

U9/U10 Curriculum

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U9/U10 Main Points

Technical/Tactical

- High emphasis on individual tactics & ball possession
- Ability to connect and combine with teammates in small groups
- Begin to introduce game model principles
- High focus on SSGs

Social

- Develop a positive team atmosphere and environment
- Engagement of parents within the process

Psychological

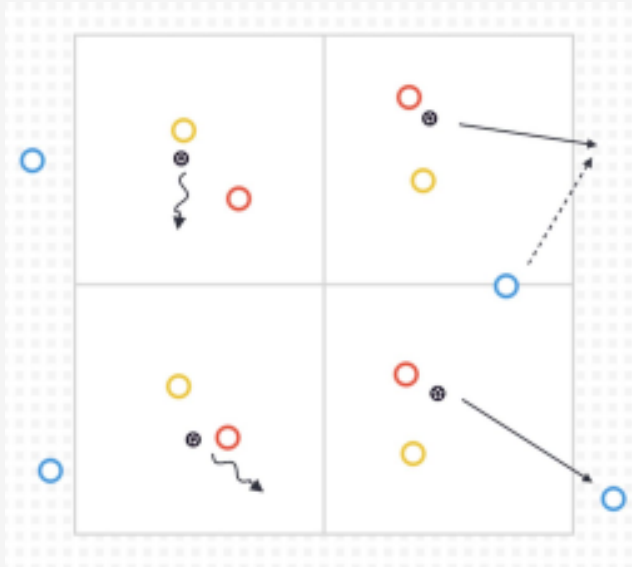
- Develop a love and passion for the game
- Culture of self play and practice

Individual Possession

Individual Tactics & Possession Principles

1. Ball manipulation – core moves & turns – developing a connection with the ball
2. Ability to turn, change direction, and change speed in a variety of ways – ‘staying on the ball’
3. Playing with disguise
4. Awareness – ‘look’
5. 1vs1 practices in a variety of scenarios
6. Staying on the ball with a purpose
7. Carry and travel with the ball under varying degrees of time and space
8. Receiving the ball under pressure from varying angles
9. Dominating the opponent without the ball – ability to ‘lose your man’
10. Before, during, and after
11. Variety of receiving skills and aerial control
12. Creative, confidence, and composed behavior

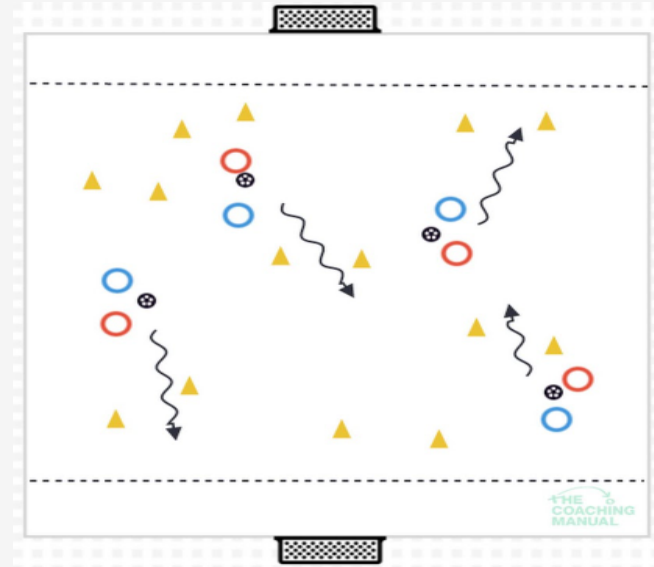
Individual Tactics & Possession Activities



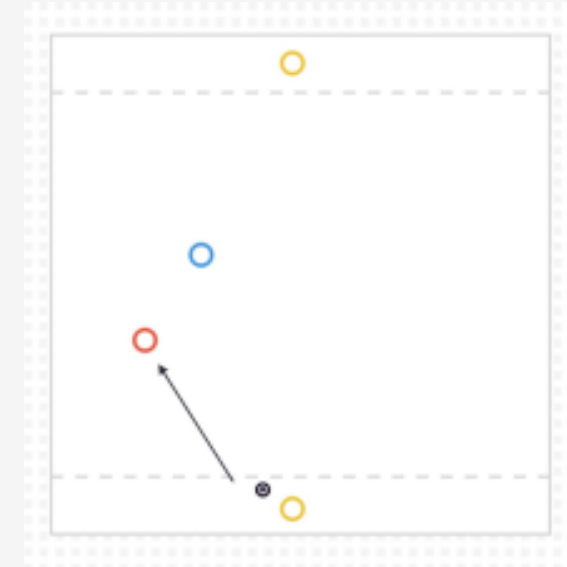
- 1vs1 + 1 support player in each grid
- Aim is to stay on the ball for as long as possible
- Swap roles periodically

Progressions:

- Progress to 2vs1

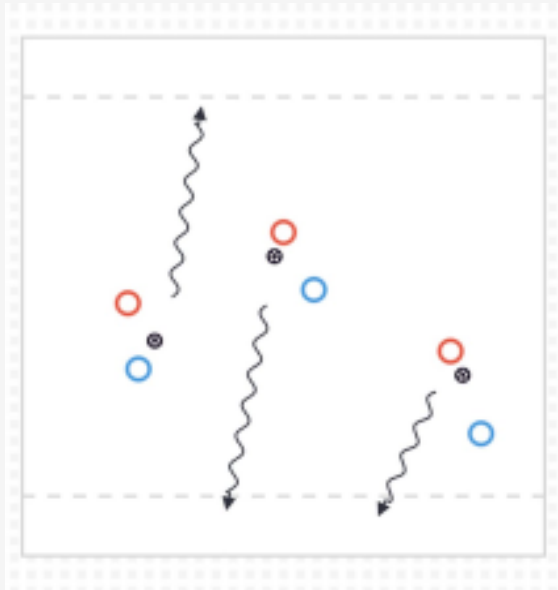


- Grid setup as in diagram with two goals and gates setup throughout.
- 1vs1 game with each player trying to score in the goal.
- Number of gates dribbled through before scoring = # of goals
- Have to be in end zone before you can score.



