

SOCCER SKILL GOALS

U9	
TEAM WORK	One ball passing to every player, follow through pass (going where the ball was passed to)
HOW TO USE FOOT ON THE BALL TO PASS (both feet)	Inside middle foot, to middle of ball – touches with and without full contact
PASSING THE BALL	Short passes, long passes, using both feet – changing direction with the ball
SHOOTING	Practice target shots – any way – just to aim for targets (net) – Shooting “on the fly”
HOW TO THROW A BALL	Start teaching throw in’s, feet stuck to the ground, and starting to learn to follow ball once thrown in to open
MOVEMENT WITH BALL	Running with the ball and then passing into the scoring zone, or ahead of where someone is going (not right at them)
DEFENCE WALL	How to stay between the goalie and other teams’ offence – kicking ball out to the side as defensive move.
DEFENCE BALL CONTROL	Keeping your body between the ball and the other player trying to get the ball.
GOALIE RULES – RETREAT LINE (what is it and how to do it)	Big kicks (on the ground), the rules of the Goalie crease, how to position themselves in the net area, catching the ball with your hands on the ground and in the air (arms/ball to body).
PASSING THE BALL, THEN RUNNING TO TRY AND GET OPEN TO GET IT BACK	Give and go – pass ball to team, run ahead, have the ball pass back
STARTING TO UNDERSTAND POSITIONING	What is offence, what is defence, how to help on the field, putting the ball up the sides, and kicking out to the sides for defence.