

## U9 SAMPLE LESSON PLANS

| Session 1     | Tuesday (Dribbling)   | Session 2     | Tuesday (Passing)        |
|---------------|-----------------------|---------------|--------------------------|
| 5 min         | Warm up               | 5 min         | Warm up                  |
| 13 mins (+/-) | Fake And Turn Pg 9    | 13 mins (+/-) | Race To The Target Pg 12 |
| 13 mins (+/-) | Inside Out Pg 14      | 13 mins (+/-) | Through The Gates Pg 47  |
| 13 mins (+/-) | Parallel Play Pg 25   | 13 mins (+/-) | Edge Of The World **     |
| 13 mins (+/-) | Sharks and Minnows ** | 13 mins (+/-) | Soccer 1 V 1 Pg 24       |

| Session 3     | Tuesday (Shooting)      | Session 4     | Tuesday (Control)    |
|---------------|-------------------------|---------------|----------------------|
| 5 min         | Warm up                 | 5 min         | Warm up              |
| 13 mins (+/-) | Partner Pass Pg 30      | 13 mins (+/-) | React-Fast! Pg 35    |
| 13 mins (+/-) | Bermuda Triangle Pg 26  | 13 mins (+/-) | Diamonds Pg 39       |
| 13 mins (+/-) | 1-2-3 Defense! Pg 27    | 13 mins (+/-) | Rapid Transfer Pg 40 |
| 13 mins (+/-) | Hit The Coach (Ouch) ** | 13 mins (+/-) | Freeze Tag           |

| Session 5     | Tuesday (Dribbling)      | Session 6     | Tuesday (Passing)      |
|---------------|--------------------------|---------------|------------------------|
| 5 min         | Warm up                  | 5 min         | Warm up                |
| 13 mins (+/-) | Race To The Target Pg 12 | 13 mins (+/-) | Dribble Tag Pg 11      |
| 13 mins (+/-) | Around The World **      | 13 mins (+/-) | Through The Gate Pg 16 |
| 13 mins (+/-) | Cross The Bridge **      | 13 mins (+/-) | Three Corners Pg 20    |
| 13 mins (+/-) | Edge Work Pg 52          | 13 mins (+/-) | 1-2-Target! Pg 58      |

| Session 7     | Tuesday (Shooting)       | Session 8     | Tuesday (Control)              |
|---------------|--------------------------|---------------|--------------------------------|
| 5 min         | Warm up                  | 5 min         | Warm up                        |
| 13 mins (+/-) | Cross The Ohio River **  | 13 mins (+/-) | Freeze Tag                     |
| 13 mins (+/-) | Torpedo **               | 13 mins (+/-) | Shooter, Keeper Fetcher Pg 57  |
| 13 mins (+/-) | Into The End Zone Pg 45  | 13 mins (+/-) | Soccer 1 V 1 Pg 24             |
| 13 mins (+/-) | Shoot The Distance Pg 56 | 13 mins (+/-) | Scrimmage (2V2 3V3 OR 3V2 4V3) |

**Refer to document 'U8, U10 FUNDAMENTALS' on DSA Website:**

**[www.devonsoccer.com](http://www.devonsoccer.com) COACH AREA pull down tab.**

**\*\* Refer to 'U9 - U11 Activities' handout OR 'U8 - U10 Activities' on DSA Website:**

**[www.devonsoccer.com](http://www.devonsoccer.com) COACH AREA pull down tab.**

**These are just suggestions and can be modified/replaced. YouTube is a great resource. Just search for soccer drills by YouGotMojo or 360Player for plenty more examples.**