- 1vs1 + 2
- Play from target player to target player

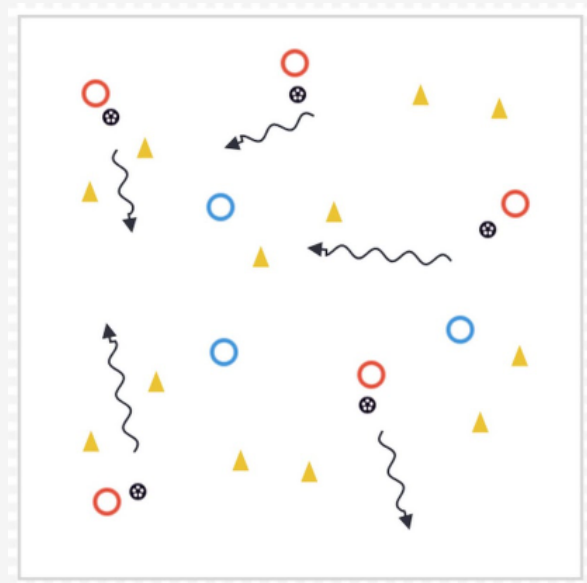
Individual Tactics & Possession Activities



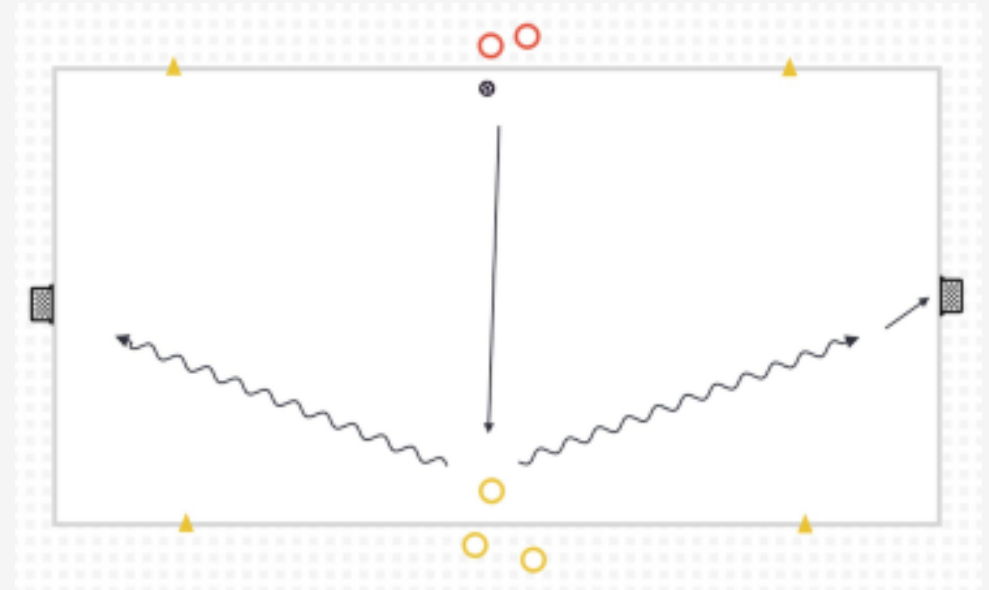
- 1vs1 dribbling over end line under control to score

Progression:

- Panna rules

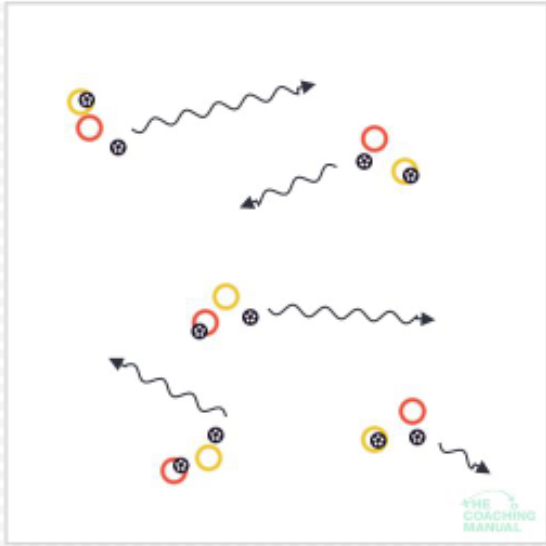


- Grid setup as in diagram with gates spread throughout
- 1vs1 having to dribble through as many gates as possible without the ball being recovered by defender

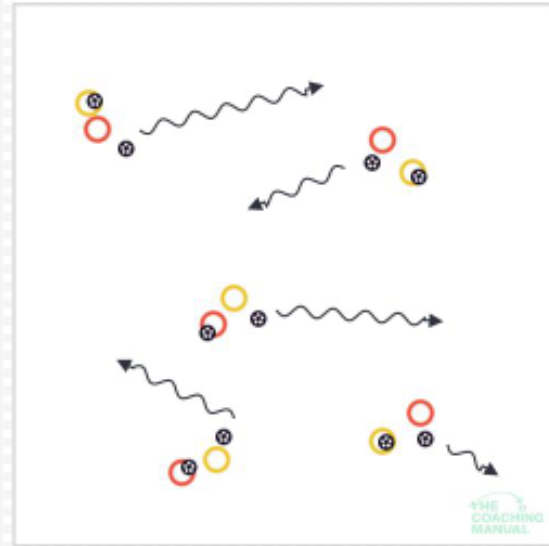


- Reds pass ball across to yellows, who then have to score in either mini goal
- Reds try to recover ball and go to goals themselves
- Have to be in end zone before you can score

Individual Tactics & Possession Activities

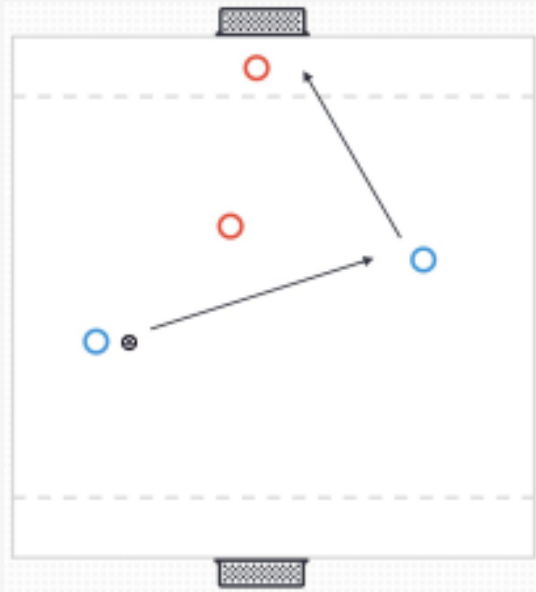


- 1vs1 escape game
- In pairs, players have a ball each.
- One player is the tagger, and one player escapes
- If tagged, switch roles.

