

U9-U10 House Curriculum Spring 2019



Week 1: Dribbling - Changing Direction & Turning; 2v2 games

Week 2: Dribbling - Protecting the Ball and Beating Players; 1v1 games

Week 3: Passing - Parts of the Foot & Movement; 4v4 games

Week 4: Passing - Receiving & Positioning; 3v3 games

Week 5: Combinations in Attack; 3v3 games

Week 6: Shooting - Parts of the Foot; 1v1 games

Week 7: Shooting - Types of Finishing; 3v3 games

Week 8: Tournament Games

In the U9/10 age group, we still have a strong focus on the dribbling and ball manipulation skills. However, there is increased emphasis on passing and the ability to work in a team. As the fields get a bit bigger and there are more players on the field, players need to be able to start thinking about what they are doing when they don't have the ball (defensively and offensively). The spatial aspects of the game will become more prevalent at this age.

On Saturday game days, teams will play 6-a-side (including goalkeepers). However, in practice, the games we play will be a mixture of 1, 2, 3 and 4 a side. This is to ensure that players are still getting plenty of touches on the ball and can continue to develop their skills in practice. Players should all get a chance to play in every position possible, including goalkeeper.

Whilst players will have their own team to play with on Saturdays for games, teams will practice together during the week. This means that players will get an opportunity to play with their friends who may have been placed on different house teams and have fun playing with different people each week. Practice sessions will last one hour with at least 42 minutes of active playing time.

In every practice and games, always praise the effort made by the players rather than the outcome. If a player makes a mistake, sometimes it is best to say nothing. If the player keeps making the same mistake, maybe we step in and show them the correct way. Allow players to experiment, make mistakes and play in a positive,

encouraging environment. Players will begin to drop out over the next few years, so it is so important that they feel valued and enjoy the game as much as possible in this age group.

Arrival Activities

These are some activities to get the early arrivals started and not just standing around or shooting at the net. Pick one each week, even on game days if you like.



1. Phone Box Game

- Four gates, 4 players.
- 1 player in the middle with the ball, tries to escape through one of the gates for a point. Must keep the ball moving
- Three players can only move around the outside of the 'phone box' (cannot go inside the square) working as a team to prevent the middle player escaping
- Only score points with the ball, 30 seconds per round
- Switch players and play again
- Can start with 3 players and make a triangle, or 5 and make a pentagon. Let the kids be creative

2. 1v1 Games

- As players arrive, give them 2 cones each to set up a mini field and play 1v1 to stop the ball on the line
- Can change partners as others arrive. Allow the kids to do part of the explanation

3. Technical Challenges

- Set the players some challenges, maybe it's stepovers, roulette (Maradona turn), or speed challenges to get to a certain point and back with the ball.

4. Juggling

- Who can score the highest

5. Rondo

- A small square, 3v1/4v1/4v2/5v2/6v3
- Keep away, whoever loses the ball goes in the middle

6. Two touch

- Players in a circle, can only have two touches and must keep it in the air
- Each player has 2 or 3 lives, you lose a life if you can't keep the ball up

7. Passing in Pairs

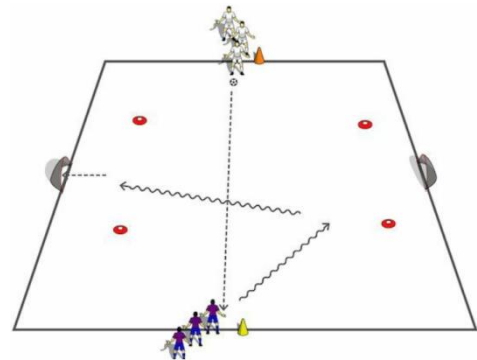
- Players just passing with a partner

Week 1: Dribbling - Changing Direction & Turning; 2v2 games



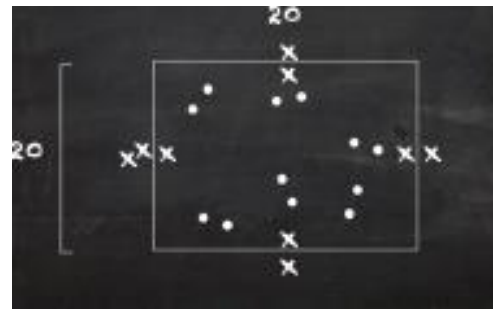
Segment 1: "Quick Turns" (20x20)

