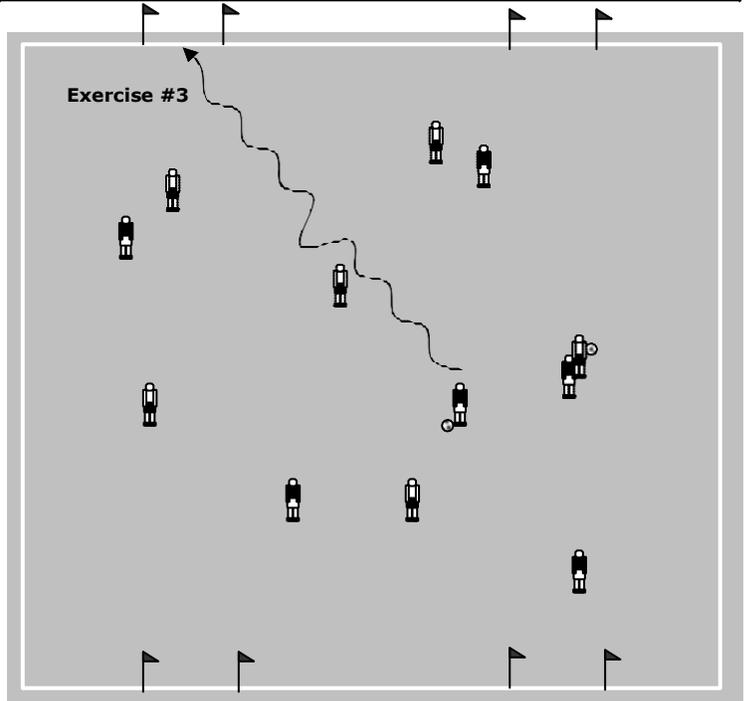
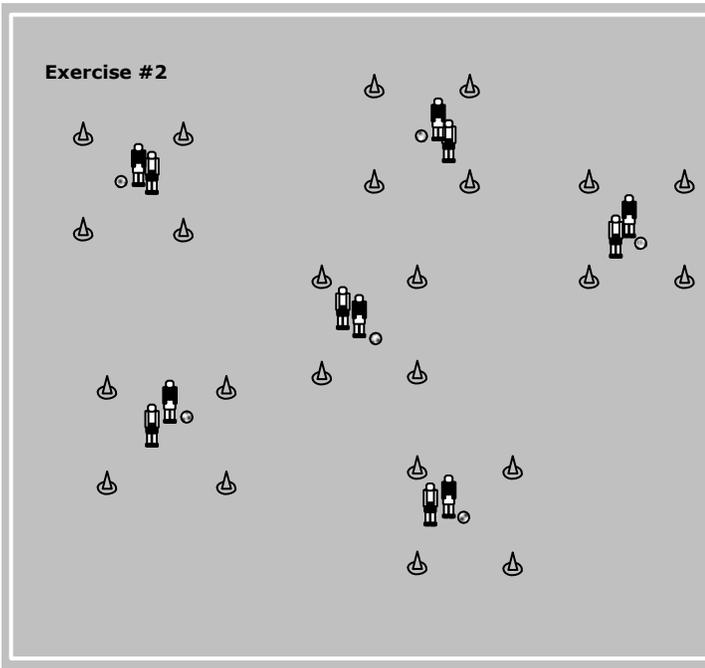


## U9 BALL CONTROL SESSION (FOOTWORK)

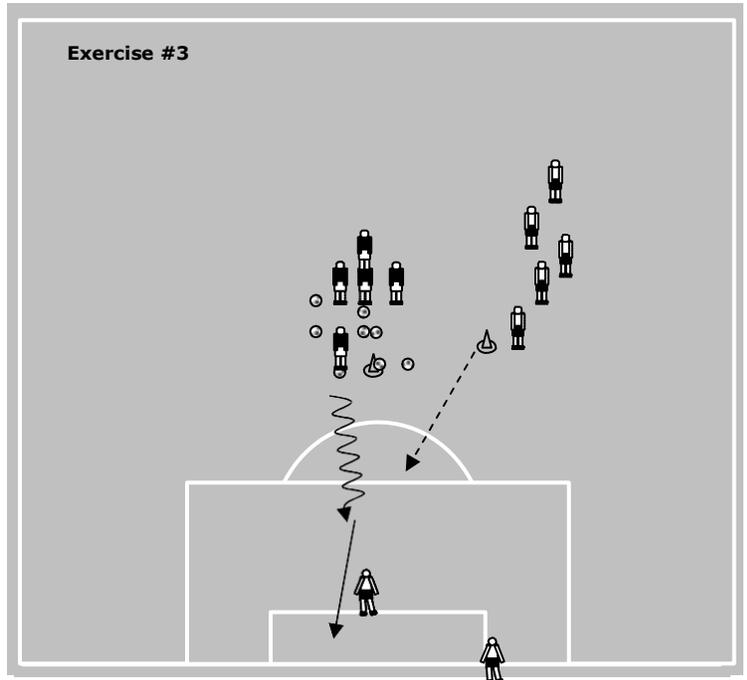
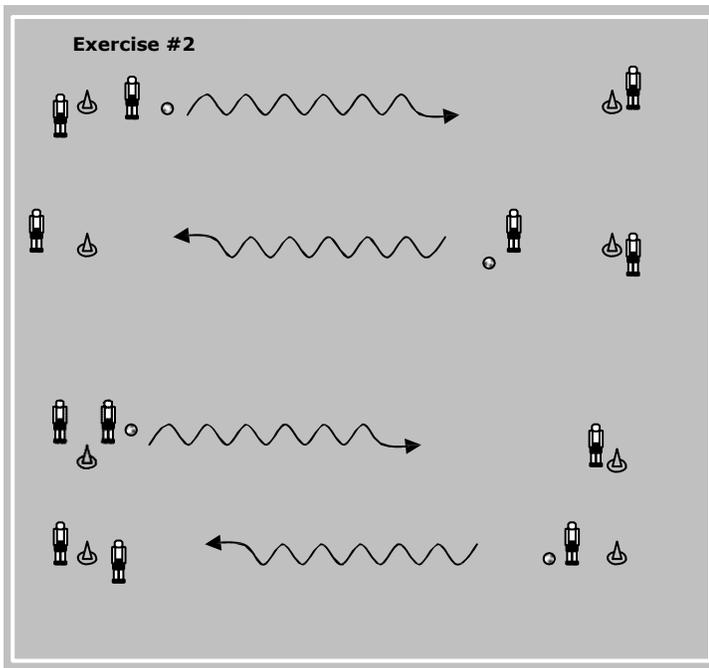
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Footwork	U9	Bantam	U9A
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Juggling U9: Every player with a ball (see pg. 23 & 24; doc. 310 96). <i>Time: 10 min.</i> Footwork 13,14,15,16,17: Every player with a ball (see pg. 21; doc. 310 95). 360 Sole, Circle, "L", Cut, Scissors. <i>Time: 10 min.</i>		Juggling with feet: ankle locked, contact with laces, toes pointing away from body. Relax upper body. Juggling with thighs: use soft part of thigh (not the knee). Relax upper body. Encourage them. Pick out players that are doing well. Increase speed once they are ready.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Shielding: In pairs, in a 6x6 yard grid. Shield ball for 10-20 seconds, switch then repeat. After switching a couple of times, play for one minute straight, person with the ball at the end of one minute is the winner. <i>Time: 10 min.</i>		Stay 4:1 on the positive to instructional comments throughout the session. Player with the ball turns body so he is standing sideways. Ball is on the outside foot. Bend legs to have good balance, keep ball from defender.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