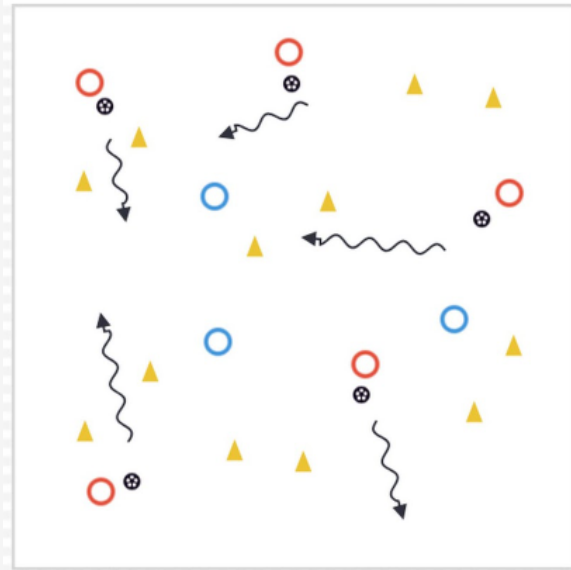


- 1vs1 protect and escape game
- Players with a ball each in pairs
- One player with the ball in their hands and one player with the ball at their feet
- The player with the ball in their hands has to tag the other players ball.

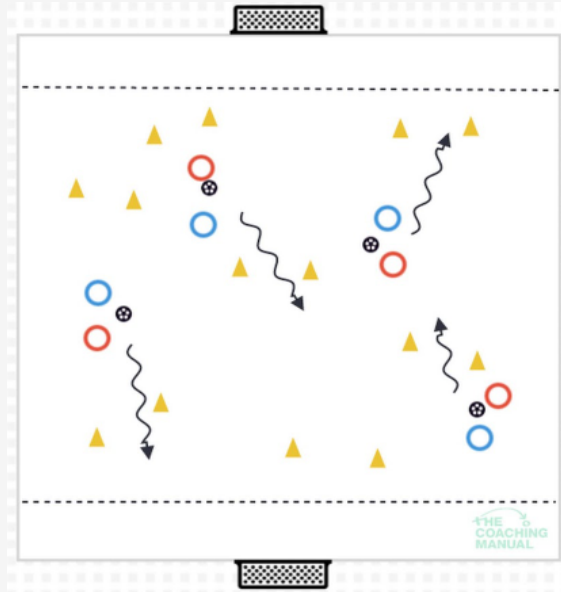
Individual Tactics & Possession Example Session



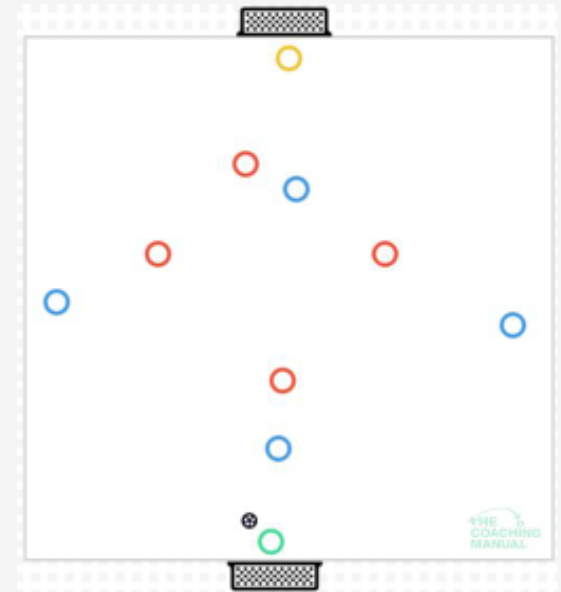
Arrival Activity – PLAY (Tactical SSG)



PRACTICE Activity #1



PRACTICE Activity #2



TRAINING GAME

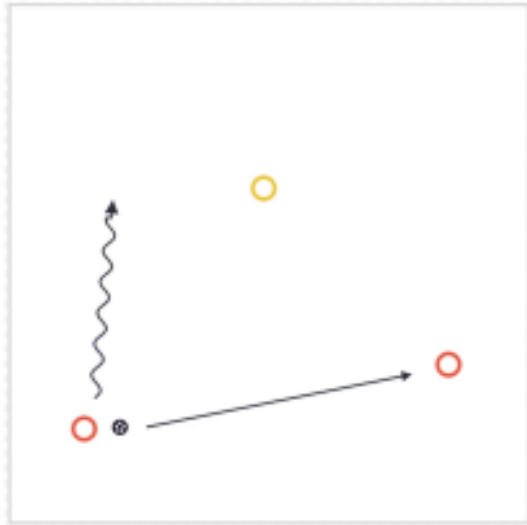


Small Group Possession

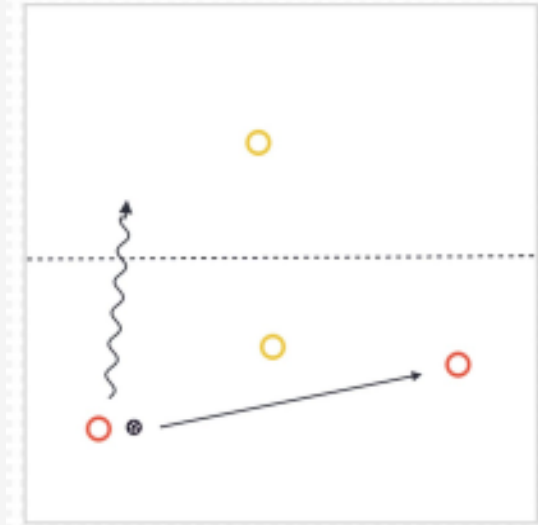
Small Group Tactics & Possession Principles

1. Support – the provision of passing options
2. Numerical advantages
3. Recognize, understand, and dominate an opponent in a 2vs1
4. Width/depth
5. If a pass is not available, then do not pass it
6. Movement to lose a marker
7. Penetration – ‘playing through gaps’
8. Dribbling and passing to attract
9. Body orientation
10. Changing the speed and rhythm of the game
11. Composure and patience when in possession of the ball
12. Intent and purpose when performing an action
13. Connect and combine with teammates
14. Awareness and perception – ‘look’
15. Forethought and anticipation
16. Before, during, and after
17. Creativity and improvisation

Small Group Tactics & Possession Activities



- 2vs1 where players have to continually try to bypass defender and dribble over end line to score

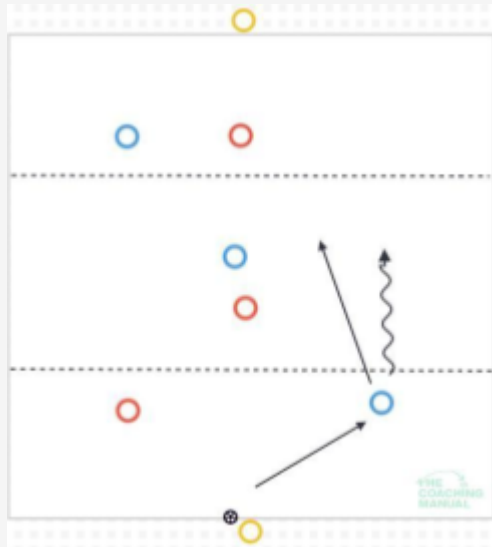


- 2vs1+1
- Same as left but now have to bypass two defenders.

