



Johnston - Urbandale
Soccer Club

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Coaching Curriculum

JUSC U9/U10 Theme:



Slow Down!

U9-U10 Topic Finder

Click topic and jump there.

Coaching Overview

#1 Dribbling to Create Space

#2 Dribbling and Decision Making

#3 Dribbling – Running with the Ball

#4 Receiving

#5 Passing with the Inside of the Foot

#6 Passing to Keep Possession

#7 Passing to Targets

#8 Shooting and Finishing

#9 Shooting Off the Dribble

#10 Goalkeeping

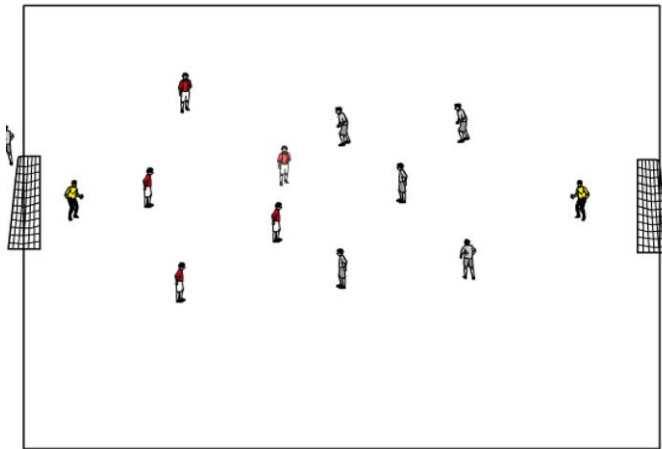
#11 Dribbling to Create Space

#12 Dribbling to Beat a Player

U9-U10 Coaching Overview

Game Thoughts

Academy Systems of Play.



We recommend one of the following playing systems at the U9 and U10 age group.

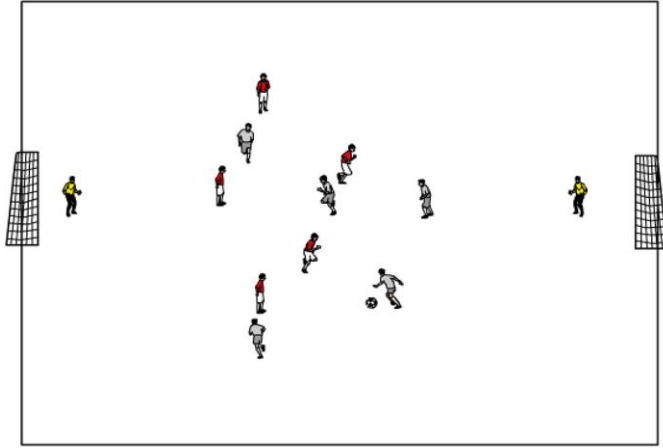
Teams can play 2 – 1 – 2 { two defenders one midfielder player and two forwards } as the white team are setting up or 3 – 2 { three defenders and two forwards } as the red team are setting up in the example below.

Please understand that whatever playing system you use these systems are fluid and that during the game the playing systems will look different.

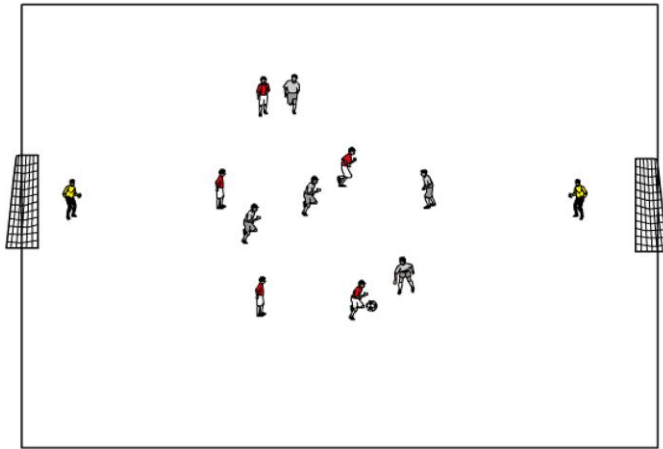
Playing System 2 – 1 – 2.



1. When the midfielder player has possession the forward players can take up good positions in support of the ball. This gives the player in possession two forward options.

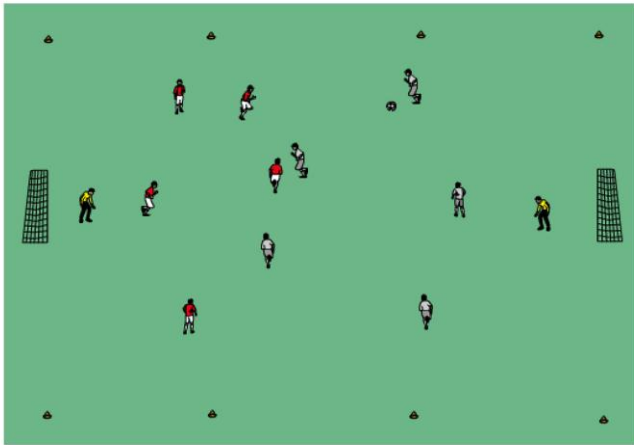


2. It is still important to encourage the defenders to move forward with the ball. In this example when one defender moves forward the other defender can cover in behind him.



3. In this example the white team are defending. One defender pressures the ball and the other defender covers in behind sealing off the central space.

Playing System 3 – 2.



1. In this example the white player has time and space to get forward. This playing system encourages the back players to get forward into attacking positions.



2. In this example the left defender is getting forward in support of the ball. This gives the player in possession another option in possession.



3. The white defender pressures the ball and has two covering players behind him cutting off the central space.

U9-U10 Training Session 1.