4 Goal Game on Common End Line w/2 Balls: Field is 35x45 yards. Each team is attacking two small goals placed on a common end line, two balls in play at all times. Coach stands off to the side with extra balls to keep play continuous. <i>Time: 15 min.</i>		Competition and fun. Encourage players to dribble the ball freely and to be creative. Encourage players to take risks and create scoring opportunities. To score a point, player dribbles ball through the gate.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
6v6 Small Goals: Field is 35x45 yards. Each team is attacking one small goal, one ball in play. <i>Time: 40 min.</i>		Competition and fun. Again encourage your players to take chances and dribble freely. Reward players who take on defenders with the dribble. Coaching is minimal, let them play. Encourage them, tell them they are good.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 DRIBBLING SESSION (CARRYING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Carrying	U9	Bantam	U9B
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Footwork 13,14,15,16,17: One ball for each player (see pg. 21; doc. 310 95). 360 Sole, Circle, "L", Cut, Scissors. <i>Time: 10 min.</i>		Stay 4:1 on the positive to instructional comments throughout the session. Pick out players who are doing well and tell them so.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
In 3's Dribble Up and Back: Two players on one cone, the third player on another cone, 20 yards apart. One ball: player dribbles towards opposite cone while performing a specific skill. <i>Time: 10 min.</i>		A) Right foot only, inside and outside trying to touch the ball with every step. B) Left foot only, inside and outside trying to touch ball with every step. C) Rolling the ball with the sole of the foot, forward, sideways, backward. D) Running fast with ball, pushing ball with outside of foot, toes pointing down, under control.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Carrying: 1v0 w/ GK's; 1v1 Chase. To begin, players form one line 25 yards from goal. One at a time, players run with ball towards goal, creating a 1v1 with goal keeper. Progression, half the players become defenders and line up next to the original line. Once the attacker touches the ball towards goal, the defenders are allowed to chase the attacker. <i>Time: 15 min.</i>		Attackers push ball using the laces and outside of foot. Try to go fast but under control, no more than 3 steps in between touches. Dribble directly at the goal keeper. Don't get caught by the defender! Create a fun environment, make it a competition. Try different angles. Tell them they are great.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
5v5 w/ GK's. (see pg. 34; doc. 310 133) Field size is "box on box." <i>Time: 40 min.</i>		Competition and fun. Coaching is minimal, reward players who run with the ball using the correct technique.		

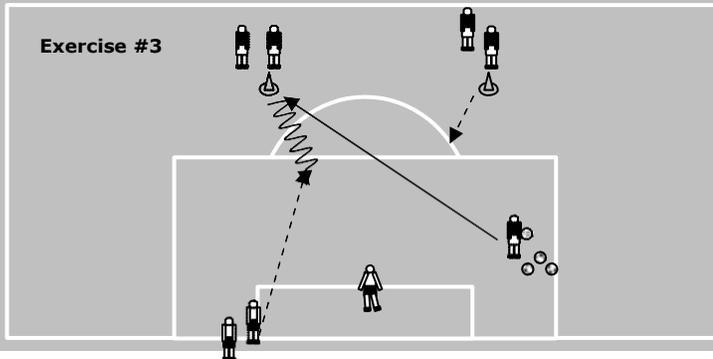
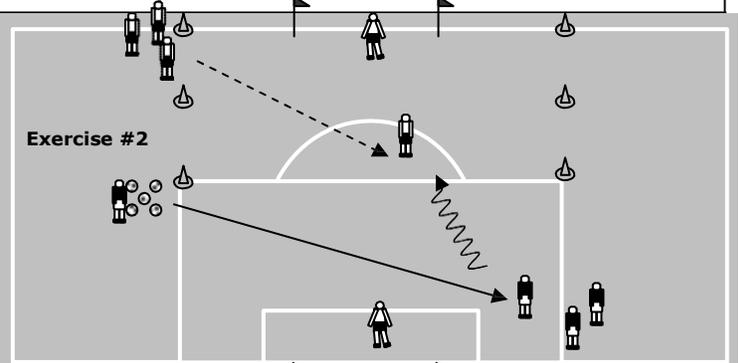
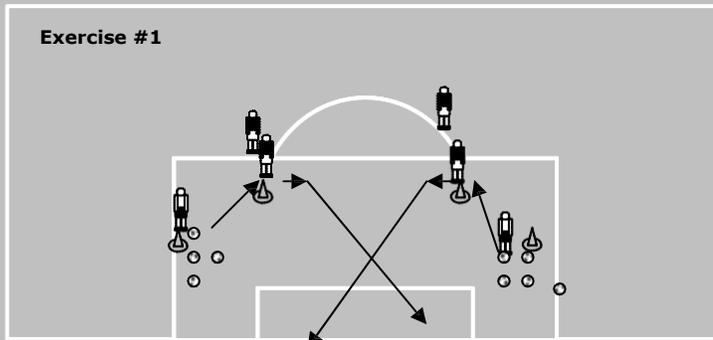


