



## U9 -U10 Teams

**Main Objective:** The focus of this age group is **individual** skill development

**Game Size:** U9 and U10 - 6 v 6 (5+Keeper) with 2 x 25 Minute halves, small fields/goals

**Play time:** as equal as possible per game with rotations of all positions. No scores recorded.

**Formations:** Recommended System: put players on the field for the love of the game, without spending much time coaching a system. Focus on teaching principles of play as opposed to systems. Options include 2-1-2, 2-2-1

**Terminology:** Simple: “Go to goal, Relax, Good job...” “Goal side, Head on a swivel, Skill...”

**Practice Time:** 2 Practices per week or 1 game and 1 practice. 1 Hour 15 minutes maximum.

**Seasons aim:** Skill development, begin to foster a love of the game and lot's of fun.

**Additional:** Soccer Homework, Camps and watching older teams.

### **Progressive Technical coaching to include: (Both Feet)**

- 1) Motor skill development: Juggling with feet, thigh and head. Controlling the ball in the air, on the floor and from different angles.
- 2) Ball Mastery: Fast footwork. Ball Familiarity with high repetitions over a small period of time
- 3) Passing: Short with inside and outside of foot. Long driven passes- laces or lofted.
- 4) Beating Players 1v1: Step Over, scissors, In Out (big toe, little toe), Sidestep, Fake Shot, use both feet
- 5) Dribbling Turns: Inside/Outside Cuts, Pull Back, Shield Turn, Step over Turn
- 6) Shielding:
- 7) Shooting: Instep, ball moving away and towards player. Volleys.
- 8) Heading: Short periods only, Fore head, Eyes Open, mouth closed, attacker the ball
- 9) Defending: Basic pressure, goal side cover and tackle.
- 10) Tackling: Block Tackle, proper technique, in balance, no fear.
- 11) Goalkeeping: Basic – collecting the ball, distribution and catching.

**Small sided games:** 2v2, 3v3 and 4v4.

### **Tactical Coaching to include:**

This is secondary to technical skill building. Promote the use of space, stay “connected” at all times in relation to the ball, communication, direction of play and introduce the idea of support play in attack and delay in defense.

**What to look for as coach:** Working and passing as a team not as an individual anymore may take time but should be aspired to...players socializing with others...players showing a skill that has been learned at practice...support in attack and delay in defense...communication and movement off the ball into spaces, Ensure that ALL players leave with a smile on their faces!!

### **Suggested Training Session Structure**

10 - Street Soccer

20 – Ball Mastery (juggling, individual skill moves) – one player one ball.

10 – Passive (low pressure) technical intro.

20 – SSG 1v1, 2v2

10 – Finishing/Ball Striking

**ALL PRACTICES SHOULD INCLUDE FUN GAMES AND SCRIMMAGES.  
NO LINES, NO LAPS, NO LECTURES**