Dribbling to Create Space

Coaching Points:

- Keep control of the ball
- Play with your head up
- Change direction and speed
- Good technique when turning
- Shielding the ball
- Dribble away from pressure

Phase #1 { 10 – 15 minutes }



Setup a field of 50 x 40 with the teams playing 5 v 5. Encourage players to dribble forward when they have space and to dribble across the field when they cannot go forward. **Condition the players to take a minimum of 2 touches when they are in possession.**

Phase #2 { 10 – 15 minutes }



Setup a field of 25 x 25. The players have a ball each and practice dribbling techniques to create space such as the drag back turn and the hook turns. Every minute half the players become passive defenders and shadow one of the dribbling players. After 7 - 8 minutes allow the defenders to compete for the ball and have the players play 1 v 1.

Phase #3 { 10 – 15 minutes }



Setup a number of fields 15 yards apart with a goal at each end. The players are in groups of 8 – 10 and play 1 v 1. The coach plays a ball in and the players compete for possession and look to score in either one of the goals by dribbling the ball through them. After each game the players run to the back of the line and the next pair go.

Phase #4 { 15 – 20 minutes }



Setup a field of 50 x 40 with the teams playing 6 v 6. Encourage players to dribble forward when they have space and to dribble across the field when they cannot go forward. **Condition the players to take a minimum of 2 touches when they are in possession.**

U9-U10 Training Session 2.

Dribbling and Decision Making in Possession

Coaching Points:

- Keep control of the ball
 - Play with your head up
 - Change direction and speed
 - Shielding the ball, when there is no passing option
 - Decision making in possession, when to pass or when to dribble
 - Dribble away from pressure
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Phase #1 { 10 – 15 minutes }



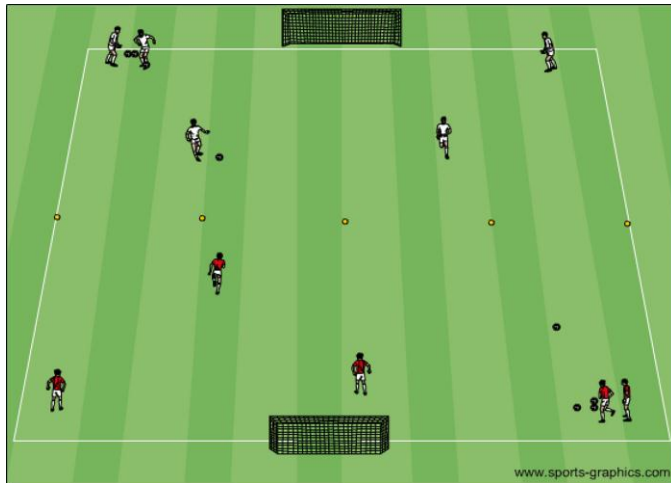
Set up a field of 20 x 20. Players try to dribble their ball in the grid while kicking out the balls of other players. If a player's ball gets knocked out they dribble the ball back in to play as soon as possible. Play for one minute and award a point if a player kicks another player's ball out of play with players losing a point each time their ball goes out of play. Play for a minute and add the points up. Repeat a number of times.

Phase #2 { 10 – 15 minutes }



Setup a field of 20 x 20. Half the players start with a ball with the other players defending on the outside of the field. One defending player enters and looks to knock one ball out of play. After the defender knocks out a ball they tag a teammate to become the next defender. If players on the team inside the square lose their ball they help their teammates keep possession. The round ends when all the balls are out, the teams then exchange places. The team that keeps at least one ball in play for the longest time wins the game.

Phase #3 { 15 – 20 minutes }



Setup a field of 30 x 25 with a halfway line marked. The players are in groups of 8 – 10 players and play 2v2. When a team has possession of the ball both their players attack the other team's goal and play 2v1. The defending team must have one player in goal while the other defends. The defending player cannot win the ball in the opponents half of the field. If the defender wins the ball they must play back to goalkeeper before both players go forward with the roles reversed.

Phase #4 { 20 minutes }



Setup a field of 50 x 40 with the teams playing 5 v 5. Encourage the players to dribble forward when they have space and to protect the ball on the dribble when they do not see a passing option. Also look for players to pass to unmarked teammates in good support positions. **The players are conditioned to play a minimum of 2 touches in possession.**

U9-U10 Training Session 3.

Dribbling – Running with the Ball

Coaching Points:

- Keep your body over the ball
 - Make sure the toe is pointed down
 - Make contact with the laces
 - Play with your head up
 - Maintain control of the ball
 - Recognize when there is space to attack
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Phase #1 { 10 – 15 minutes }



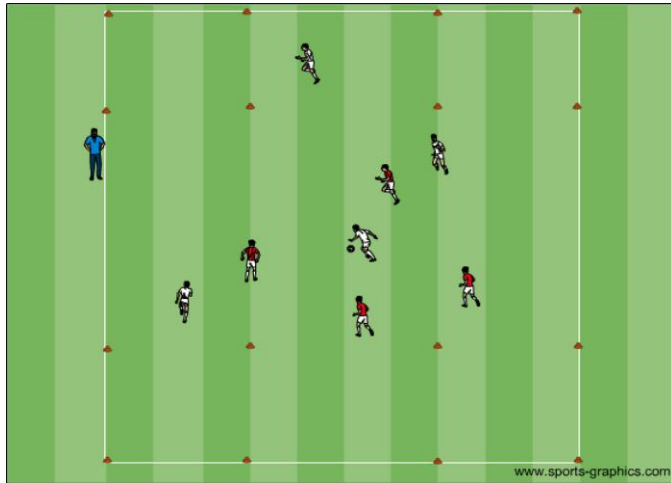
Setup a field of 45 x 35 with the teams playing 5 v 5. **Condition the players to play 2 touch minimum.**

Phase #2 { 10 – 15 minutes }



Setup a field of 25 x 25 with a 5 x 5 square in each corner. All the players have a ball and dribble from square to square avoiding other the other dribblers. Have the players perform a dribbling move in the square before they can leave it.

