



## **U9 & U10 – required skills**

**To play any system successfully, players must be properly prepared for their positions in terms of technique, tactics, coordination and psychology.**

### **Emphasis**

Individual technical development. Group/Team activities which encourage decision making.

### **Game Knowledge**

Trying to 'spread the field' and create width and length. Individual skill moves [turns, cuts, etc...]

### **Recommended formations:**

Players should be exposed to multiple positions and should be ready to play any position.

#### **Formation 1-3-2**

- 1 Goalie
- 3 defenders
- 2 attackers

### **Practice / Equipment:**

- Two to Three 75 minute training sessions per week max.
- Shin guards, water bottle, soccer cleats, Size 4 soccer ball.

## Skills Defined

<b><u>Technical Skills</u></b>	<b><u>Tactical Skills</u></b>
<ol style="list-style-type: none"><li>1. Running with the ball to attack space and to beat defenders (1v1s)</li><li>2. Passing with inside and outside of foot.</li><li>3. Shooting techniques (driven shots, shots on the bounce, etc...)</li><li>4. Turning with the ball to beat a defender</li><li>5. Receiving the ball</li><li>6. Shielding the ball</li><li>7. Heading the ball</li><li>8. Receiving ground/air ball</li><li>9. Defending &amp; Tackling</li><li>10. Motivation</li></ol> <p><i>*Coached indirectly through fun games and activities</i></p>	<ol style="list-style-type: none"><li>1. 1v1, individual attacking and defending</li><li>2. Encourage the team to attack and defend together in games</li><li>3. What to do when not in possession of the ball</li><li>4. Play quickly with purpose</li><li>5. Discourage kickball</li></ol> <p><i>*Technical development still vastly more important than tactics</i></p>
<b><u>Positions</u></b>	<b><u>Activities</u></b>
<ol style="list-style-type: none"><li>1. Players can be exposed and asked to play a position but remember these positions are not 'fixed' as some players will still find it difficult to play a position.</li></ol>	<ol style="list-style-type: none"><li>1. 1 Player-1 Ball<ol style="list-style-type: none"><li>a. Tag Games w/ ball</li><li>b. 1v1, 2v2</li></ol></li><li>2. Develop towards activities where 3 to 4 players work together with 1 ball.</li><li>3. Develop towards small sided scrimmages 6v6.</li></ol> <p><i>*No dribbling in lines around cones</i></p>



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