



U9 – U10 (7v7)

Philosophy:

The focus at these ages should be FUN and individual growth with the ball to create a passion for the game. Coaches need to be comfortable with sacrificing some results for the benefit of individual growth and development. Team shape on both sides of the ball can now be introduced as well as certain requirements within the system of play (Big Plane/Little Plane). Looking into the future we need to understand that a player's ability to execute tactics is greatly affected by their individual technical ability. If we don't create a good base, the house will not be as strong down the road!

Areas of Focus:

Establishing proper technique on the ball (dribbling, turns, moves, passing, and receiving) through repetition and progression is the goal. Good activities (1v1 – 4v4) will include technical, tactical and cognitive elements that are competitive, free flowing and fun. These should not require constant interruption from the coach. Coaches at these ages should be supportive and focusing on success while identifying areas of need, we should picking out what is good.

Recommended Systems of Play:

1-2-3-2 Recommended for higher level players

1-3-2-1 Most simple and widely used

Recommended Structure of Sessions:

60 mins with breaks for water and rest

4-5 Activities w/15-20 minutes of game play included

Skill/Activity/Skill/Activity/Game (6 mins/12mins/6 mins/12 mins/20 mins game)

Example: Pair passing instep/2v2 continuous/pair passing outside of foot/2v2 – 3v3 continuous/Game Play

General Principle:

Focus on getting repetitions within competitive/fun games. 1v1/2v2/3v3 is where we should spend most of our time at this age. Encourage competition and individual improvement.

<u>Technical Ideas</u>	<u>Games/Activities</u>	<u>Recommendations</u>
<p><u>Ball Skills</u></p> <p>Toe Taps Tick-Tocks Back and Forth with sole (1 foot) Big Toe – Little Toe V – pull back with sole, push away with laces Roll or Drag with sole of shoe (R&L)</p> <p><u>Dribbling</u></p> <p>Changing Direction Changing Pace Shielding Beating Players 1v1 & 1v2</p> <p>Moves: Step Over or Step Behind and push in the other direction Fake Shot and accelerate away Scissors Chop Behind Standing Leg 360 with outside of foot Fake Drag back and go</p> <p><u>Juggling</u></p> <p>Laces Instep Thigh Chest Head</p> <p><u>Passing/Ball Striking</u></p> <p>Instep Laces Inside of Foot Outside of Foot Key Idea “Where do we strike the ball to make the ball do what we want?” Pace of passes</p>	<p>1v1 – 4v4, numbers up, down or even</p> <p><i>These games have built in transition and can be easily manipulated by the coach.</i></p> <p><i>Can play to lines, small goals etc and are efficient.</i></p> <p><i>Examples:</i></p> <p>https://www.youtube.com/watch?v=OxJEcU7Ma7o&list=PL5X1zPnbF87pPDrFY-KTynOzbF0c23GR</p> <p>https://www.youtube.com/watch?v=8PVXjJLSkwg&list=PLxlqMXdnYvPzrGOY3wZlsAD2gOqHdJZFT</p> <p>https://www.youtube.com/watch?v=bdR5SW4D3p0&list=PLXILQMZGWMMOV4-Oim0Hyef98yYi_Ehso</p>	<p>Continuous activities w/lots of opportunities Competitive/Keep score High energy and fun translate to more learning</p>