- Players line up opposite each other in the middle of the field
- Player A passes to player B
- Player B can score in either goal as player A tries to defend him (goal might be a pop up net or just a pair of cones to dribble through)
- Players keep their own score and try to score as many as possible
- Add bonus points for left foot goals or creative moves



Segment 2: Turning relay race (20x20)

- Show players one or two different turns (outside foot turn, drag back, Cruyff for the more advanced players)
- Split into pairs (or 3s)
- Set up cones as gates
- Players start from outside the square and must dribble the ball around the square and through a gate. Upon passing through a gate, they must immediately turn back through the same gate before dribbling to a different gate.
- Players must pass through 3/4/5 gates depending on the players' ability (maybe start with 3, to get the hang of it)
- Once they have completed their number of gates, they will return the ball to their team mate who must now do the same
- Whichever team completes the relay first, is the winner



Segment 3: 2v2 Free Play (2 goals) (20x20)

- 2 goals at each end (pop up nets or gates to run through)
- Players in teams of 2; switch team opponents every few minutes
- Have players keep their own scores

Coaching Points (Whole Session):

- Use of body to fake movement; Quick footwork to move ball
- Acceleration on change of direction
- Head up to look for space, where the opponent is, where our team mate is (and the ball when we don't have it)
- Sharp turns

Week 2: Dribbling - Protecting the Ball and Beating Players; 1v1 games

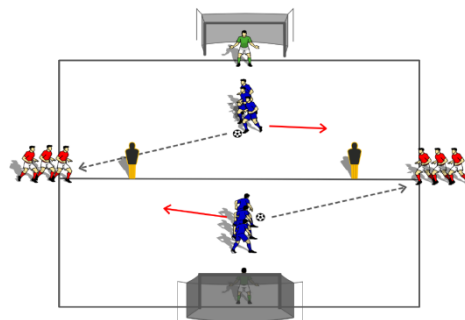


Segment 1: "Soccer Fortnite" (Mark out a large circle, roughly 20x25)

- As players arrive have them take a ball and start dribbling around the playing area
- Add some instructions, e.g. only use outside of foot/inside foot/bottom of foot etc.
- Once more or less everyone is there, call the game into action
- Every player has a ball and must protect it
- The aim of the game is to knock everyone else's ball out of the playing area
- If a player's ball goes out, they have 3 seconds to get back into the playing area
- If they do not, they are out and become part of the storm
- The storm's job is to move the cones closer to the centre to make the playing area smaller. The storm may not touch anyone else's ball
- The last player remaining is the winner. Play multiple rounds depending on how much time it takes to get a winner

Segment 2: 1v1 Diamond (20x25)

- Two teams. One team works as the defenders (blue team in the diagram) and splits into two lines at each end.
- One team works as the attackers (red team in the diagram) and splits into two lines on the sides.
- Two balls work at the same time. The defenders must pass the ball at the same time.
- The defenders pass to one side and then quickly react to defend 1v1 on the other side.
For example, both defenders pass to the right and quickly race to defend 1v1 on the left.
- The attackers receive a pass and attack 1v1 to score.
- The attackers must not dribble cross the waiting defenders. They must score from the angled position.
- The defenders must try to block the goal and force the attacker wide and away from danger



Segment 3: 3v3, 3 balls (20x25)

- Players are paired up and can only defend their partner
- All three pairs playing against each other on the same pitch into the same goals

Coaching Points (Whole Session):

