

Girl's U-12 Competitive/Recreational

Fall 2011 and Spring 2012

Competitive Head Coach: Amy Serres - (541) 944-6515

Competitive Assistant Coach: Dean West

Recreation Head Coach: Kai Reynolds

Recreation Assistant coach: TBA

Team Manager: Kathy Carter

Next year's U-12 girl's player pool will support a competitive and recreational team. Both teams will share a practice time and field to support, encourage, and continue to build the camaraderie that was developed during the U11 Academy program. The 'Play Day' that all the girls so enjoy will continue, though it may take on a stronger 'small sided' focus.

At this age level, while some girls are ready for more focused practices and a higher level of competitive play, a strong recreational program is equally important to the continuing development of the entire player pool. Both teams will focus on technical development of individual players in an environment that develops passion for and enjoyment of the game. The competitive team will be formed by tryout, and the recreational team is open to all age eligible girls.

"Football associations that are serious about the game's health and growth are duty-bound to promote mass participation and interest...Grassroots football, which acts as a vehicle for social integration, health and happiness, is the aim. As a by-product, talents will emerge."

Andy Roxburgh – UEFA Technical Director

Coaching Philosophy of Head Coach Amy Serres

This is truly an exciting time in the lives of young players to enjoy the game even more than their earlier "playing days". As their bodies strengthen and they become more confident with the ball, the joy of the game becomes more apparent. Coordination improves at this age and allows players to perform technical skills with confidence. The most important aspect of a U-12 player's game is technical speed. Improving technical speed puts a player on the road to tactical awareness. The attitude towards technical development starts with the coach. One of my goals is to have the players comfortable with the ball and

excited about learning new skills. Skill development is a crucial aspect of fun; it is more important than winning even among the best athletes.

At this age players can be expected to be more thoughtful in meeting the demands of the game. Players begin to understand the sport and use teammates to help solve problems. My training sessions will have higher repetition, increased pressure, movement and intensity of effort. Improving ball skills is the main objective within this age group. Skills become an even more important factor at this point of development because players need to be introduced to general tactics as well.

Psychological factors such as teamwork, confidence, sportsmanship, intrinsic motivation, and emotional management will also play a role in the development of well- rounded athletes at this age. The most rewarding challenges of sports are those that lead to self - knowledge.

“Be more concerned with your character than your reputation, because your character is what you really are while your reputation is merely what others think you are.”

- John Wooden

U-12 is the time to cement passion for the game. My training emphasis will focus on technical development and each individual player’s enjoyment of the game.