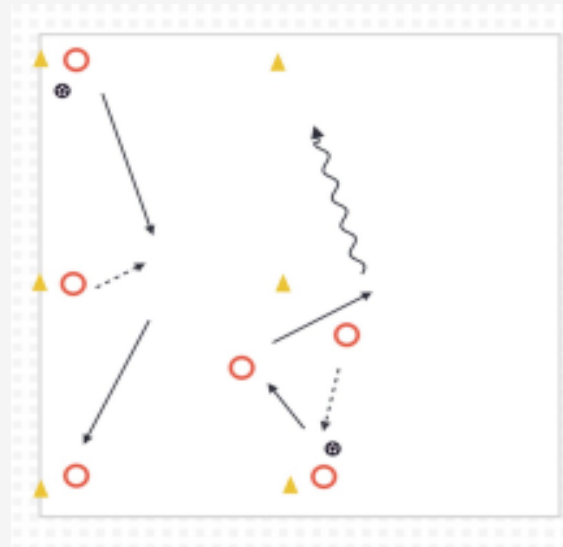


- 2vs2 + 2
- Play from end to end continually.
- Use the half way line as a reference for positioning and space. E.g. when in possession, have to occupy both halves, but can move and rotate.

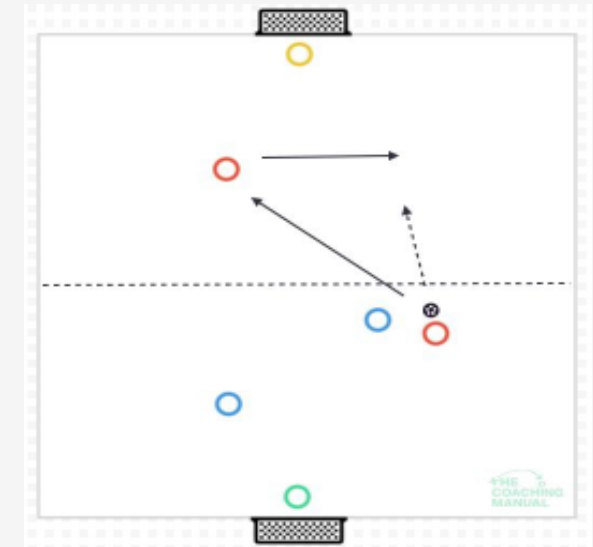
Small Group Tactics & Possession Activities



- Same as on previous page, but now 3vs3 +2

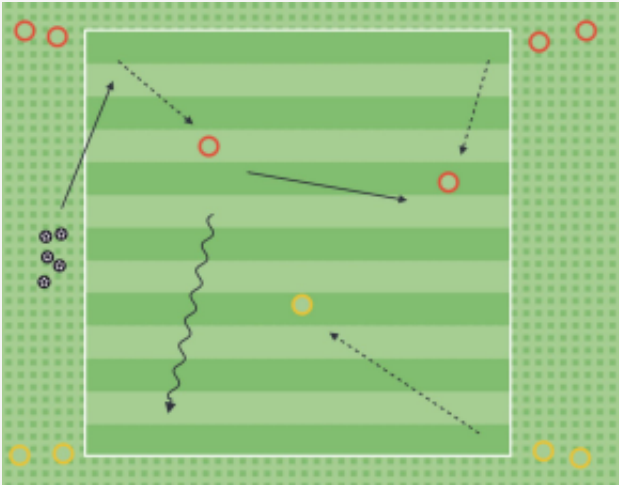


- Unopposed technical practice working on combining as a pair

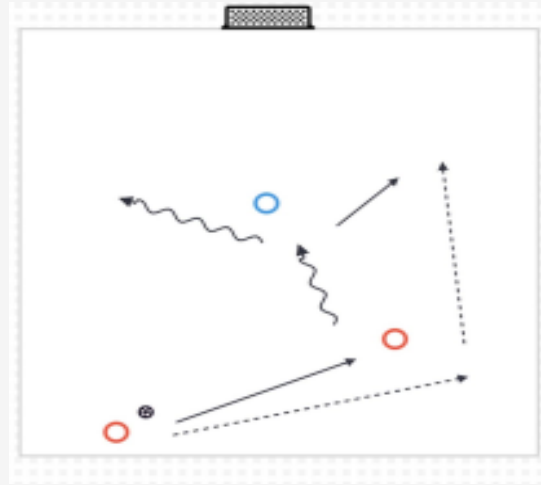


- 1vs1 +1
- 1vs1 game with GKs and a forward player for each attacker.
- Have to combine with attacker before you can go to goal.

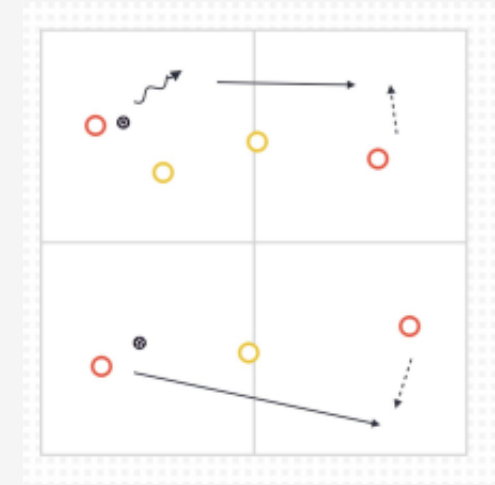
Small Group Tactics & Possession Activities



- 2vs1 repetition circuit
- Dribble over end line to score

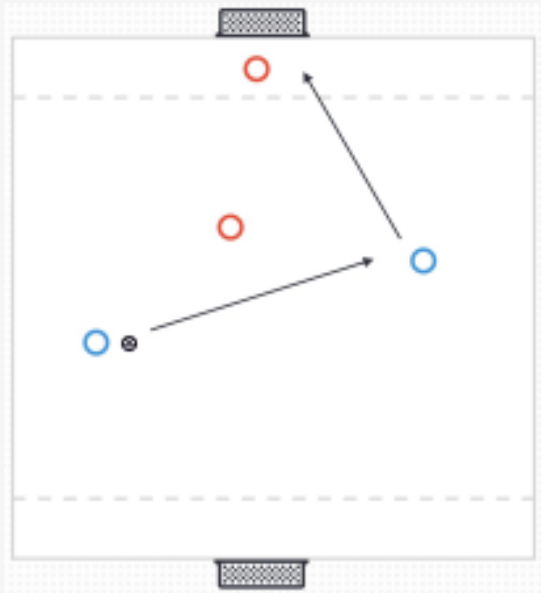


- 2vs1 to goal
- Have to perform overlap before you can score
- Remove restrictions after a certain amount of time

