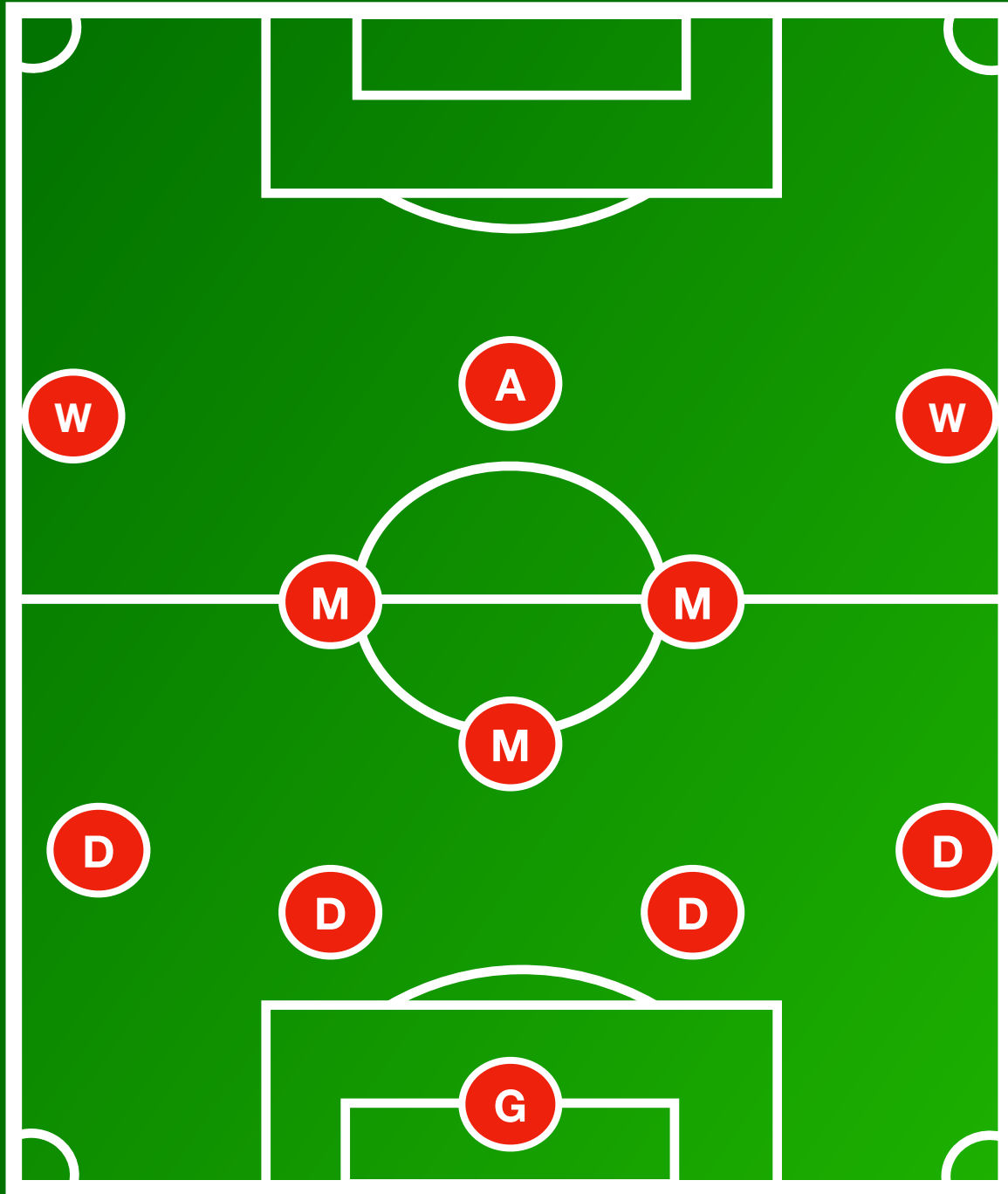
Position Specialisation

While rotation is still valuable, many players will start to settle into preferred positions based on their strengths.



Coach Tip: Allow players to get comfortable in specific positions while still encouraging them to understand different roles within the team. Players should be learning to specialise into two positions on the pitch.

