



BEND FC TIMBERS

BOYS AND GIRLS PREMIER SOCCER CLUB // BEND, OR

U11-U12 FREQUENTLY ASKED QUESTIONS

In a continuing effort to keep everyone informed and to effectively address questions and concerns, we have created this FAQ that answers frequently asked questions from players, parents, and families.

How will players be grouped for training sessions?

There are four major components in determining how players are evaluated: technical ability, physical ability, tactical awareness, and psychological make-up. Technical ability is generally judged on how well a player receives the ball, passes the ball, dribbles the ball, and shoots the ball, among other basic skills.

Physical ability refers to speed, strength, jumping ability, coordination, balance, and control of bodily movements in soccer and non soccer-specific athletic movements.

Tactical awareness is measured by the soccer decisions made when the player is at training or in games. Does a player know the requirements of the position? Does the player know the role in attack and defense? What does a player do when pressured in possession of the ball? The answers to these questions are a good baseline to determine where players are in their tactical awareness.

Evaluating the psychological make-up at this age can be rather difficult, but generally this area is measured by maturity level, focus, willingness to learn, willingness to receive instruction, and ability to apply lessons learned.

Will players be placed on a team with an assigned coach?

All players will be placed on a team with a consistent coaching staff. The coaches will be assigned responsibility for a specific training group and team. Each team will be supported by the other members of the coaching staff and overseen by the Age Group Coordinator. Players will likely experience coaching from three or four members of our 09/10 coaching staff throughout the year in training and playing environments, but all of the coaches will be under the guidance and direction of the Age Group Director. For example, the AGD will be the head coach of the U12 Red team and will be primarily responsible for the Red training sessions and games, but will be assisted by the other coaches who may occasionally run a training session or coach a game.



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The team rosters will be small enough (11 to 13 players) to ensure that players have adequate playing time in games to maximize their development. Each player will be assigned to a specific team, but the rosters will also allow players to move freely between teams to provide players with additional games and to provide players with competitive experiences that maximize their development and enjoyment but also asked to play for another team if the opportunity arises. As such, while a player will be placed on a specific team, they may guest play on multiple teams over the course of the season and will likely experience multiple coaches, all of whom will be under the guidance and direction of the Age Group Coordinator.

Why are 09 and 10 players grouped together, rather than say, 08 players? Players in the U11 and U12 age groups (in this case, 09 and 10 players) play in 9v9 games on a smaller field with a size four soccer ball and no heading is allowed. Players in the U13 age group (in this case, 08 players) play 11v11 on a larger field with a size five soccer ball and heading is allowed. As such, we are grouping 09 and 10 players together in this program due to these being the only two age groups that play by this set of rules - 9v9, smaller field, size four ball, no heading.

**Does this change mean that my middle school student will be playing with fourth graders?
Does this change mean my 10-year old will be playing with middle school players who are almost 13?**

The program change does not mean that all 09 players will train with all 2010 players or vice versa. In fact, 2010 players will only train with 09 players when it is determined to be developmentally appropriate. Training and competition groups will be formed based upon developmental levels, taking into account soccer skills and abilities, physical size and strength, as well as maturity and ability to focus. The program also allows players to receive coaching from a consistent staff of coaches who will utilize the same language and training framework to ensure players receive a quality training experience regardless of age or ability level.

Will this look like the Junior Academy where players are placed in training pools?

The U11/U12 program will be similar to the Junior Academy in that all players will be assigned to training groups for the Summer. However, after the Summer, players will be assigned to teams with a specific coach for the Fall season. In order to maximize opportunities for player development, there will be opportunities for players to move throughout the program for training sessions and games.

Will my 2010 ever have a chance to train or play with the 2009 group?

One of the great aspects of being a part of the BFCT club is our continued efforts to provide players the opportunity to challenge themselves in a variety of competitive training and game environments. There will be times throughout the year when some of our most competitive 2010 players will get the chance to train, and perhaps, play with the 2009 group. This past season, on multiple occasions, players on the 2009 teams trained and played with the 2008 teams. The focus is always on providing opportunities for players to maximize their development and enjoyment.



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