

Rotating U9 Soccer Practice Plans

Cold Lake Minor Soccer schedules one practice and one game/funday per week for U9 teams, as recommended by Canada Soccer for grassroots programs. To keep practices fresh, coaches can rotate through the following three 60-minute sessions. Each plan builds on dribbling, passing, shooting, defending, and teamwork while keeping enjoyment as the main focus. Activities may be adapted for indoor gyms or outdoor fields.

General Playing and Safety Reminders

- **Technique & ball mastery** – Encourage players to use both feet for dribbling, passing, and shooting. Encourage scanning (“look up”) before passing.
- **Hydration and breaks** – Schedule a water break every 12–15 minutes.
- **Equipment** – Shin guards required. Cleats outdoors, flat-soled/turf shoes indoors. Use **size 4 balls**.
- **Safety** – No heading, no slide tackles.

Plan A – Dribbling & Small-Group Play

Time Schedule

Time	Activity	Objective
5 min	Dynamic warm-up (jogging, skipping, ball touches)	Body movement & activation
10 min	Red Light / Green Light with moves	Listening, control, change of direction
10 min	Sharks & Minnows (shielding focus)	Dribbling under pressure
15 min	2v2 to Mini Goals	Transition play, decision-making
20 min	Scrimmage (7v7)	Apply skills in game play

Activity Descriptions

- *Red Light / Green Light with Moves* – Add turns (pull-back, inside cut) on “yellow” commands.
- *Sharks & Minnows* – Encourage shielding and body positioning.
- *2v2 to Mini Goals* – Play in small grids. Quick restarts.
- *Scrimmage* – Encourage creativity and decision-making.

Plan B – Passing & Teamwork

Time Schedule

Time	Activity	Objective
5 min	Follow the Leader dribble	Ball control, awareness
10 min	Passing through gates (pairs)	Accuracy & weight of pass
15 min	Keep-Away 3v1 (Rondo)	Supporting play, spacing
10 min	Numbers Game (coach calls 2v2/3v3)	Quick transitions
20 min	Scrimmage (7v7)	Apply teamwork concepts

Activity Descriptions

- *Passing through Gates* – Partners pass through small cone gates spread around the grid.
- *3v1 Rondo* – Rotate defenders; coach encourages quick passes.
- *Numbers Game* – Call out “2” and two players from each side enter to play 2v2 to the goal.

Plan C – Shooting & Defending Basics

Time Schedule

Time	Activity	Objective
5 min	Tag with a Ball warm-up	Awareness & control
10 min	Dribble & Shoot relay	Shooting technique
15 min	1v1 Attack & Defend	Individual defending & attacking
10 min	Shooting on the Move (crosses/pass-ins)	Timing & finishing
20 min	Scrimmage (7v7)	Apply attacking/defending

Activity Descriptions

- *Dribble & Shoot Relay* – Players dribble to the cone and shoot on the small goal, next goes.
- *1v1 Attack & Defend* – Coach serves ball, one attacker vs one defender.
- *Shooting on the Move* – One player crosses or passes, teammate finishes first-time.

Indoor vs Outdoor Adaptations

- **Indoor** – Smaller grids, futsal or light balls, avoid wall contact. Use pinnies to divide teams quickly.
- **Outdoor** – Expand grids, use grass/turf spacing, adjust for weather. Provide shade/water in summer and hats/gloves in cold weather.