Phase #3 { 10 – 15 minutes }



Setup the field the same as in phase 2. Half the players in the group have a ball with the rest of the group defending. If a defending player wins ball they become a dribbler. The defenders cannot chase dribbler into a square. Introduce an element of competition and challenge the players to dribble into all four squares with the first player to do this winning the game. Rotate the attacking players and defenders after each round.

Phase #4 { 20 – 25 minutes }



Setup a field of 45 x 35 with the teams playing 5 v 5. **Condition the players to play 2 touch minimum.** Encourage the players to dribble forward when they have space and to dribble across the field when they cannot go forward.

U9-U10 Training Session 4.

Receiving with the Inside of the Foot.

Coaching Points.

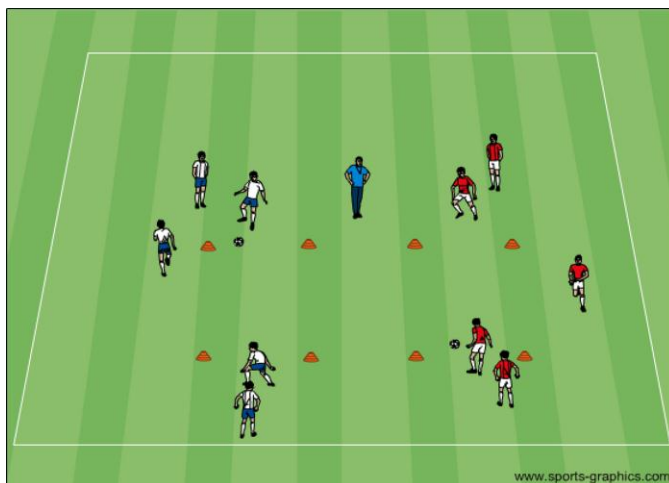
- Players need to be on their toes.
- Get the body in line behind the ball.
- Select the controlling surface.
- Relax the controlling surface upon impact.
- Look to take your first touch away from pressure.

Phase #1 { 15-20 minutes }



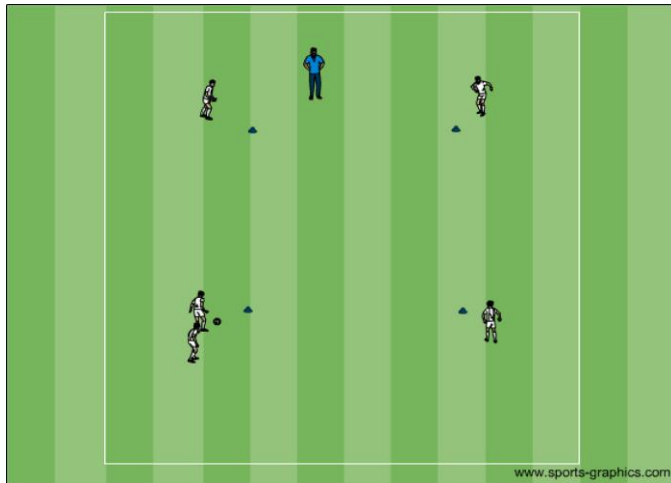
Setup a field of 45 x 35. The teams are playing 4 v 4 or 5 v 5 including goalkeepers. **Condition the players to take 2 touches minimum in possession. Encourage the players to receive the ball with the inside of the foot.**

Phase #2 { 10 – 15 minutes }



Setup three small goals 5-6 yards wide with the players lined up facing the goal 8–10 yards away. The players are in two or three teams of between four and six players. The first team to complete 10 passes that go through the goal wins the game. The players must take two touches, keep the ball moving at all times and follow the pass to the back of the line opposite. If any pass hits a cone or does not go through the goal the teams score goes back to zero.

Phase #3 { 10 – 15 minutes }



Setup a couple of 15 x 15 fields. The players are divided into groups of 5-6 players. Each group will start with one ball and at least one player on each corner of the field. The first player in line passes the ball and follows the pass to the next cone with the **ball passed around the square**. Restrict the players to three touches and introduce an element of competition by making it a race between the groups to complete 2-3 circuits.

Phase #4 { 20 – 25 minutes }



Setup a field of 45 x 35. The teams are playing 4 v 4 or 5 v 5 including goalkeepers. **Condition the players to take 2 touches minimum in possession. Encourage the players to receive the ball with the inside of the foot.**

U9-U10 Training Session 5.

Passing with the Inside of the Foot

Coaching Points:

- Stay on your toes
- Good first touch
- Get your head up
- Position of non-kicking foot
- Keep the ankle locked
- Accuracy and weight of pass