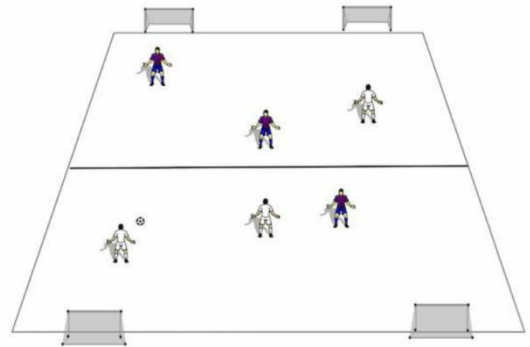
- Head up, looking for: Space, opponent, team mates, ball
- Confidence to get past the defender
- Speed in attack, straight to goal
- Body between ball and opponent
- Keep the ball moving, make it hard for the defender

Week 3: Passing - Parts of the Foot & Movement; 4v4 games



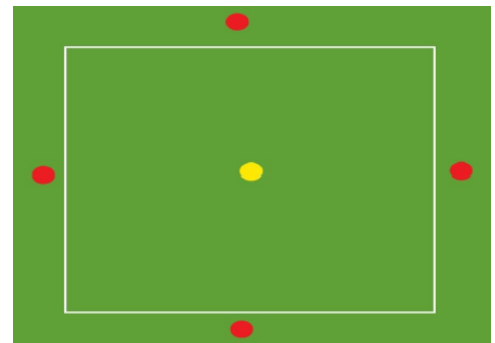
Segment 1: "Midfielder Game" (20x25)

- 3v3, 2 players from each team must stay in their half of the pitch. The other player may go wherever they like (the midfielder)
- Change the midfielder every 5 minutes
- Regular soccer rules other than that
- Progress to rotation. No player is fixed but must be one player in each half at all times



Segment 2: Rondo - 4v1

- Give a quick demo of passing technique
- Four players are on the outside of the 10x10 square
- One defender is in the middle
- Players on the outside of the square must keep the ball away from the defender
- The defender is replaced by whoever loses the ball



Segment 3: 4v4 Free play (20x25)

- 4v4 free play, one goal/two goals each end

Coaching Points (Whole Session):

- Move to be available for the pass
- How do you want to play the pass? To feet? Into space? Hard? Soft? Etc.
- Communication with team

Segment 2 (passing technique):

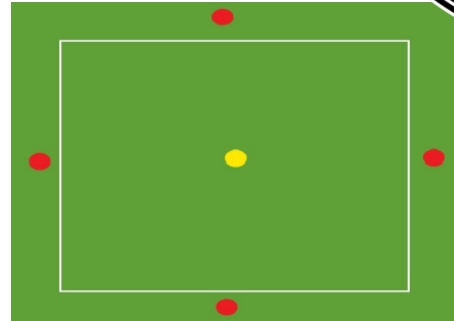
- Inside of foot for accuracy
- Follow through towards your target
- Standing foot not too close/far away from the ball and alongside it
- Weight of pass (how much power do you want to use?)
- Different surfaces of foot for passing: not just inside of foot
- Encourage trying with every part, including back heel

Week 4: Passing - Receiving & Positioning; 3v3 games



Segment 1: Rondo - 4v1 (10x10)

- Players should remember from the previous week
- Focus on receiving technique this week

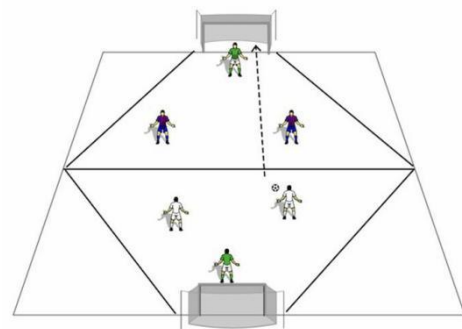


Coaching points:

- Players on the outside move to get into a position to receive the ball
- Encourage players to control the ball before passing it (but be quick)
- Encourage use of both feet to pass and control
- Give a brief example of body shape and orientation (hips facing the whole field) when receiving and receiving on back foot (foot furthest away from the ball)

Segment 2: Diamond Field - 3v3 Free Play (20x25)

- Cut the corners off the square field and play with a diamond shaped field
- Encourage the players to think about their body orientation/shape when receiving the ball (where do you want to go?)