Formations



Formation: 1-4-3-3

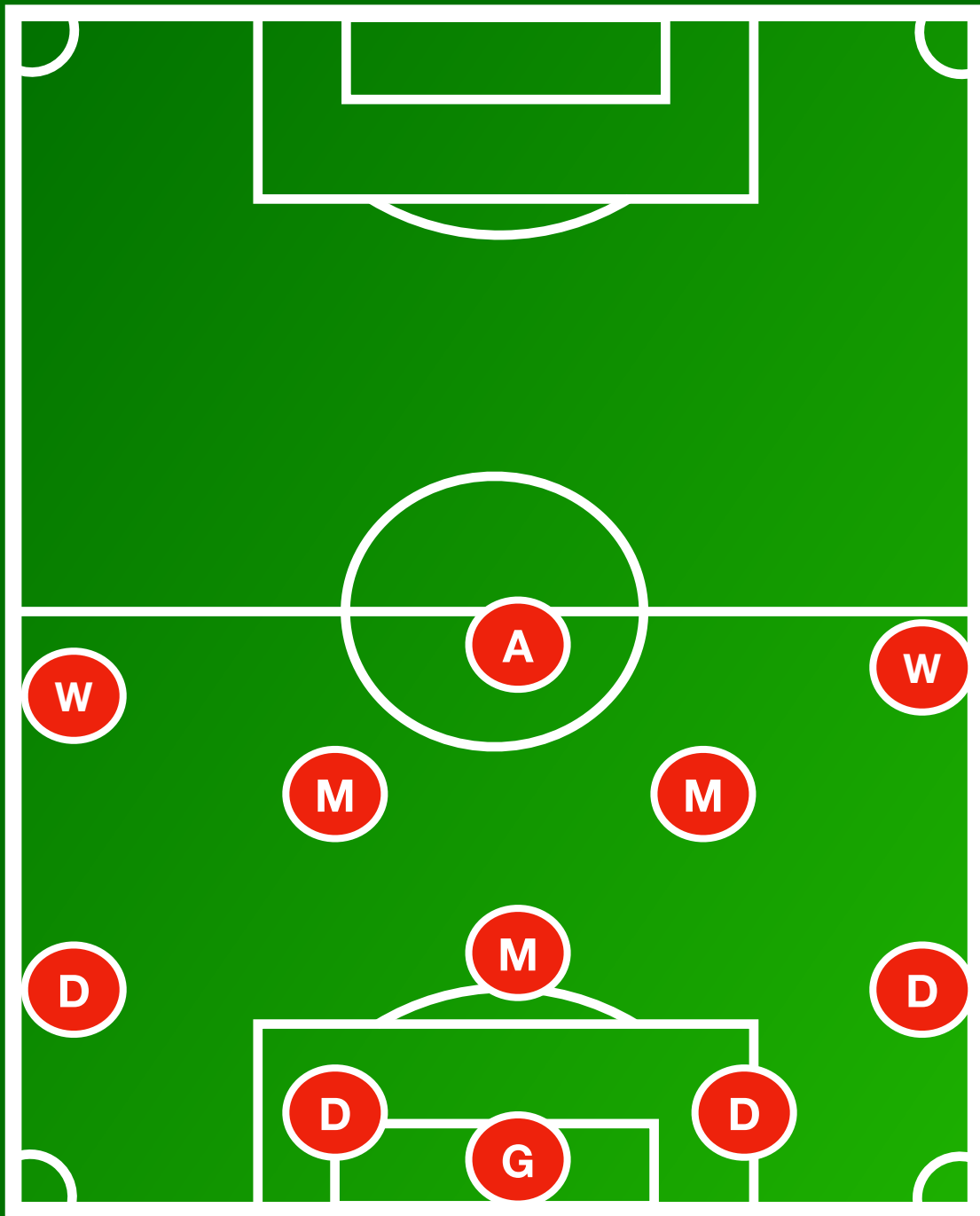
For the size of the field and number of players available, the recommended formation you can use is a 1-4-3-3. This formation consists of a goalkeeper, four defenders, three midfielders (one deeper midfielder and two more advanced), two wingers and one attacker.

This formation allows players to easily spread out and create easy passing options to move the ball forward.



Coach Tip: Encourage spacing, this formation is great for creating equal cover across the pitch. Encourage players to spread out when your team has the ball.

Goal Kicks



The retreat line is not present at these age grades. This means opposition defenders can start set up from the edge of the goal box. Here are some things to encourage:

- ▶ Playing out: We want to continue prioritising short goal kicks to ‘play out’ with control.
- ▶ Move and pass into space: As the pitch is now bigger, we want to encourage teams to play into the new space. Encourage players off the ball to move into that space to receive the ball away from defenders.
- ▶ Scanning the field: As the opposition get older, they will also get stronger and faster. For our players this means less time on the ball. Encourage players to play with their head up and ‘scan’ before receiving the ball. This will allow players to make faster decisions and find space to play in to.

