

Dear U9 Coaches,

I want to first thank you for volunteering your time, effort and energy to the youth players of the Swift Current Soccer Association. In this package you will find drills and activities designed for U9 age players.

It is vital for players at the U9 level to continue with the fundamentals of ball control, passing, receiving and shooting. U9 soccer drills should emphasize these skills without getting very complex or requiring a lot of passes. In order to keep the drills flowing try to use drills that require a maximum of 2 passes. When games are incorporated they should be small sided 1 vs. 1, 2 vs. 2, or 3 vs. 3. Players can begin to learn how to attack and work with one or two other players but they will typically not comprehend how to work in a group of more than three players. It is also important to nurture the love of the game by introducing small sided games that excites players and also gives them a lot of touches and opportunities to hone their ball skills.

Consider planning your practice so that the warm up and the last activity are the most fun at practice. This way the young players come to practice excited to get started because they know the first drill is fun. They also leave practice with a good memory.

If you have any questions please do not hesitate to email me at swiftcurrentunitedsoccer@gmail.com

Technical Director

Chad Striker



Ball Mastery and Dribbling Drills

<https://www.soccerdrive.com/share/drill/35641>

<https://www.soccerdrive.com/share/drill/35656>

<https://www.soccerdrive.com/share/drill/35811>

<https://www.soccerdrive.com/share/drill/36201>

Relay Races

<https://www.soccerdrive.com/share/drill/35636>

<https://www.soccerdrive.com/share/drill/35651>

Attacking Exercises

<https://www.soccerdrive.com/share/drill/35676>

<https://www.soccerdrive.com/share/drill/35851>

<https://www.soccerdrive.com/share/drill/35671>

<https://www.soccerdrive.com/share/drill/35836> (Coconut Soccer Game)

Passing Drills

<https://www.soccerdrive.com/share/drill/35696>

<https://www.soccerdrive.com/share/drill/35756>

Shooting Drills

<https://www.soccerdrive.com/share/drill/35831>

<https://www.soccerdrive.com/share/drill/35681>

<https://www.soccerdrive.com/share/drill/36621>

Small Sided Games

<https://www.soccerdrive.com/share/drill/35826>

<https://www.soccerdrive.com/share/drill/35751>

<https://www.soccerdrive.com/share/drill/35846>

<https://www.soccerdrive.com/share/drill/36191>

<https://www.soccerdrive.com/share/drill/36196>