



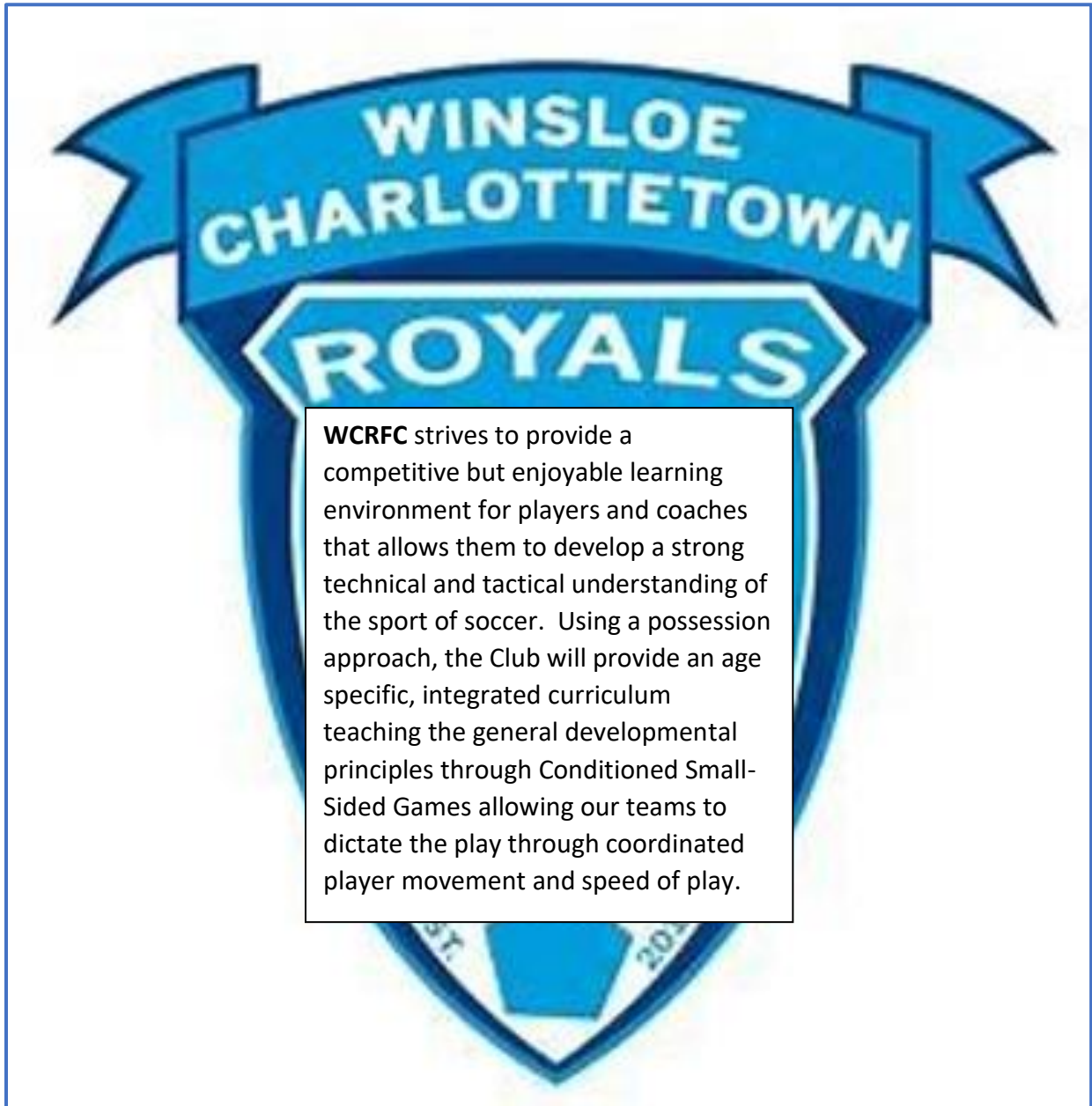
WCRFC - Game Model

Training Curriculum – U9

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Property of Winsloe Charlottetown Royals FC

Technical Philosophy



WCRFC strives to provide a competitive but enjoyable learning environment for players and coaches that allows them to develop a strong technical and tactical understanding of the sport of soccer. Using a possession approach, the Club will provide an age specific, integrated curriculum teaching the general developmental principles through Conditioned Small-Sided Games allowing our teams to dictate the play through coordinated player movement and speed of play.