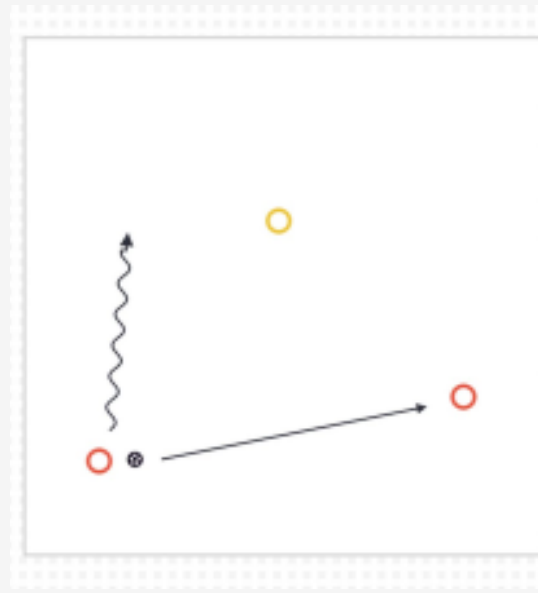


- 2vs1 combining with a teammate
- Attackers in each half, with defender defending the line (bottom).
- (Top) – 2vs2 with one defender pressuring ball

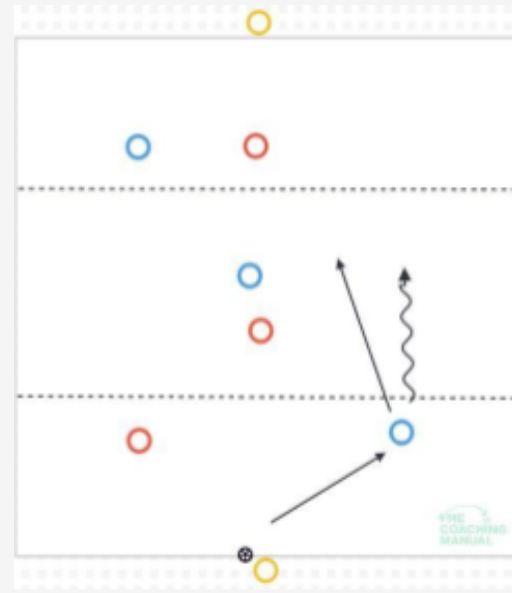
Small Group Tactics & Possession Example Session



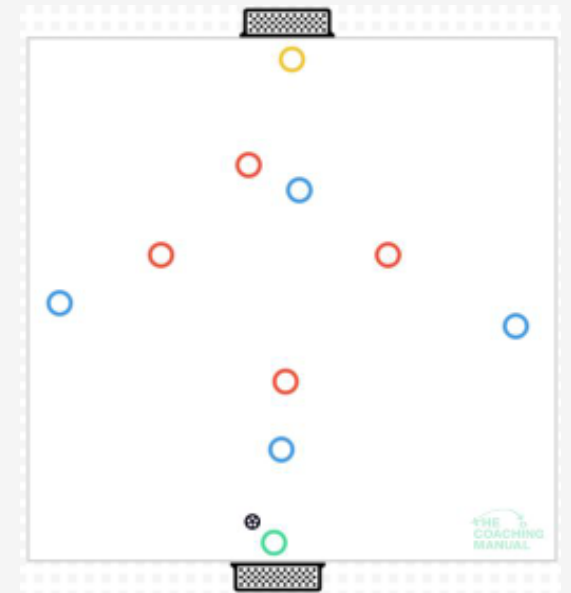
Arrival Activity – PLAY (Tactical SSG)