Segment 3: 3v3 Free Play (20x25)

- Put the corners back onto the field and allow for a free game

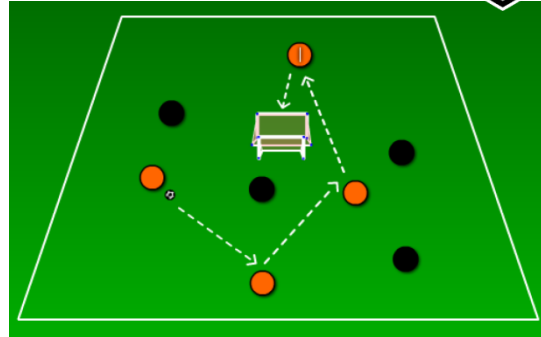
Week 5: Combinations in Attack; 3v3 games



Segment 1: Back to Back Goals (20x20)

- 3v3 game, 20x20 area
- Two goals in the middle of the pitch with goals back-to-back
- Combine with team mates to score

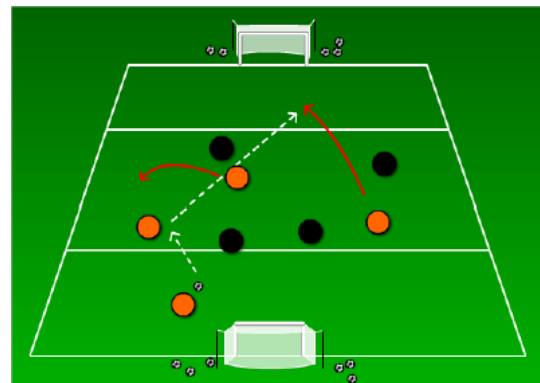
* 4v4 in picture but play with 3v3



Segment 2: Through Ball Game (20x30)

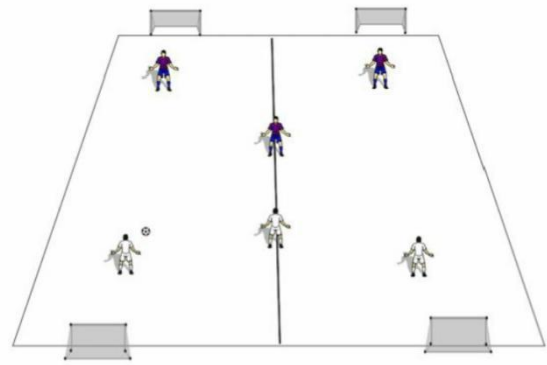
- Goals on the ends, 20x30
- 3v3 with a receiving zone placed 5 yards in front of both goals.
- Players can enter the zone they are defending freely but must only enter the attacking zone if they are receiving a through ball.
- Teams score by playing a through ball into the zone for a team mate to run onto and score.
- One defending player can follow the attacker. No goalkeepers.

* 4v4 in picture but play with 3v3



Segment 3: "Midfielder Game 2" (20x30)

- 3v3, 2 players from each team must stay in their half of the pitch (one goal in each half, one ball in each half). The other player may go wherever they like (the midfielder)
- Change the midfielder every 5 minutes
- Regular soccer rules other than that
- Progress to only one ball and players aren't fixed



Coaching Points (Whole Session):

- Movement off the ball; make it easy for your team mate to pass to you
- Take risks to score goals
- Pass and move
- Angles of passing and receiving (body orientation - hips facing where you want to go, receive on back foot if possible)
- Weight of pass (how hard do you have to kick it to get it where you want it?)

Week 6: Shooting - Parts of the Foot; 1v1 games

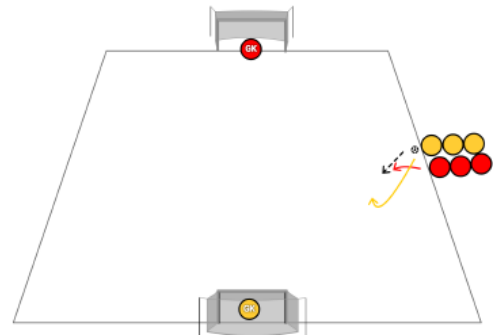


Segment 1: 1v1 Games - Break Away (20x25)

- The orange player releases a pass slightly down in to the red attackers

path.