The diagram illustrates a soccer field with various player positions and movement paths. The field is green, and the goal is on the left. A soccer ball is positioned near the goal. The players are represented by red circles with white text labels:

- A**: Positioned at the top center of the field.
- M1**: Positioned in the center of the field, with a curved white line connecting it to the goal area.
- M**: Two players positioned in the center-right area of the field.
- W**: Two players positioned in the center-right area of the field, to the right of the M players.
- D2**, **D3**, **D4**: Three players positioned in a horizontal line in the lower-middle area of the field.
- D1**: Positioned in the lower-left area of the field.
- G**: Positioned in the lower-middle area of the field, below D3.

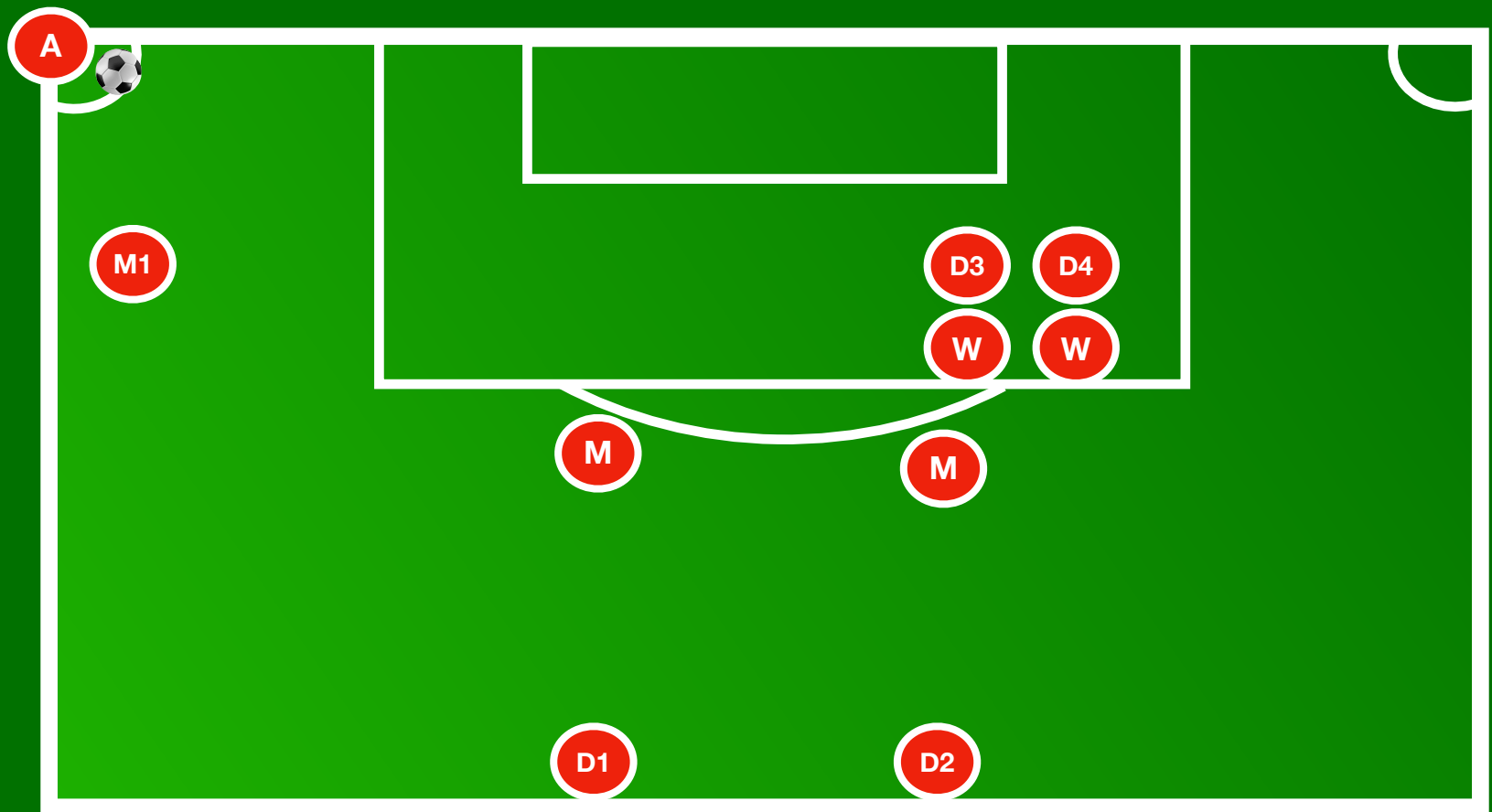
White lines indicate movement paths or boundaries. A curved line connects M1 to the goal area. A horizontal line connects D2, D3, and D4. A vertical line connects D1 to D2. A vertical line connects G to D3. A vertical line connects D4 to the right edge of the field.