Phase #1 { 20 – 25 minutes }



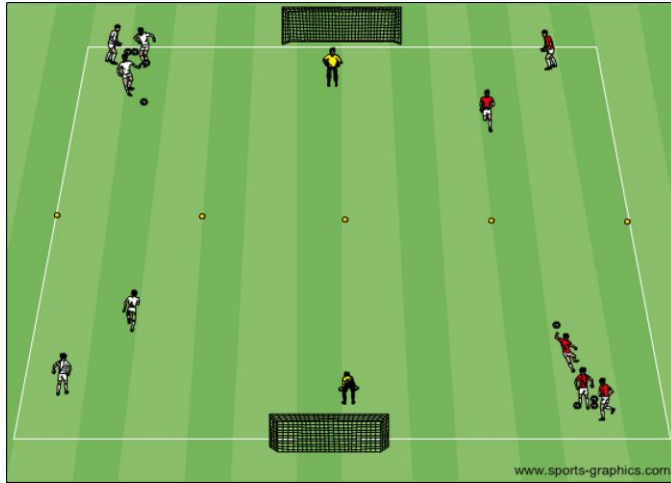
Setup a field of 45 x 35. The teams play 5 v 5 including goalkeepers and must complete 1-2 passes before a goal can be scored. Encourage the players to pass and receive the ball with the inside of the foot. **Condition the players to play a minimum of 2 touches in possession.**

Phase #2. Field 35 x 25. { 10 – 15 minutes }



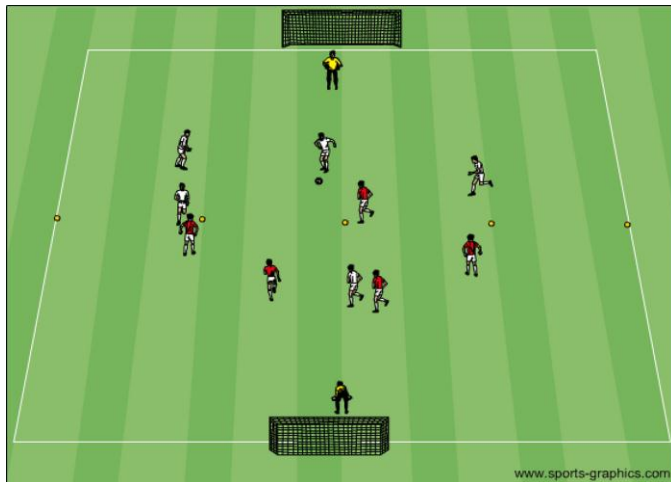
Set up 5-6 small cone goals { 2-3 yards wide } on the field. The players are in teams of two and play with one ball. The players must pass the ball to their partner through each of the small goals using the **inside of the foot** without knocking over the cones. If a player knocks over the cone they must pass the ball through the goal again continuing. The first team to complete the course wins the game.

Phase #3 { 15 – 20 minutes }



Setup a field of 20 x 30 with a goal at each end. The players are in two teams lined up on the corners of the field facing their team mates. The players on the opposite corners have a ball each. The first players in line serve the ball to their team mates and run to the line opposite while the shooting players takes one touch before shooting at goal. The shooting players then runs to the back of the serving line. All passes and shots must be struck with the inside of the foot. If the shooting players miss the target they collect the ball before returning to the line. Both teams play at the same time.

Phase #4 { 20 – 25 minutes }



Setup a field of 45 x 35 and play 5 v 5 as in Phase 1. **Condition the players to play 2 touch minimum in possession.**

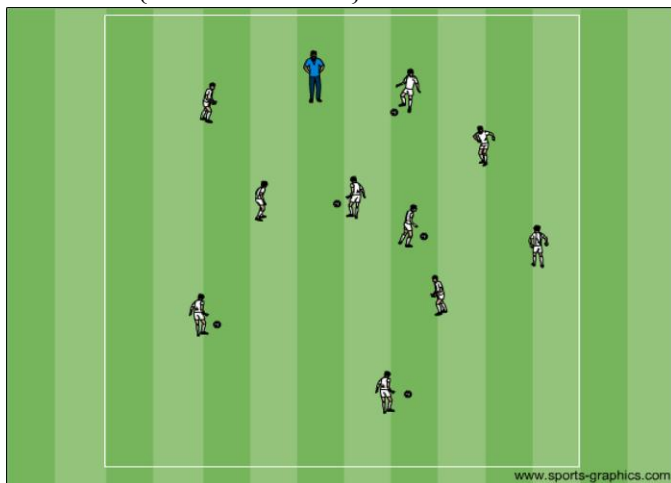
U9-U10 Training Session 6.

Passing to Keep Possession

Coaching Points:

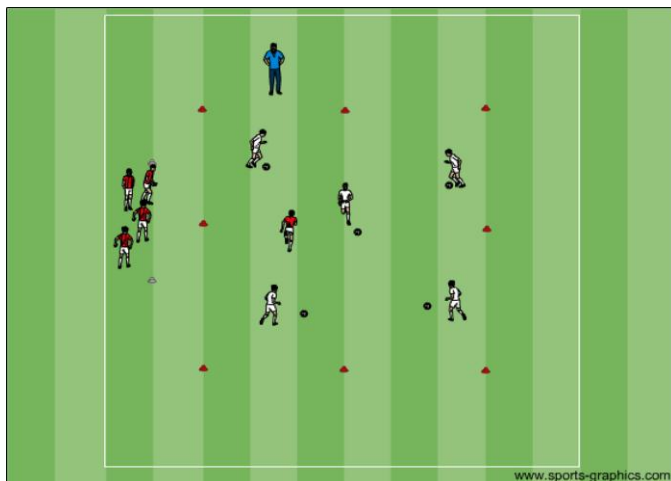
- Play with your head up
- Good first touch
- Good passing technique
- Accuracy and weight of pass
- Play away from pressure
- Create space as a team, width and depth