- As soon as this pass is made both players enter the game.
- Reds shoot down and oranges shoot up.
- The red player is through on goal so it is up to the orange player to get goal side as quickly as possible.



Segment 2: Pass, Control, Shoot - Circuit (20x25)

- Use this segment to teach the basic shooting technique with a small circuit
- After shooting, players move to the next corner (don't stay in same place)

- Quick look at the target before kicking it, the goal doesn't move

- Toe pointed down, using the shoe laces to shoot at goal with power

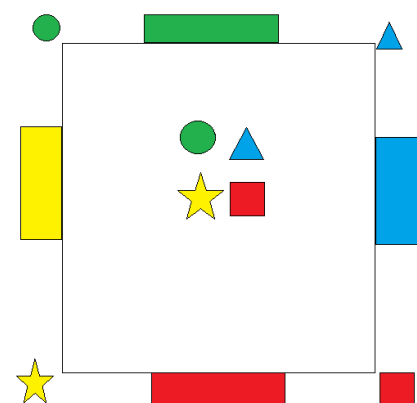
- Plant standing leg about a foot from the ball, alongside it for balance (this will allow us to kick harder)

- Keep the head, shoulders and knee over the top of the ball with the kicking leg

- Follow through towards the target and land on kicking leg

- Try with both feet, it's completely fine if they struggle. Just get them trying it and focus the praise on the effort, not the outcome.

- For left footed shots, green now shoots in yellow goal, yellow in the red goal, red in the blue, blue in the green. This so that players can practice receiving the ball and their body orientation as well



Segment 3: Chaos - 4x 1v1, 4 balls (20x25)

- Separate into pairs
- Each field will have 3 or 4 pairs, each pair with their own ball
- 2 goals at each end of the field, pairs can score in either of their designated goals

Coaching Points:

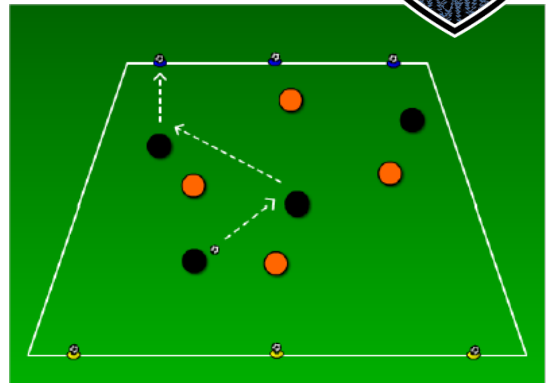
- Get shot off quickly, don't let defence catch you
- Focus on accuracy close to goal, a bit more power further away from goal but still focus on hitting the target
- Use both feet! Incentivise it with extra points for scoring with weaker foot if necessary

Week 7: Shooting - Types of Finishing; 3v3 games



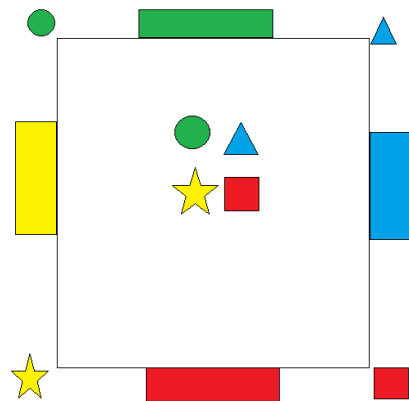
Segment 1: Cones as Goals (20x20)

- 3v3 game
- Both teams score by accurately knocking one of their target footballs off it's cone.
- When a player scores, they are responsible for replacing the ball they have just knocked off the cone.
- Progression: Play until one team has knocked down all three of their footballs (can increase the number of cones & balls to 5 per team).