PRACTICE Activity #1



PRACTICE Activity #2

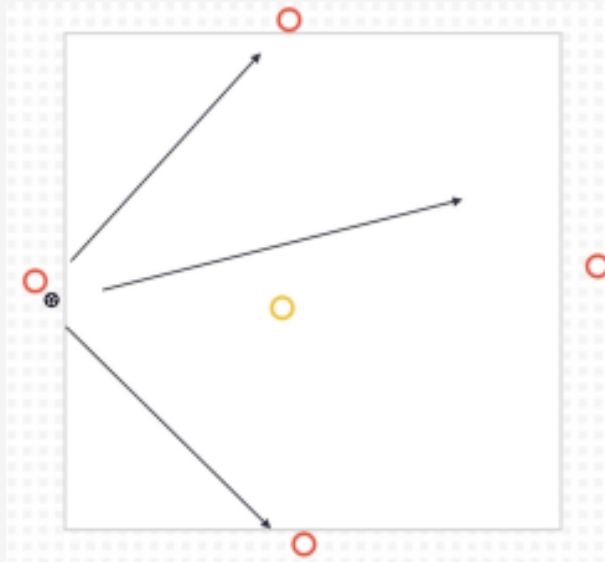


TRAINING GAME

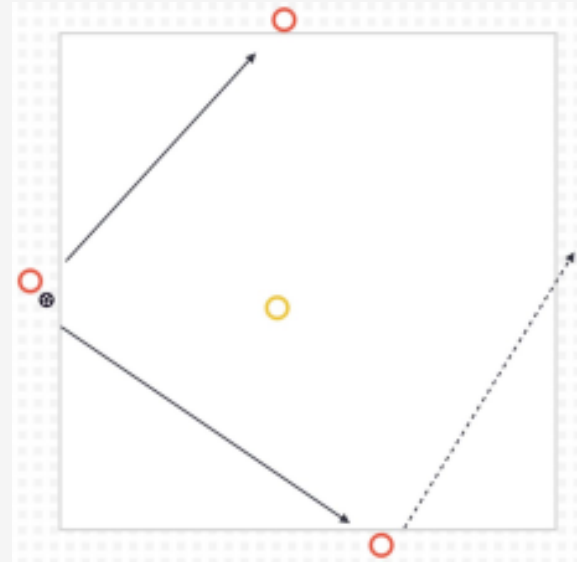


Rondos and Position Games

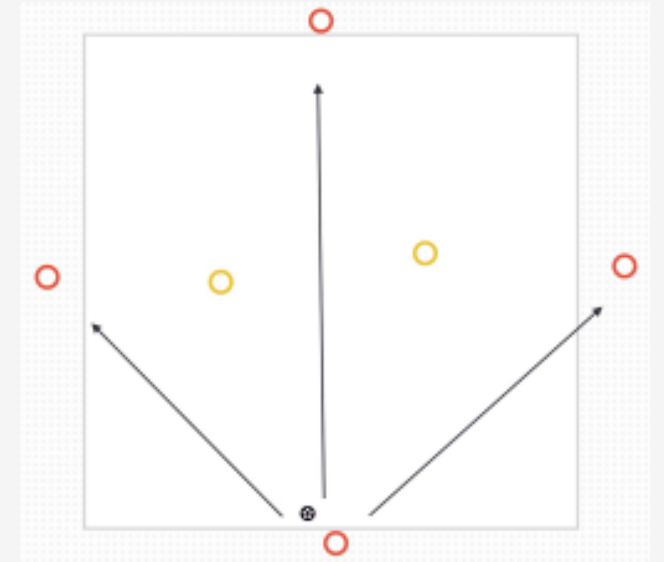
Rondos



- 4vs1

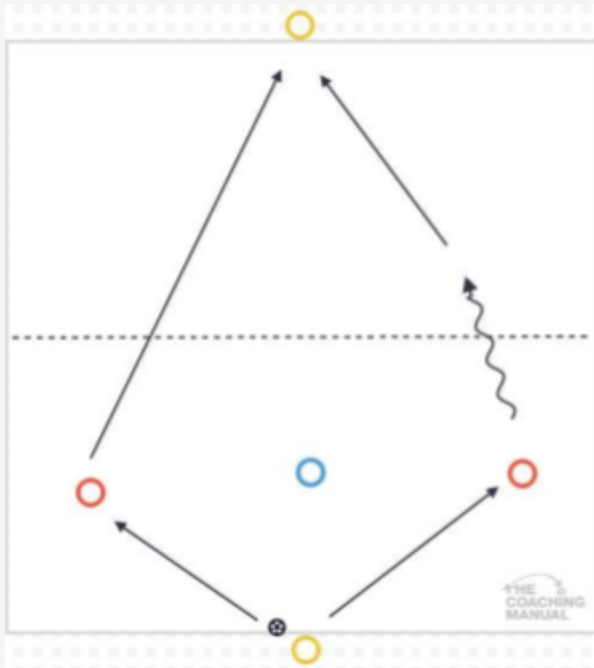


- 3vs1

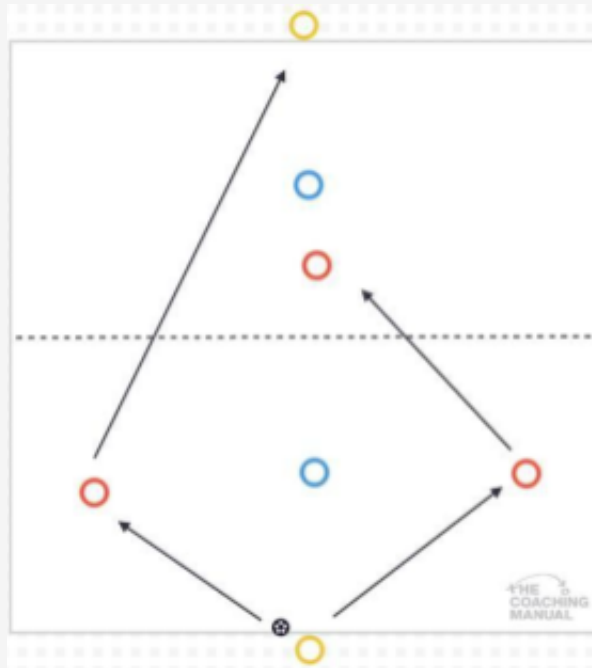


- 4vs2

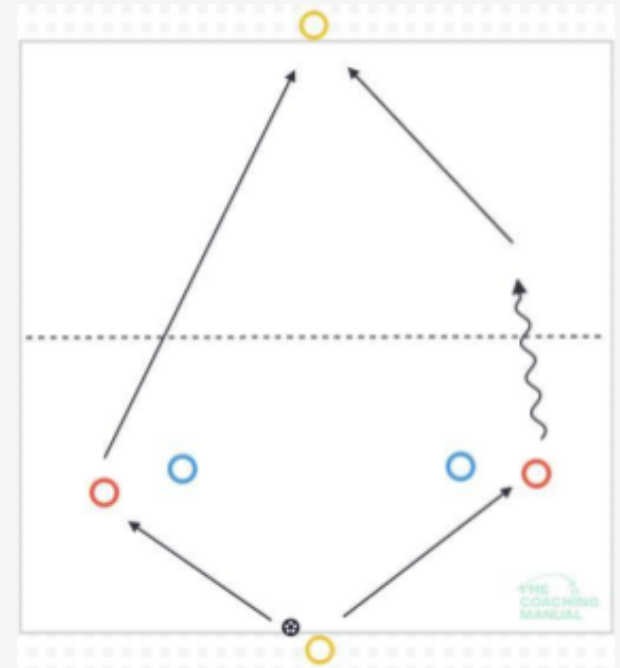
Position Games



- 2vs1 + 2

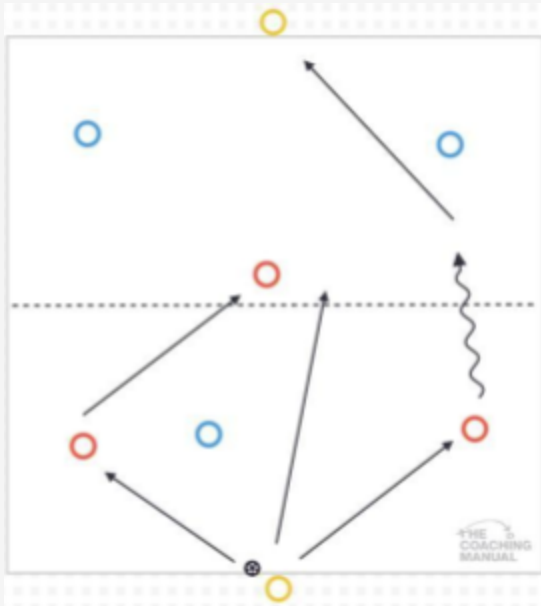


- 3vs2 + 2

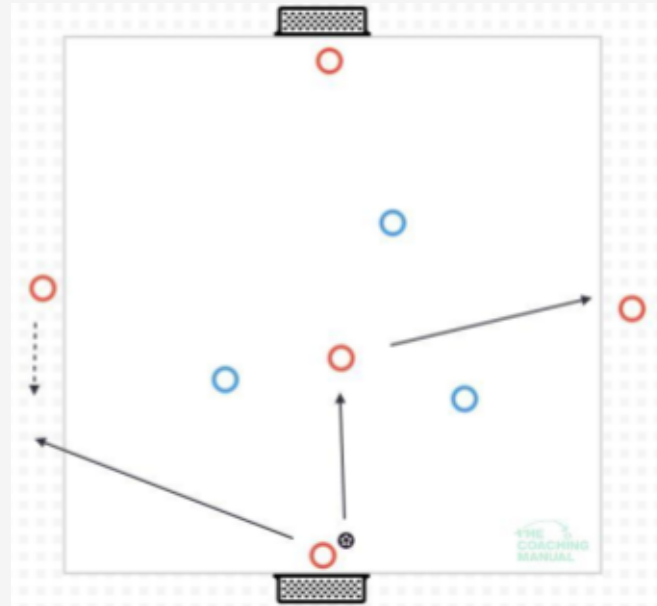