Technical Programming

Guiding Principles

- One Club Culture: a consistent curriculum of player development that is age appropriate and consistent with the Club's Game Model
- Coach Supported: providing access to coach education within the Club or from external sources is strongly endorsed.
- Accessible: as inclusive as possible
- Membership Driven: based on the developmental needs of the Club
- Alignment (work with Soccer PEI, UPEI, and Holland College)
- Retention strategies as necessary to grow the Club

Introduction

Welcome to WCRFC and its coaching fraternity. First let me thank you for your effort as a volunteer coach, manager or supportive parent. You are critical to the ongoing operation and development of the Club. The Club also recognizes that you have many activities outside of the Club. The enclosed Technical Manual is an effort to provide age appropriate activities and conditioned games that can assist you in the development of your players, individually and as a team.

However, as a Club we want to take this a step further. The vision for the Club is to produce an attractive possession based game that is both competitive and enjoyable to play which means a multi-year approach to development. This now becomes a collective effort from all coaches in the Club to build on each other's training to provide all the tools needed to produce technically proficient and tactically intelligent players. Development at the younger ages becomes the priority to prepare for the competitive levels at U15, 18 and our senior teams. To provide enjoyable, possession based soccer the Club has developed a Game Model (System of Play) which starts to define the core positions at 5 aside. These core positions are consistent throughout our development system so we can build to a consistent 11 aside approach.

The combination of age appropriate activities to teach the basic principles of the game, and position specific roles and responsibilities as we build from 5 aside to 11 aside creates an integrated development model. This approach will produce a complete team unit that can execute the tactics and strategies that matches our Club philosophy as players graduate into the older teams.

To quote Tim Lees, former youth coach for Wigan FC, "To teach the game, you have to know the full picture and then be able to unravel this for the relevant ability and age.

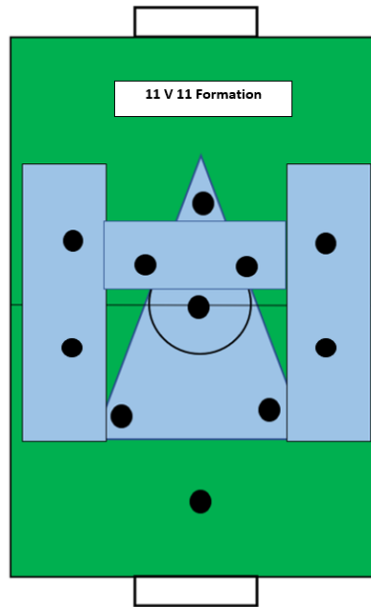
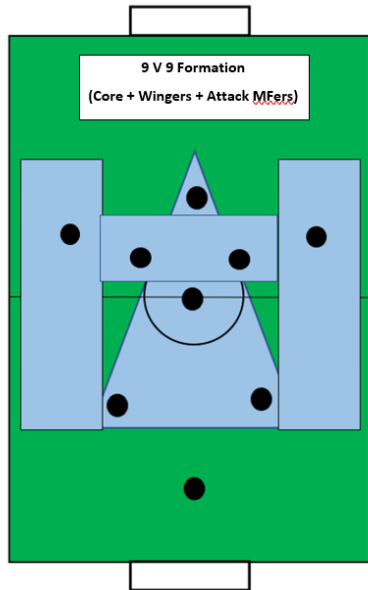
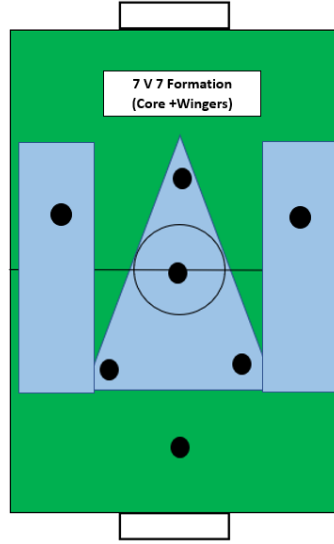
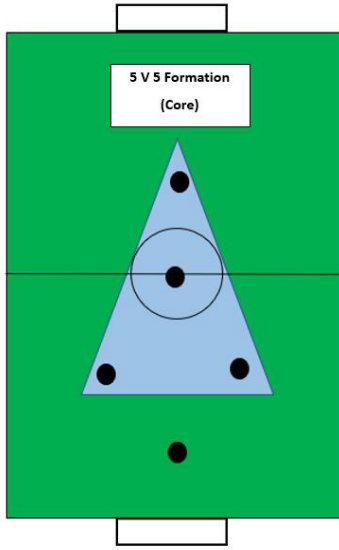
Making football look simple is a complex procedure"

The WCRFC Game Model is creating that end point or vision for technical development so we can create a pathway to get there. Once again, thank you for being part of this process as we collaborate in building a high quality, attractive display of soccer for all ages that our members will enjoy playing and watching.