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 FINISHING SESSION (1v1 & 2v1)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	1v1 & 2v1	U9	Bantam	U9C

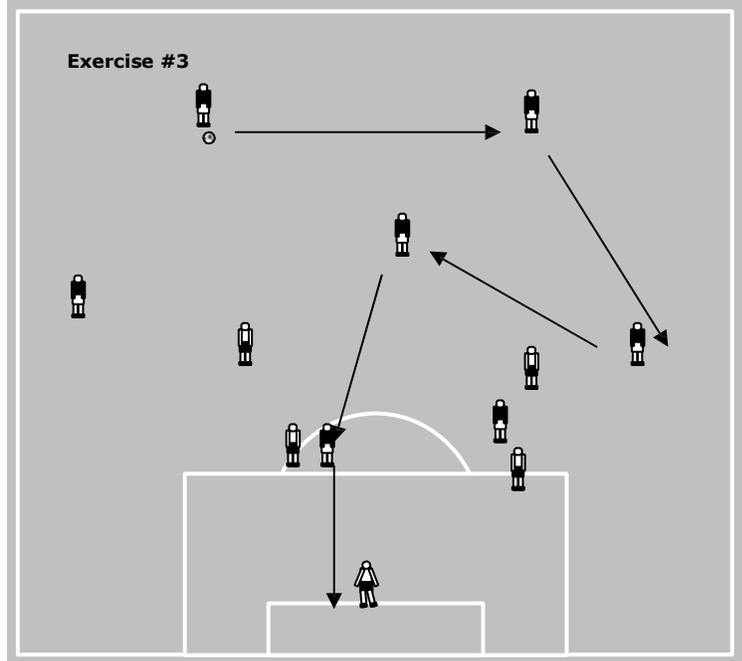
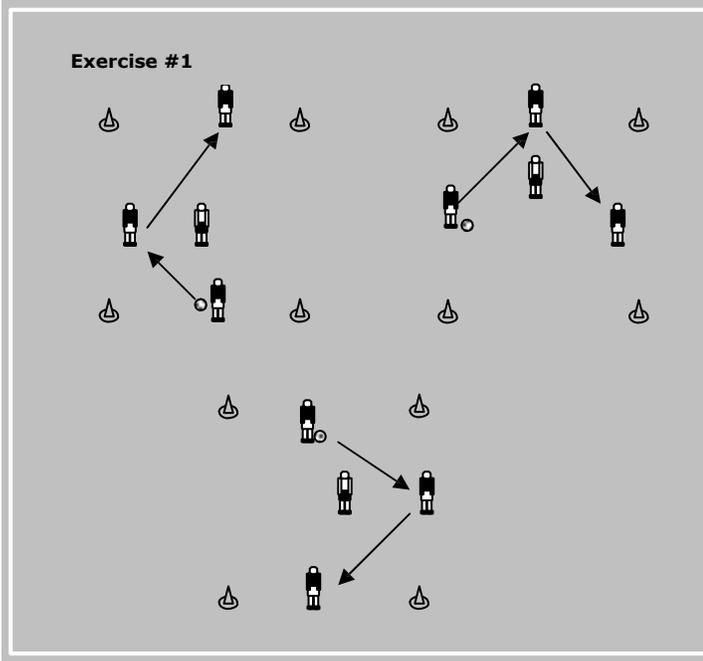
Exercise #1	Organization	Coaching Points
<b>Finishing: Different Shots:</b> Two lines 12-16 yards out from goal, no goal keeper. Two servers have collection of balls, one shooter per line. Pass ball on outside of cone, shooter takes touch to inside and shoots, runs back to cone and repeat for 5 shots. Then passer plays ball in front of shooter, shooter lets ball run across their body, one touch shot, and repeat for 5 shots. Work on both feet. <i>Time: 15 min.</i>		Receive ball with inside of back foot, encourage players to shoot using different surfaces of the foot. Laces: point toes down, lock ankle, plant foot and body pointing toward target. Inside foot: toes above ankle, plant foot and body pointing toward target. Stay 4:1 on the positive to instructional comments throughout the session.
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>
<b>1v1 Two Big Goals:</b> Field is the size 36x44 yards. Half the players in one corner, the other half in the opposite corner. Coach in the middle with balls. 1v1 to big goals. Play until someone scores or the ball goes out of bounds. <i>Time: 15 min.</i>		Must try to beat defender before shooting, emphasis good technique when shooting, encourage placement before power. This should be fun and competitive. Tell them they are good.