Phase #1 { 5 - 10 minutes }



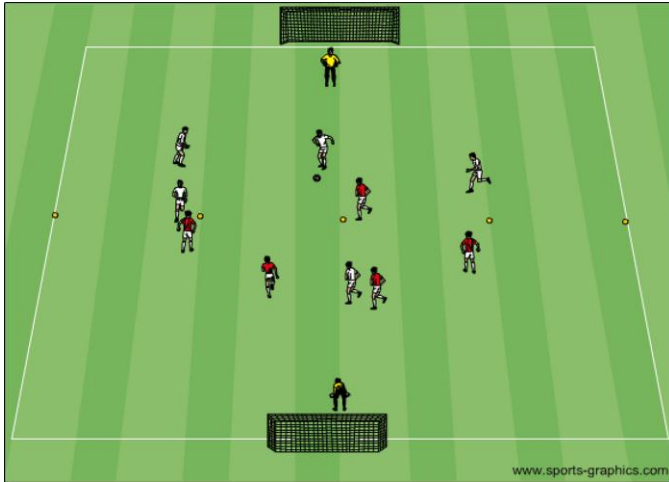
Setup a field of 40x30. Half the players have a ball and pass to one of the supporting players. Encourage the players to keep moving at all times and pass at game speed. As the phase continues limit the players to 3 touches.

Phase #2 { 10 – 15 minutes }



Setup a field of 20 x 20. Half the players start with a ball with the other players defending standing on the outside of the field. One defending player enters and has 20 seconds to knock the balls out of play. After 20 seconds they tag in their next teammate to become the next defender. If player on the team inside the square loses their ball they help their teammates keep possession. The round ends when all the balls are out, the teams then switch roles.

Phase #3 { 25 – 30 minutes }



Set up one or two fields of 40 x 30 with teams playing 3v3 with goalkeepers or 4v4. The teams must complete 2 passes before a goal can be scored. Rotate the teams every 6-7 minutes.

U11-U12 Training Session 7.

Passing to Targets

Coaching Points:

- Play with your head up
 - Open body position, good first touch.
 - Good passing technique, accuracy and weight of pass
 - Creating space, width and depth
 - Recognize when you can pass the ball forwards
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Phase #1 { 10-15 minutes }



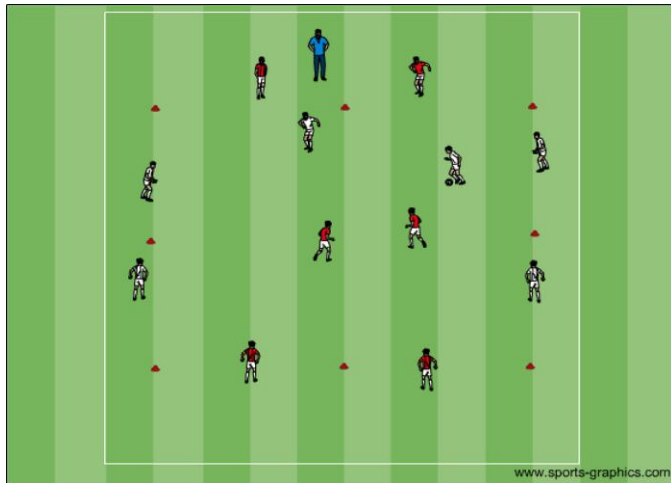
Setup a field of 45 x 35. The teams play 5 v 5 including goalkeepers. **Condition the players to complete 1-2 passes before a goal can be scored and to have a minimum of 2 touches in possession.**

Phase #2. { 10-15 minutes }



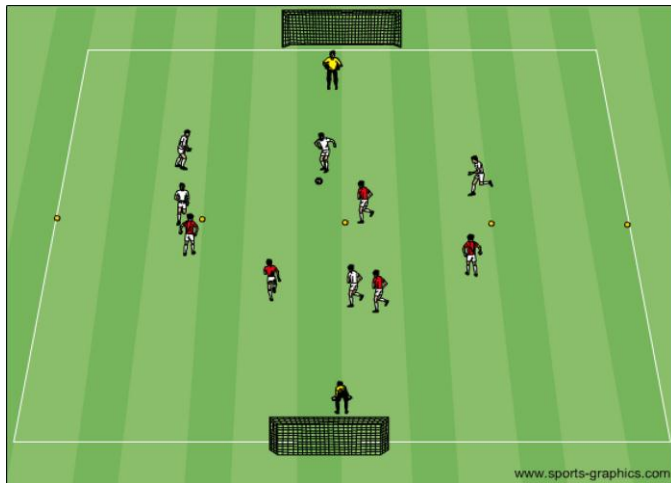
Setup a field of 20 x 20. The players are in two teams of 6 – 8 players. Two players on each team have a ball with the other players as target players on the outside of the field. The players with a ball pass to a target player and follow the pass taking that players space on the outside. Look to restrict the players in the center to three touches.

Phase #3 { 15-20 minutes }



Setup a field 20 x 20. The players in the center play 2 v 2. The players aim to pass to a team mate on the outside. Each time they complete a pass they take the place of that player and the game continues. A point is awarded for every completed pass that is received under control. The first team to get to 10 points wins the game. Repeat a number of times.

Phase #4 { 20-25 minutes }



Setup a field of 45 x 35. The teams play 5 v 5 including goalkeepers. **Condition the players to complete 1-2 passes before a goal can be scored and to have a minimum of 2 touches in possession.**

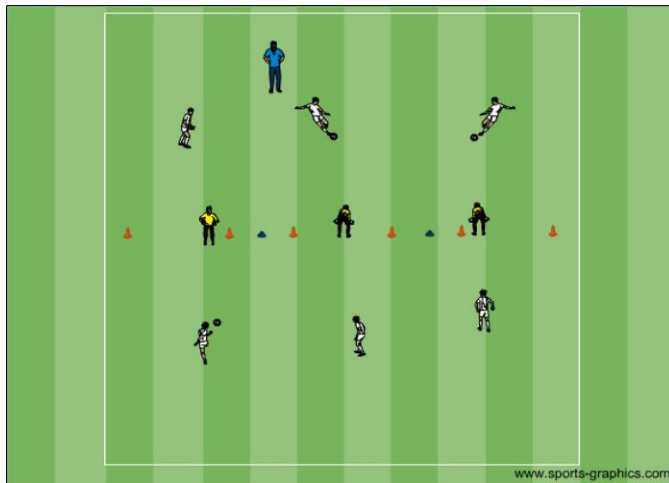
U9-U10 Training Session 8.