- 2vs2 + 2

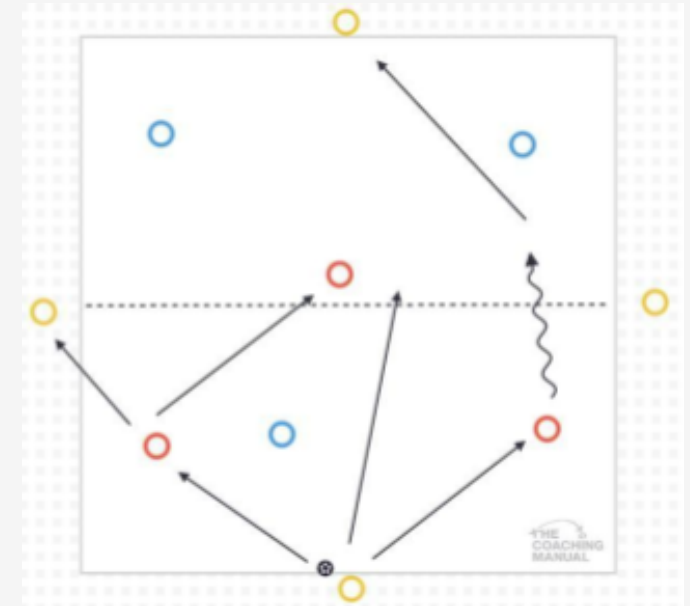
Position Games



- 3vs3 + 2

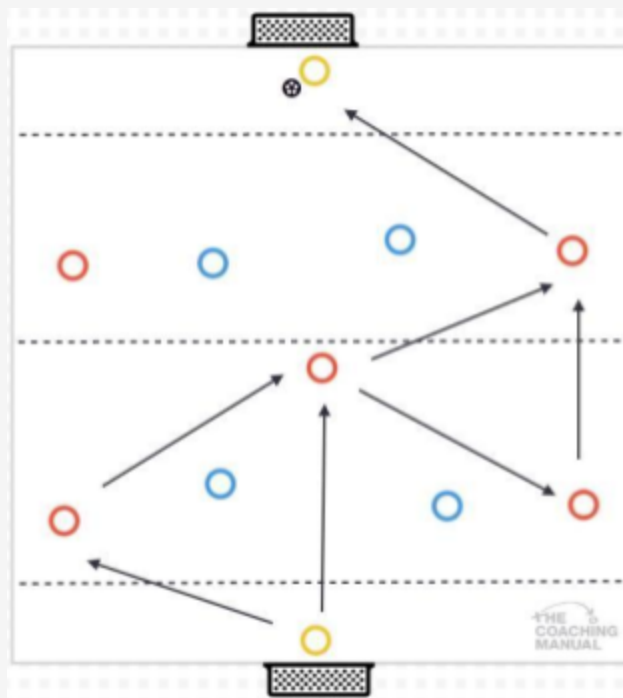


- 5vs3
- Reds possess ball vs. blues who try to recover and go to goal



- 3vs3 + 4

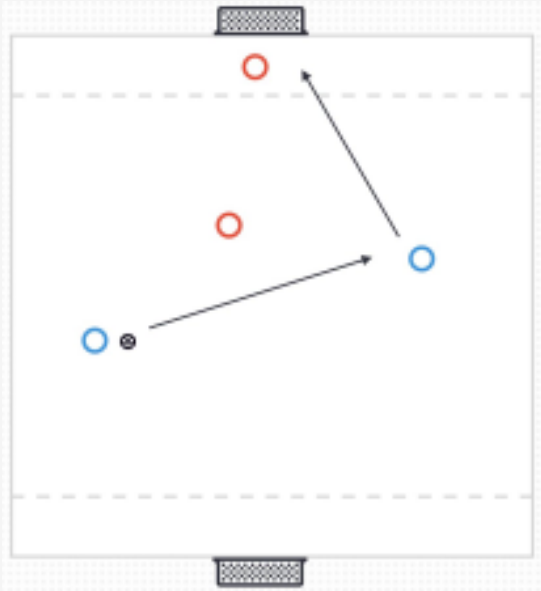
Position Games



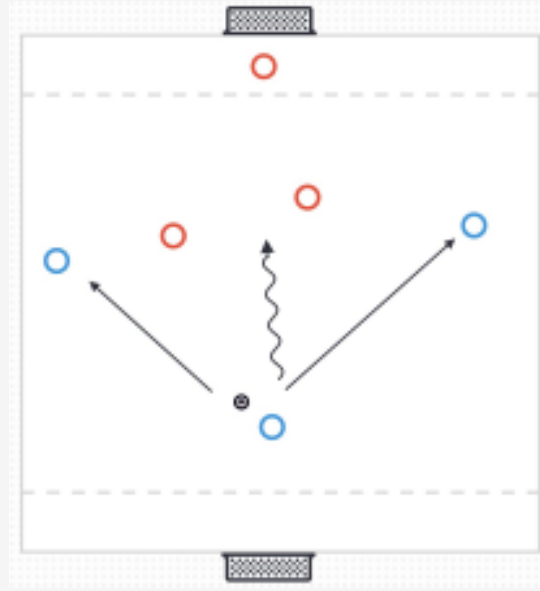
- 7vs4
- Reds possess ball from GK to GK
- Blues aim to recover ball and go to goal.

Small Sided Games

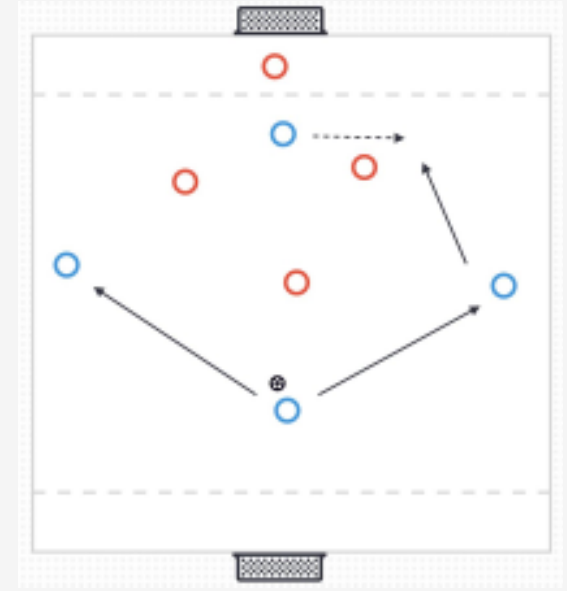
Small Sided Games



- 2vs2 (2vs1)

