



EHSC U9 & U11 Coach Booklet 2023

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Playing Philosophy

- ***Encourage the players to settle the ball then Dribble-Pass-Shoot*** based on the situation they have possession of the ball.
- Close to opponents goal they would look to shoot- if under pressure they may look to Pass, if they have space or attacking opportunity to go forward may look to dribble.
- Defenders do not have to stay back by their goal area- Defenders are encouraged to move up and join in the attack when their team has possession of the ball
- 2 x 25-minute Halves 5 minute half-time (this may be reduced to keep start/finish times of the games on schedule)
- U9: 5-Aside & U11: 7-Aside
- Coaches may step on to the field to guide a player if it does not interfere with the flow of the game- do not want it to become a distraction or interfere/impact the game.
- Encourage players to “Steal” or “Press” to regain possession of the ball



EHSC Community U9 & U11 Game Rules

- **Goal Kicks-** Goal kicks happen when the ball exits the end of the field last touching the attacking team in that half. Goal kicks can be taken anywhere within **5 yards from the goal** and unopposed. Retreat lines are also in effect. The Retreat Line is set for half field for U8/9 and 1/3rds for U10/11 games.
- **Corner Kicks-** Corner Kicks are in effect and should be treated similar to when the ball goes out the sidelines. Corner kicks can be passed in or dribbled into the field of play at U9 & Kick-in for U11.
- **Stoppages/ Restarts-** Restarts should be done as quickly as possible. After a goal is scored, restarts happen from the middle of the field and should be done as quickly as possible to maximize time-on-task. Hand balls and fouls are rewarded with a direct free kick. Pass back to GK is rewarded with a direct free kick from the sideline.
- **Throw-Ins (Kick-Ins)-** Restarts will happen with either a pass in or dribble in from the ground. This encourages quicker restarts, more successful restarts, and less stoppages in game for error throw-ins. Players who dribble in from a restart must make a pass before their team can shoot.
- **Substitutions-** Substitutions can take place on the fly (during the game) while the game is ongoing, or during any stoppage. All players should get even playing minutes and goalkeepers should not be left in the goal for the entire game.
- **Game Leaders (U8/9)-** Game Leaders will be scheduled by the host club. Games will be run by 1 or 2 game leaders with aid from the coaches actively engaged with the game. Game leader duties include, starting the game on time, then managing the game with aid from coaches, and ending the game on time.
- **Coaches-** There will be no rule to stay isolated on the bench and have the option to move around during the game to help players throughout the game without negatively impacting the flow of the game.



Player Expectations

- Coaches are volunteer and are in place to offer soccer programming
- Coaches will not have time to deal with inappropriate behavior- if players do not listen they will be asked to come out of the activity where the coach will have a conversation with them around their behavior. If behavior continues then a conversation around the player's involvement will take place.
- Players will play/try multiple positions- too young to become "specialized" to a specific position- goalkeepers may be the only position where players are not equally rotated- however in some cases they may try it.
- Lastly, and most importantly, Players should enjoy the game of Soccer.



U9 Program



- Aim of the U9 program is to build the Foundation of the Player.
- Dribbling & Running with the Ball- Turns, Feints & Fakes.
- Intro to Passing/Receiving as well as Finishing & Goalkeeping.
- Ball Contact Time Should be High
- Training resembles the game in some capacity.

Attacking Concepts:

- Setup in Diamond or Box Formation
- Control the Ball: Dribble-Pass-Shoot

Defending Concepts:

- Retreat when Goal-keeper has possession
- Look to “steal” ball back/regain possession



U11 Program



- Aim of the U11 program is Player Centered- continue to build the Foundation of the Player.
- Dribbling & Running with the Ball- Turns, Feints & Fakes Passing/Receiving with multiple surfaces, Finishing & Goalkeeping.
- Ball Contact Time Should be High
- Training resembles the game in some capacity.

Attacking Concepts:

- Setup in multiple formations, consisting of 3 banks of players- most common 2-3-1 (refer to formations in the booklet)
- Control the Ball: Dribble-Pass-Shoot.

Defending Concepts:

- Retreat when Goal-keeper has possession
- Look to “steal” ball back/regain possession



SKILLS NIGHT STATION SAMPLE FIELD LAYOUT



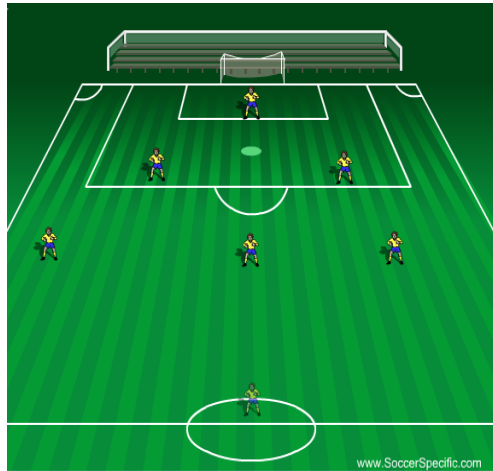
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1 Activity	2 SSG	3 Activity	4 SSG