Andy Cameron,

WCRFC Technical Director

Developmental Formations that compliment the 4-3-3 "First Team (Senior)



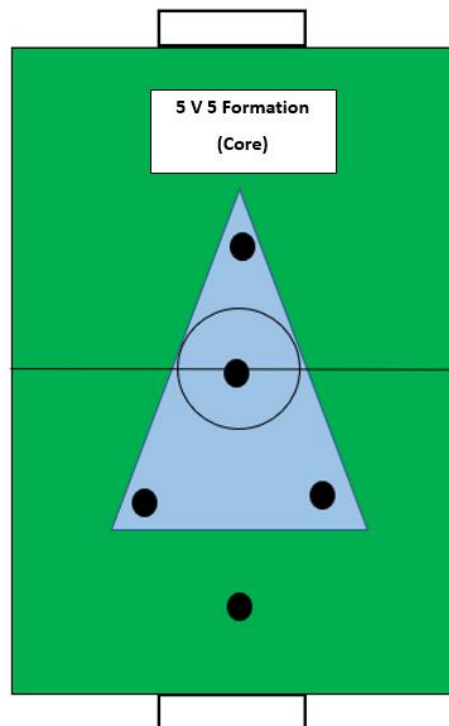
Age Group - Characteristics

Age Group Characteristics – U9

General

U9 Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control. Technically, dribbling, shooting and passing are still the priority. We need to make sure that fun is a central theme in practice. Player development will occur if all players are enjoying themselves.

Formation – 5 V 5 – Diamond plus 1



Roles and Responsibilities – the core positions: Goalkeeper, Central Defenders, Central Mid-fielder and Striker are introduced.

Technical Priorities

Primary

Dribbling

Shooting

Passing

Tactical Priorities

Attacking

Team play - Concept of passing to a teammate

Team Shape – Concept of spreading out (width and depth)

Playing out of the back

Training Priorities / Methodology

Along with dribbling and shooting, a basic introduction of passing to a teammate is appropriate at this age. Passing through gates, multiple goal games and conditions to score by passing is recommended. The concept of Team Shape can also be introduced by having the coach restart the game when the ball goes out of bounds and having the players restart in their positions.

Basic Techniques – Video Links

Girls:

Striking ball with laces:

<https://www.youtube.com/watch?v=6vuKiN7TK28>

Shooting with instep:

<https://www.youtube.com/watch?v=wuVn5QKwf3Q&index=2&list=PLFCB99C>

Push pass:

<https://www.youtube.com/watch?v=XIWAudNVool>

Dribbling:

<https://www.youtube.com/watch?v=IsUVf-KjDkA&index=10&list=PLFCB99C81BC1671D5>

Boys

Receiving the ball/first touch:

<https://www.youtube.com/watch?v=NfiEj1pcfnM>

How to pass a soccer ball:

<https://www.youtube.com/watch?v=yOXrf0Tlphg>

Dribbling:

<https://www.youtube.com/watch?v=bb6jIHgj7tc>

Coaching Points for Basic Soccer Techniques

DRIBBLING Coaching Points

- Lean forward and over the ball
- Knees bent, on the balls of feet
- Relax body
- Balance is a must
- Keep ball close

- Use inside, outside, instep (laces) and bottom (sole) of both feet

PASSING Coaching Points

- Eyes on the ball at the moment of contact
- Non-kicking foot alongside of the ball; don't reach for ball
- Ankle locked on kicking foot
- Follow through toward target
- Inside-of-the-foot pass, toe pulled up at a 90-degree angle
- Inside to keep the ball low, strike the ball at the midline of the ball or above

SHOOTING Coaching Points

- Firm ankle, toe down
- Non-kicking foot placed comfortably beside the ball, with the toe pointing to the target
- Eyes kept on the ball at the moment of contact – on approach to goal take a quick look up and pick out target, then focus on ball. Many young players try to look at the target while making contact with the ball
- Keep head still throughout the follow through
- Follow through - ankle remains firm, toe down and follow through to the target
- Do not try to over-hit the ball (many kids swing so hard at the ball that they usually swing around the ball and mishit it badly)