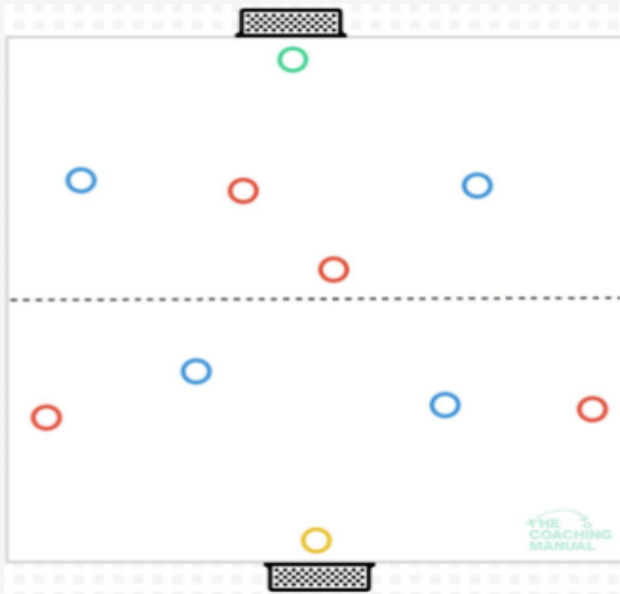


- 3vs3 (3vs2)



- 4vs4 (4vs3)

Small Sided Games



- 5vs5 SSG
- 2vs2 in each half + GKS
- Defenders can join in attacking half when ball goes in.
- When GK has the ball, back to 2vs2 + GK

Game Model

Game Model Principles

In Possession

1. Positional structure of team
2. Numerical superiority
3. Finding and becoming the most open player
4. Support behind and in front of ball
5. Patience and composure when in possession, and not rushing play forward if it is not on.
6. Everyone involved

Out of Possession

1. Immediate intention to prevent/delay forward play
2. Try to win the ball back as close to opponents goals as possible.
3. Compactness as a team

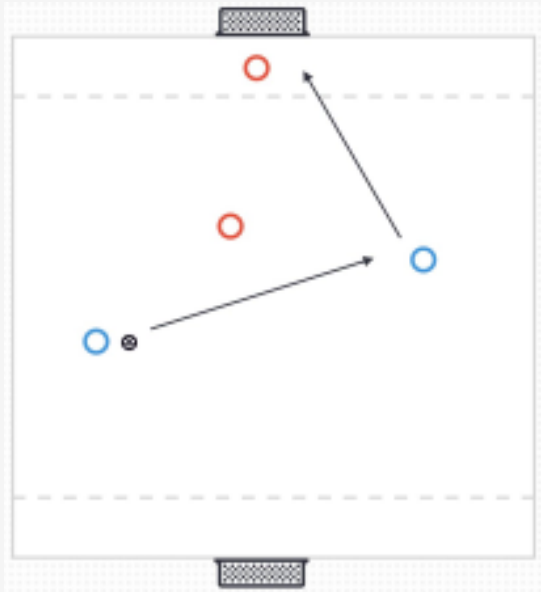
Transition – ATT-to-DF

1. Anticipation of loss of possession
2. Immediate change of mentality from attacker to defense.
3. Compact spaces around the ball
4. Be aware of space away from the ball.

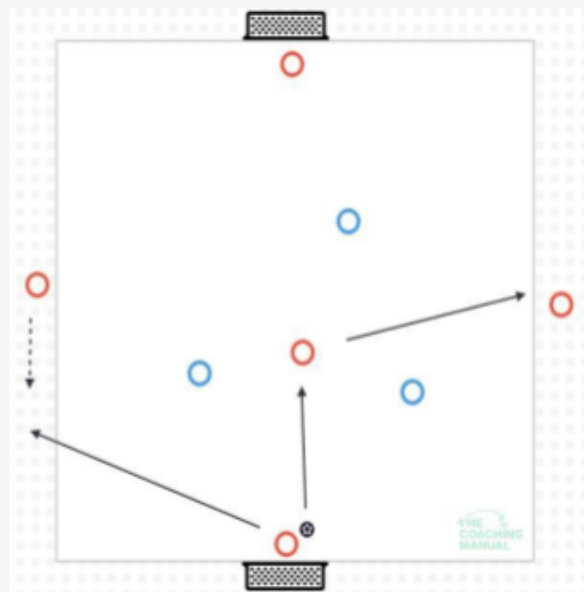
Transition – DF-to-ATT

1. Immediate change of mentality from defense to attack
2. Attack quickly to goal
3. If the above is not available, possess the ball.

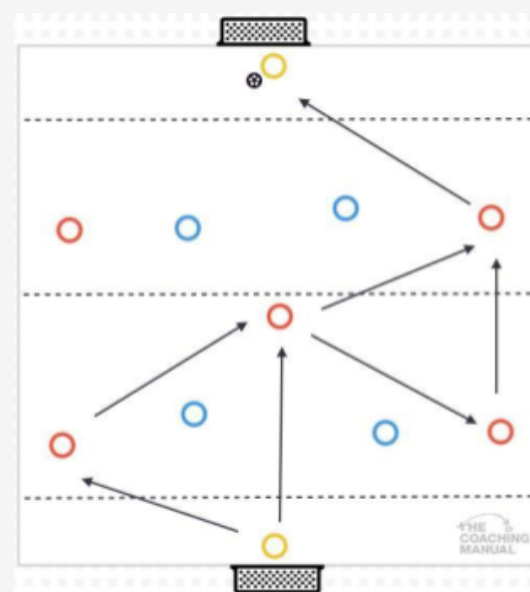
Game Model Example Session



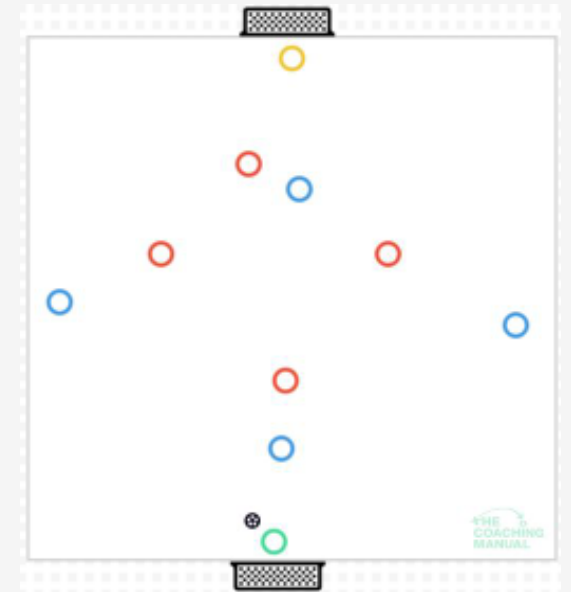
Arrival Activity – PLAY (Tactical SSG)



PRACTICE Activity #1 - Rondo



PRACTICE Activity #2 – Position Game



TRAINING GAME