Segment 2: Shooting Circuit (20x20)

- Each station is a different type of shot
 - Blue: first time shot
 - Red: two touches (regular shot)
 - Yellow: volley
 - Green: Versus Goalkeeper
- Coach will throw the ball for the volley
- Players switch station after each shot
- Goalkeeper will be a coach for the first shot, then the shooting player will be next in goal



Segment 3: 3v3 Games - Alternative Scoring System (20x20)

- 3v3 games, no goalkeepers
- Teams score a certain number of points depending on how the goal is scored
 - Regular goal; left foot/weaker foot goal; first time shot; volley
 - Allow kids to help determine these rules (ask how many goals they want for a certain type of goal)
- Make sure kids keep scores
- Change opponents every 4/5 minutes

Coaching Points:

- Encourage players to try new things, such as volleying
- It doesn't matter if they miss the ball but make sure to praise the effort and even the smallest successes
- Look around, who needs my help (midfielder game). Both attack and defence

Volley technique:

- Toe Down, eyes on the ball, using the shoe laces
- Strike the ball before it bounces or after one bounce if possible

Week 8 - Tournament Games



Segment 1/2/3: 4v4 Games (25x30)

- Each field will have slightly different rules and goal positioning
- Be creative as coaches to decide how to set up each field.
 - They may be weird shapes (circle, L shaped, diamond, square, rectangle, triangle, etc.)
 - The goals may be positioned differently (back to back in the middle of the pitch, in corners of the pitch, no goals - stop on line or pass into end zone or dribble through a gate, offset in the middle of the field, offset on ends of the field, hockey style with some space behind, etc.)
 - Any other rules that are very simple and easy for the kids to police themselves
- No coaching during this session. This is play time.
- Time each game, ask players to keep their own scores (don't record them), players are their own referees (for fouls, throw ins, corners, goal kicks etc.)
- Be within touching distance in case there are any injuries
- Explain each game, sort them into teams (maybe even ask them to make their own teams) and let them play like they would in the playground

Game Objectives

Each week, pick a couple of items (I'd suggest 1 objective and 1 challenge but it could be 2 challenges one week or 2 objectives another week) that you will talk to your team about during team talks at the start of the game and at half time.

All communications during the game should relate as much as possible to the objectives and praising effort (rather than outcome).

Week 1: Dribbling - Changing Direction & Turning

- Objective: Run with the ball as much as possible and try to score
- Objective: Dribble past as many players as possible
- Objective: Use as many different parts of your feet as possible
- Challenge: Trick a player with a skill move or turn (use your body or the ball)
- Challenge: How many different turns can you try during the game?

Week 2: Dribbling - Protecting the Ball and Beating Players

- Objective: Dribble past as many players as possible
- Objective: Run with the ball as much as possible and try to score
- Challenge: Don't get tackled!
- Challenge: Keep the ball for your team (don't kick it away)

Week 3: Passing - Parts of the Foot & Movement

- Objective: Pass the ball to your team mates if they are in a better position
- Objective: If you don't have the ball, move to make yourself available for a pass
- Challenge: How many part of the foot can you pass the ball with?
- Challenge: Don't give the ball away in your own half

Week 4: Passing - Receiving & Positioning

- Objective: Get your body in the right position/orientation as much as possible
- Objective: If you don't have the ball, move to make yourself available for a pass
- Objective: Control the ball if it comes near you, don't kick it away
- Challenge: Pass to a team mate who can score a goal (get an assist)

Week 5: Combinations in Attack

- Objective: Control the ball if it comes near you, don't kick it away
- Objective: If you don't have the ball, move to make yourself available for a pass
- Challenge: Perform a 1-2 (give and go)
- Challenge: Pass to a team mate who can score a goal (get an assist)

Week 6: Shooting - Parts of the Foot & Week 7: Shooting - Types of Finishing

- Objective: Take as many shots on goal as possible
- Objective: Use as many parts of your feet to shoot at goal as you can
- Challenge: Who can score the most goals?
- Challenge: Use both feet to score a goal
- Challenge: Score a one timer (first time shot)
- Challenge: Score a volley