Shooting and Finishing

Coaching Points:

- Encourage the players to shoot when they can
- Place the non-kicking foot next to the ball
- Open body position when receiving
- Keep the ankle locked, strike through the ball
- Keep the knee over the ball
- Encourage the players to shoot at every opportunity with both feet

Phase #1 { 10-15 minutes }



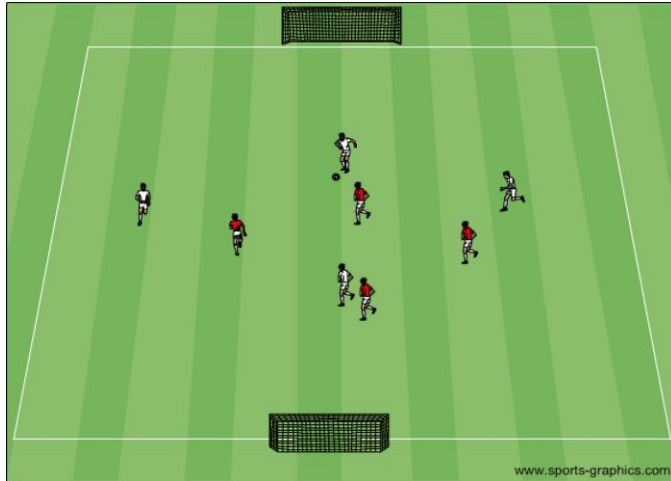
The players are in groups of three with one player at each end of the field 20 yards apart. The goalkeeper stands in the center in a small goal { 5-6 yards wide }. The players take it in turns to shoot at goal. Change the goalkeepers every 2-3 minutes. Encourage the players to use both feet and to use the laces and the inside of the foot to strike the ball. Also look for the better players to hit a moving ball when they are shooting.

Phase #2 { 20-25 minutes }



Setup a field of 20 x 30. The field is divided in half with two goals { 5-6 yards wide } at each end. The players are in two teams and must remain in their own half. They have a ball each and can score in any of the oppositions goals. All the players can be goalkeepers and can strike any of the balls in their own half or behind the goals. Encourage the players to hit a moving ball. Teams play to 7.

Phase #3 { 20-25 minutes }



Setup a field of 35 x 30. The teams play 4v4. **The players are conditioned to play a minimum of two touches when they have possession. Players can take one touch when they are shooting** or if they are trying to win possession. Encourage the players to shoot when they have the opportunity.

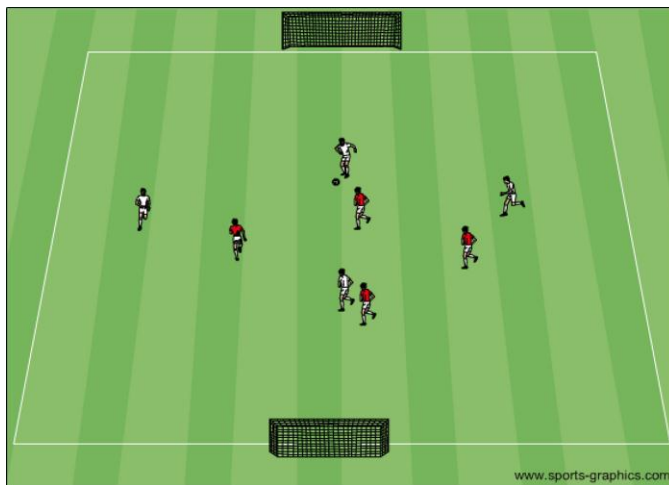
U9-U10 Training Session 9.

Shooting Off the Dribble

Coaching Points:

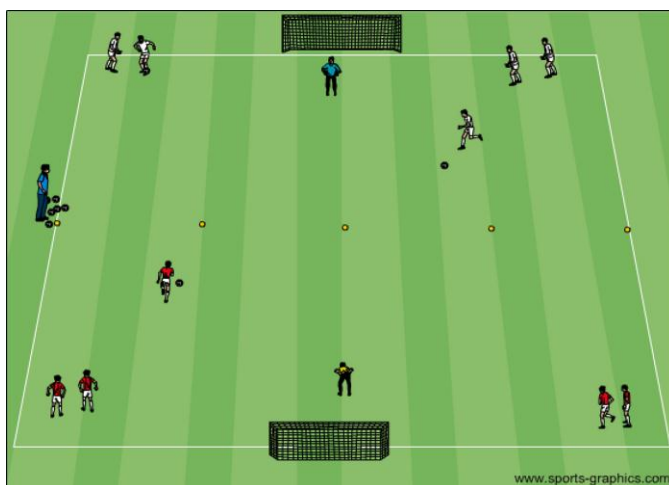
- Good control off the dribble
- Preparation touch, get a big stride in
- Position of non-kicking foot, next to the ball
- Good technique, ankle locked, knee over the ball