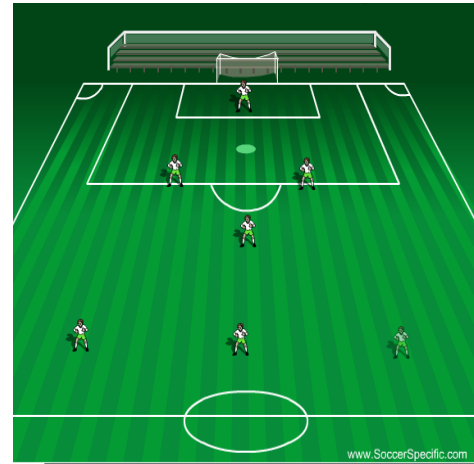
Commonly Used 7-Aside Formations



1-2-3-1



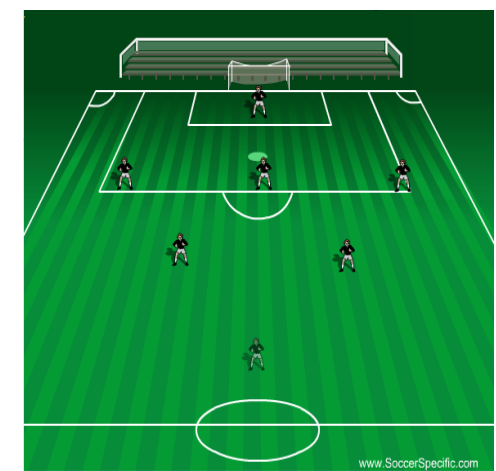
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1-3-1-2



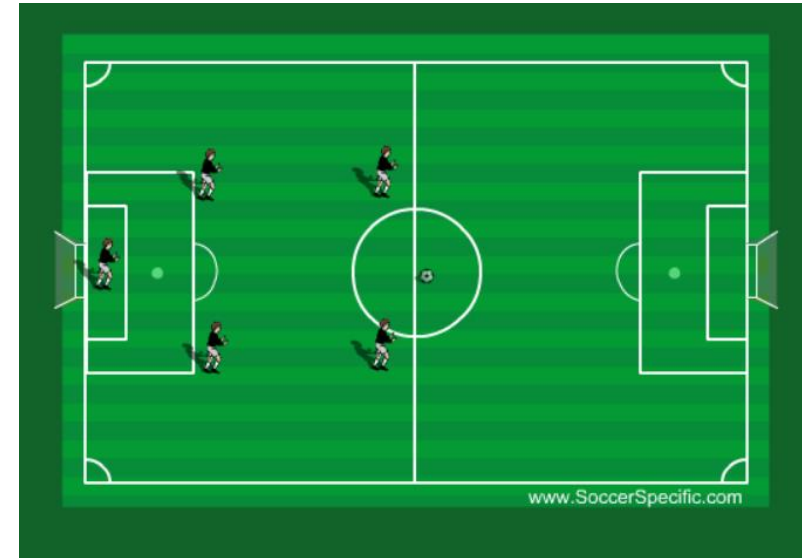
1-3-2-1



- Formations ideally have 3 banks of players + GK:
- Gk= Goalkeeper
- Backs- Defender or backline players
- Mid- Midfielders
- Forwards- Top row of Players- Forwards or Strikers



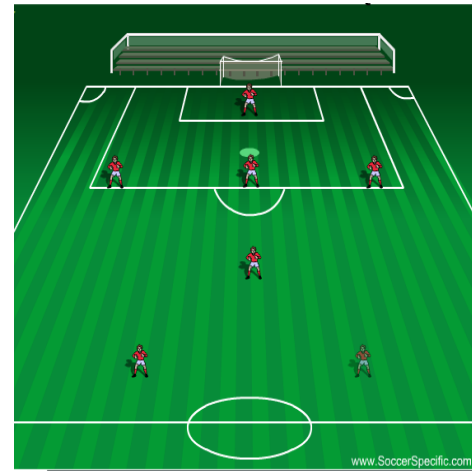
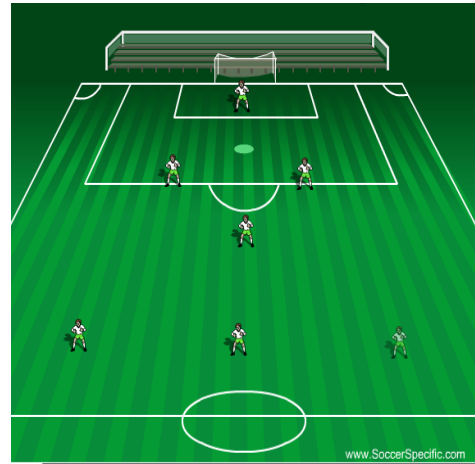
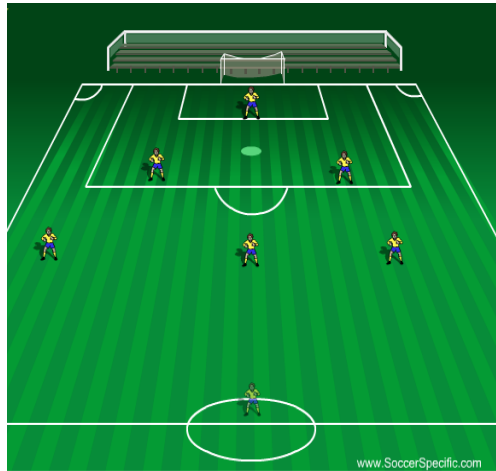
U9: 5-Aside



- Formation: 1-1-2-1 (Diamond- Left Diagram)
- Formations ideally have 3 banks of players + GK:
- Gk= Goalkeeper
- Backs- Defender or backline players
- Mid- Midfielders
- Forwards- Top row of Players- Forwards or Strikers
- Other used Formation is 1-2-2 (Box- above diagram)



SSG



If you have enough to play 7v7 use one of these formations- if you have less than 7v7- play 5v5 or 6v6 based on your numbers- coaches can find a balance of joining in and observing/overseeing the activity.

Encourage the players to settle the ball then Dribble-Pass-Shoot based on the situation they have possession of the ball. Close to opponents goal they would look to shoot- if under pressure they may look to Pass, if they have space or attacking opportunity to go forward may look to dribble.



**LASTLY & MOST IMPORTANTLY
ENJOY THE GAME OF SOCCER- WE WILL
SEE YOU ON THE PITCH!
THANK YOU**