We want to continue the emphasis on teaching players to effectively mark opponents, whilst also helping players improve their understanding of zonal defending.

- ▶ The **front post** defender (D1) should be positioned within arms reach of the near post. It is their role to clear any cross that comes short or block a shot at that post.

- ▶ The **zonal defenders (D2, D3,D4)** should be positioned about four metres away from the goal in line with the front post, middle of goal back post. These players should look to clear any crosses that fall near their zone.
- ▶ The four **man markers (M, W)** should be marking the opposition attackers 'goal side' to prevent easy shots at goal.
- ▶ The **edge of box defender (A)** should be positioned on the edge of the box to clear any balls that fall on the edge of the box.
- ▶ The **attacker (A)** should be positioned to receive any clearances and start attacks towards the opponents goal.

Attacking Corners



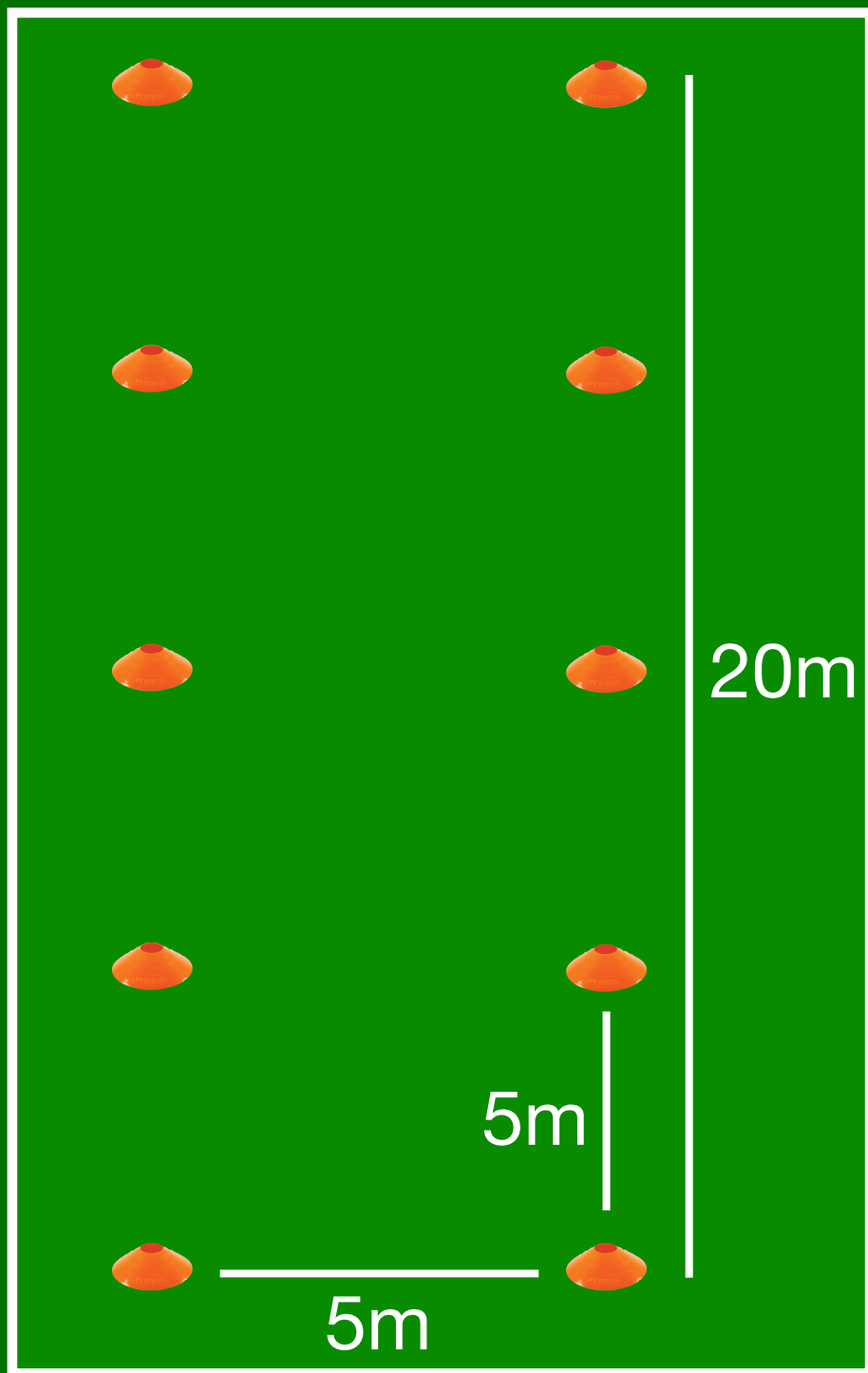
At the U11/12 age group, we start to introduce some key concepts for attacking corners.