Phase #1 { 15 - 20 minutes }



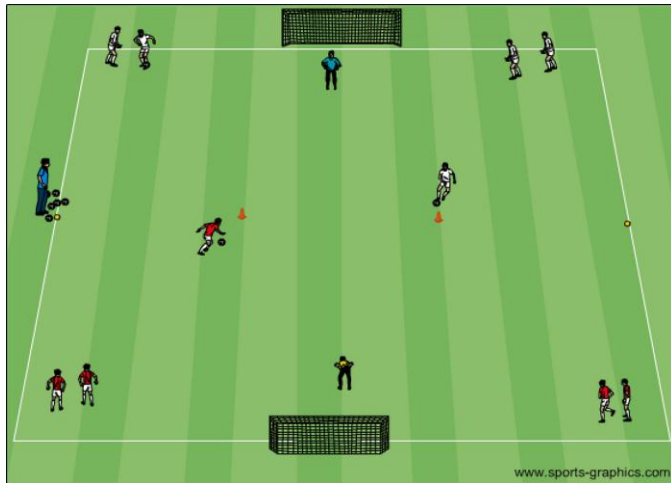
Setup a field of 35 x 30. The teams play 4v4. **The players are conditioned to play a minimum of two touches when they have possession.** Encourage the players to shoot when they have the opportunity. The last defender can play as a goalkeeper.

Phase #2 { 10 - 15 minutes }



Setup one or two fields of 35 x 30. The players dribble from opposite corners and shoot at goal. After each shot they join the back of the line opposite. Encourage the players to keep a record of the number of goals they score.

Phase #3 { 10 - 15 minutes }



The setup is the same as in Phase 1. The players dribble the ball at the cone 15 yards from goal, perform the Matthews move and shoot at goal. Condition the players to shoot immediately they move past the cone.

Phase #4 { 15 - 20 minutes }



Setup a field of 35 x 30. The teams play 4 v 4 or 5 v 5. **The players are conditioned to play a minimum of two touches when they have possession.** Encourage the players to shoot when they have the opportunity. The last defender can play as a goalkeeper.

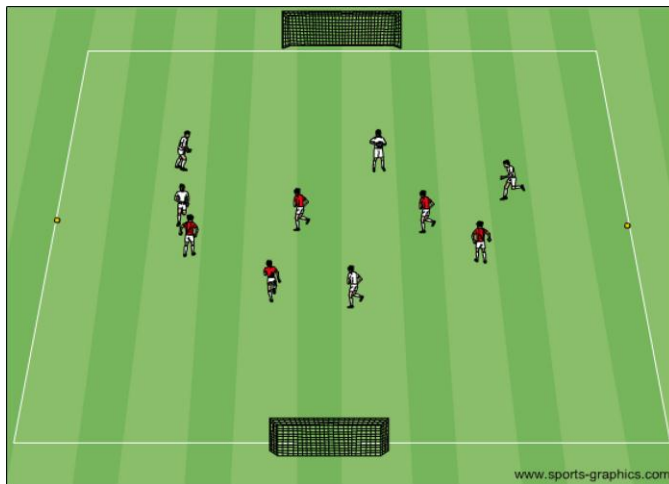
U9.10 Training Session 10.

Goalkeeping.

Coaching Points

- Good footwork to get behind ball
- Palms facing away from goal
- Shoulders remain square to the ball
- Make contact with the hands first

Phase #1 { 15-20 minutes }



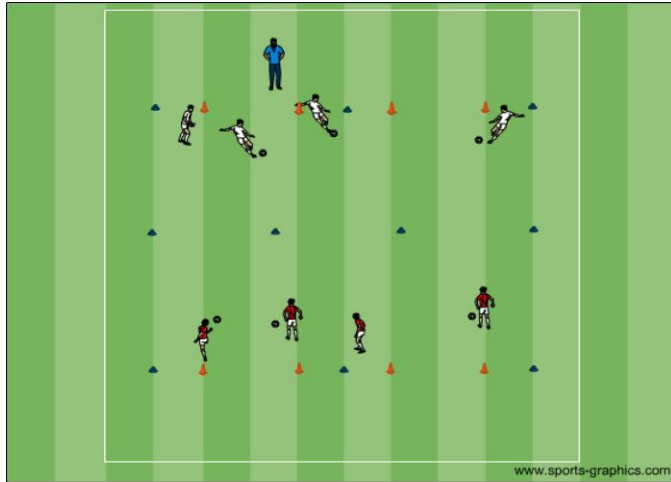
Set up a field of 30 x 20. The players are in two teams and play 5 v 5. The players pass the ball to their teammates by throwing the ball. The other team can win the ball by intercepting the passes or by collecting a ball on the ground. The team in possession must complete 1-2 passes before attempting to score. A goal is scored by throwing the ball into the goal. For variation look for the players to roll the ball on the ground when passing to a team mate.

Phase #2. { 10-15 minutes }



The players are in groups of three with one player at each end of the field 20 yards apart. The goalkeeper stands in the center in a small goal { 5-6 yards wide }. The players take it in turns to shoot at goal. Change the goalkeepers every 5 minutes. **Encourage the goalkeepers to use their hands as much as possible.**

Phase #3 { 20–25 minutes }



Setup a field of 20 x 30. The field is divided in half with two goals { 5-6 yards wide } at each end. The players are in two teams and must remain in their own half. They have a ball each and can score in any of the oppositions goals. **All the players are goalkeepers** and can strike any of the balls in their own half or behind the goals. **Encourage the players to use their hands to make a save.** The first team to score 7 goals wins the game. Repeat a number of times.

U9-U10 Training Session 11.

