



AYSO U-12 Coaching Course *Test*

Name_____

Date_____

Region, Area and Section_____

Questions 1 through 15

Circle True (T) or False (F)

1. The Mission Statement of AYSO is to provide world class youth soccer programs that enrich children's lives T F
2. AYSO soccer is open to all children between 4 and 19 years of age who wish to register and play soccer. This describes the AYSO philosophy of "Everyone Plays" T F
3. Static stretching involves stretching movements performed at gradually increased speed. T F
4. The attacking objectives of the game which are stressed for the U-12 player are to: score, maintain possession and advance the ball T F
5. The defending objectives of the game which are stressed for the U-12 player are to: prevent scoring, regain possession, delay the opponents attack. T F
6. The attacking principles of play which are stressed for the U-12 player are: penetration, depth, width, mobility, and balance. T F
7. The defending principles of play which are stressed for the U-12 player are: delay, depth, balance, concentration and composure. T F
8. Players at the U-12 level must begin to understand the shape and organization of play within a soccer game. T F
9. Dribbling is one of the ways to achieve the attacking principle of play of penetration T F
10. Tackling is used to achieve the attacking principle of play of mobility T F
11. It is the job of the coach to gradually increase the level of difficulty by adding different factors into the practice sessions. T F
12. Build-up should follow a specific progression for all techniques, they are: technique demonstrated with no pressure, technique demonstrated while under pressure and technique demonstrated in a game or game situation. T F
13. Practices should simulate as much as possible the pressures players experience during match conditions. This is done by varying the: *space, speed* and *position* of players. T F
14. Small-sided games are the best method of practicing under Match Conditions. T F
15. All coaches should use a systematic approach (build up) while training. T F

AYSO U-12 Coaching Course Test Answer Key

1. False
2. False
3. False
4. True
5. True
6. False
7. True
8. True
9. True
10. False
11. True
12. True
13. False
14. True
15. True