



IOWA RUSH U9-U10 PROFESSIONAL

SESSION CURRICULUM

Emphasis remains on individual, but beginning of learning how to play in pairs. Beginning of refinement of basic technique in dribbling, passing and shooting. Player and team shape introduced (team attacks, team defends). Decision making before ball arrives introduced, though very difficult to execute. The why and how begin to be asked of players. Goalkeepers introduced to the game; most to all players should experience position.

Ball Control and Basic Footwork

- Refinement of surfaces available to make contact with ball (laces, inside, outside, heel of foot; thigh; head)
- Strength of touch (soft/short versus hard/long)
- Shielding the ball when necessary; body positioning
- Change of speed with ball and without ball
- Idea before ball arrives should begin to shape to body to directing the ball where you want to take it.

Dribbling and Avoiding Defenders

- Keeping ball under control using all surfaces of the feet
- Basic changes of direction with ball (refinement of moves to avoid defender & maintain possession of ball)
- Purposeful dribbling; parts of the field
- Recognition of time and space

Scoring Goals!

- Strike ball with laces (toe down, ankle locked) **More ability at this age to physically accomplish
- Making contact on center of ball
- Plant foot pointed at target
- Follow through with kicking foot/leg
- Approach to ball at an angle, not straight on to ball

Passing Technique

- Passing the ball with the inside and outside of the foot (plant foot even with ball, making contact at center of ball, follow through with kicking foot/leg)
- Basic combination play; give-n-go, overlap, double pass
- Who should I pass to? Is there a player open? Who has the most space?– speed of this decision under pressure and no pressure

Receiving the Ball

- Receiving the ball with the inside and outside of the foot (toe above heel, ankle locked)
- Receiving the ball from ground and air
- Importance of first touch in setting up second touch (a shot, a dribble, or a pass)
- Can you play in one touch a shot on goal or pass to teammate?

Winning/Challenging for the Ball

- Encouraging player to go/meet the ball in preparation of challenge from defender
- Anticipating contact; understanding acceptable contact (shoulder to shoulder)

Fun and Competition

- Enjoy the game, communicate, and score goals
- So you lost, what could have gone better? What went well?

Dribbling and Attacking Defenders

- Even number games (1v1, 2v2, 3v3, 4v4)
- Numbers up (2v1, 3v2, 4v3)
- Isolating defenders, use of teammate to beat one or more defenders
- Parts of the field and creating shooting opportunities off the dribble

Defending

- 1v1 defending principles; footwork, focus on ball and not body movement of opponent, locked ankle in tackles
- Introduction and encouragement of getting most, if not all, the team between the ball and the goal