Dribbling to Create Space

Coaching Points:

- Keep control of the ball
- Play with your head up
- Change direction and speed
- Good technique when turning
- Shielding the ball
- Dribble away from pressure

Phase #1 { 10 – 15 minutes }



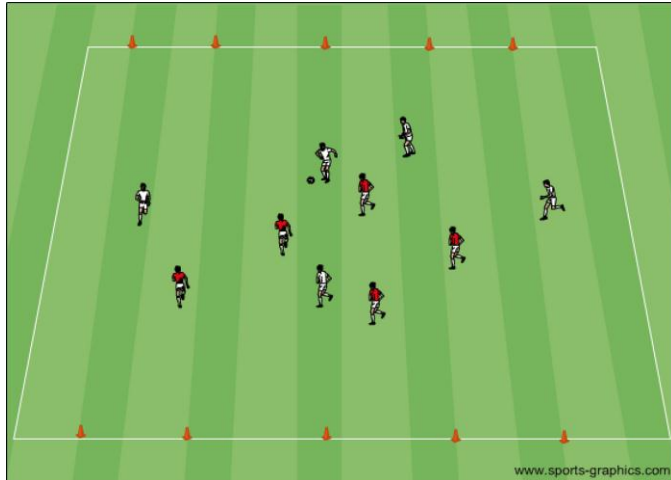
Setup a field of 25 x 25. The players have a ball each and practice dribbling techniques to create space such as the drag back turn and the hook turns. Every minute half the players become passive defenders and shadow one of the dribbling players. After 7 - 8 minutes allow the defenders to compete for the ball and have the players play 1 v 1.

Phase #2 { 10 – 15 minutes }



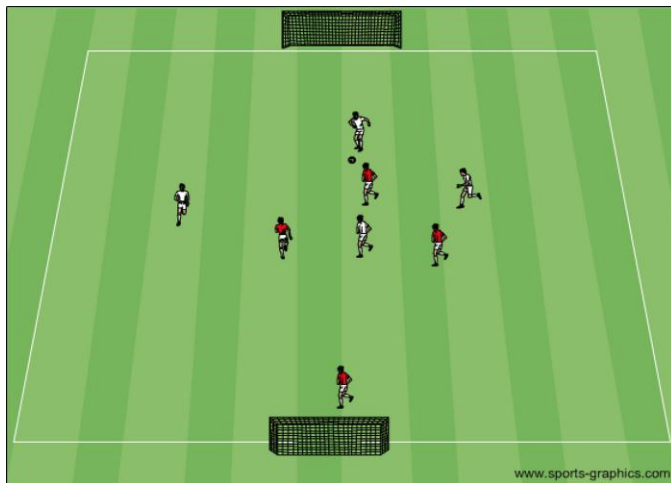
Setup a number of fields 15 yards apart with a goal at each end. The players are in groups of 8 – 10 and play 1 v 1. The coach plays a ball in and the players compete for possession and look to score in either one of the goals by dribbling the ball through them. After each game the players run to the back of the line and the next pair go.

Phase #3 { 15 – 20 minutes }



Setup a field of 30 x 20 with a line of 5 cones at each end. The players are in two teams and play 4v4 or 5v5 with 2-3 balls in play. If a ball goes out of play the coach puts one into play as quickly as possible. The players score a point for their team if they knock down one of the opposition cones. The game ends after 5 minutes or when all one team's cones have been knocked over.

Phase #4 { 20 – 25 minutes }



Setup a field of 35 x 25. The teams play 4v4 with a floating goalkeeper. Condition the players to play a minimum of two touches to encourage them to dribble. The players should be looking to perform the dribbling techniques practiced at the start of the session.

U9-10 Training Session 12.

Dribbling to Beat a Player.

Coaching Points:

- Encourage players to take on defenders in 1 v 1 situations
- Keep control of the ball.
- Play with the head up.
- Change direction and speed.
- Recognize where the space is to attack.

Phase #1 { 15 - 20 minutes }



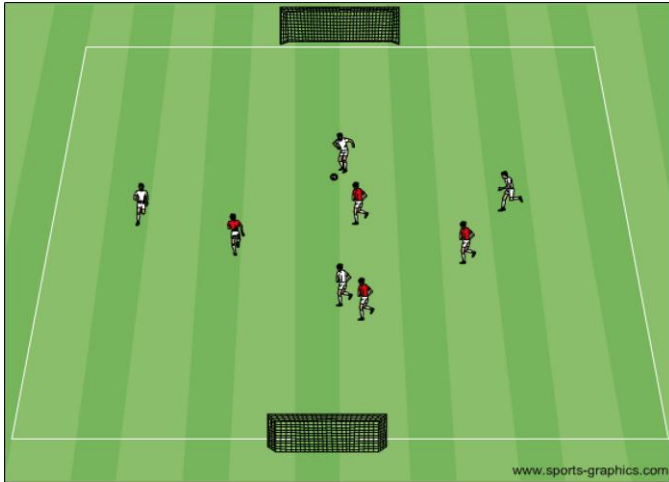
Setup a field of 30 x 30. The players have a ball each and practice moves to beat a defender. Some suggested moves; Matthews, inside cut, step over. For variation practice a move for 1-2 minutes and then play a short dribbling game such as king of the jungle before continuing to practice the dribbling moves.

Phase #2 { 20 - 25 minutes }



Setup a field of 30 x 20. Divide the players into two teams who line up on opposite corners of the field. Each player is given a number with a player on the opposite team having a corresponding number. The coach calls out a number and the respective players come out and play one on one until a goal is scored or the ball goes out of play. After 5 minutes start calling out numbers at intervals so you have two or three games going on at the same time. The first team to score 5 goals wins.

Phase #3 { 20 – 25 minutes }



Set up one or two fields of 35 x 25. The players play either 3 v 3 or 4 v 4. The players have to take at least two touches every time they have possession of the ball. Encourage all the players to take on opponents in 1 v 1 situations.