At this level, the focus should be on keeping things simple—helping players understand movement, timing, and positioning to make the most of these situations.

Here are some of the key roles:

- ▶ The **corner taker** (A). Encourage a controlled delivery near the goal area, rather than just a powerful kick. They can alternatively play a short pass to the **close attacker** (M1) who can then cross the ball or dribble into the box.
- ▶ The **runners** (D3, D4, W) should begin their runs from the far edge of the box. They should vary their runs, ensuring players are targeting near and far post. Encourage timing of the runs to arrive as the ball is in front of the goal.
- ▶ The **edge of box attackers** (M) should be positioned just off the top of the box. These players are responsible for picking up any mishit clearances or balls that bounce around the edge of the box.
- ▶ The **defenders** (D1, D2) should be positioned near halfway marking any opposition attackers that stay forward. We should always aim to have a +1 staying back (e.g. if the opponents leave two attackers forward, we leave three defenders back).

Fifa 11+ Set Up



The FIFA 11+ warm-up program is crucial for injury prevention and performance enhancement.

The set up is ten cones placed five metres apart as shown. Players start lined up in two single-file lines and move down the pitch, completing a range of dynamic stretches as they go through.

For the full list of dynamic stretches and exercises, see the next page:



Coach Tip: Once you have taught the players the Fifa 11+ movements, rotate through players who can lead the team warm up. This will give you time to set up the session as well as provide leadership opportunity for players.

FIFA 11+

PART 1 RUNNING EXERCISES • 8 MINUTES



1 RUNNING STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. **Jog together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



2 RUNNING HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**.



3 RUNNING HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**.



4 RUNNING CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets**.



5 RUNNING SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**.
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets**



6 RUNNING QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**.

PART 2 STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1



7 THE BENCH STATIC

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**.



LEVEL 2

7 THE BENCH ALTERNATE LEGS

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**.



LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **3 sets**.



8 SIDEWAYS BENCH STATIC

Starting position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.
Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**.



8 SIDEWAYS BENCH RAISE & LOWER HIP

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**.



8 SIDEWAYS BENCH WITH LEG LIFT

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**.



9 HAMSTRINGS BEGINNER

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set**.



9 HAMSTRINGS INTERMEDIATE

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 7-10 repetitions and/or 60 sec. **1 set**.



9 HAMSTRINGS ADVANCED

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12-15 repetitions and/or 60 sec. **1 set**.



10 SINGLE-LEG STANCE HOLD THE BALL

Starting position: Stand on one leg.
Exercise: Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**.



10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER

Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg.
Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. **2 sets**.



10 SINGLE-LEG STANCE TEST YOUR PARTNER

Starting position: Stand on one leg opposite your partner and at arm's length apart.
Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets**.



11 SQUATS WITH TOE RAISE

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets**.



11 SQUATS WALKING LUNGES

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. **2 sets**.



11 SQUATS ONE-LEG SQUATS

Starting position: Stand on one leg, loosely holding onto your partner.
Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets**.



12 JUMPING VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets**.



12 JUMPING LATERAL JUMPS

Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.
Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets**.



12 JUMPING BOX JUMPS

Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it.
Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets**.

PART 3 RUNNING EXERCISES • 2 MINUTES



13 RUNNING ACROSS THE PITCH

Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**.



14 RUNNING BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**.



15 RUNNING PLANT & CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets**.