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>
<b>2v1 Big Goals: Lines on Opposite Sides.</b> Two attacking lines outside of box. One defending line to the side of goal. Coach has a collection of balls to the side. Coach plays a ball to one of the attackers; defender comes out to prevent a shot. Continue play until there is a goal, or the def. wins the ball. <i>Time: 10 min.</i>		First attacker, dribbles towards def. to get him to commit. Second attacker must provide a good option if first attacker chooses to pass him the ball. Let the player on the ball make the decision to dribble or pass. Concentrate on shooting techniques and scoring goals.
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>
<b>5v5 w/ GK's:</b> Field size, "box on box." <i>Time: 35 min.</i>		Coaching is minimal, encourage a lot of shots and reward players who look for shooting opportunities.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 PASSING SESSION (CHOICES)

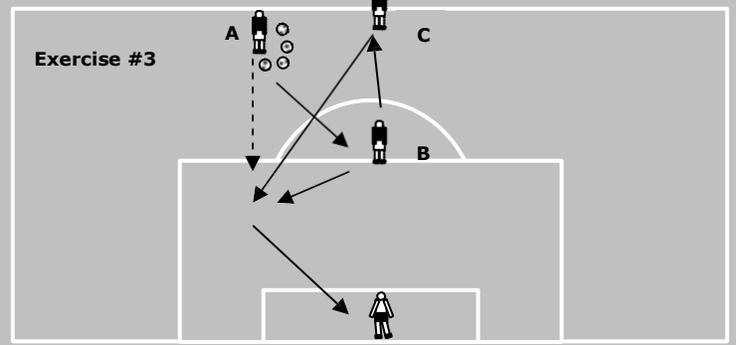
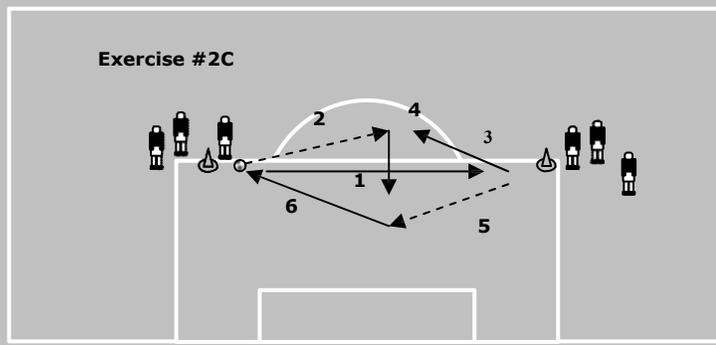
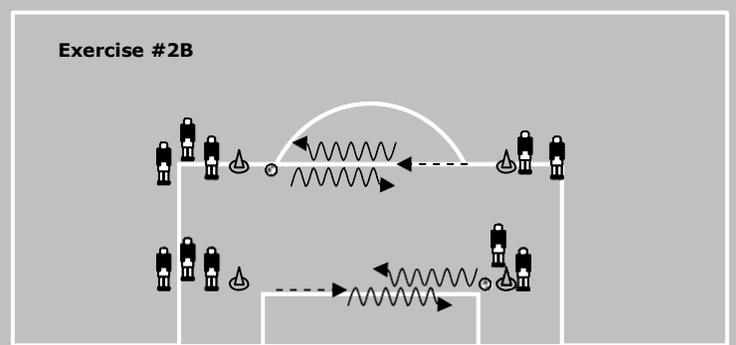
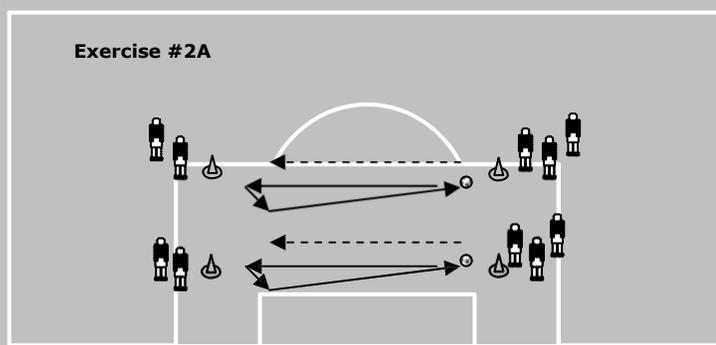
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Choices	U9	Bantam	U9D
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>3v1</u>: In a 10x10 yard grid. Three attackers play keep away against 1 defender, who cannot run, only walk at first. As attackers get more confident, defender is allowed to run. Repeat to accommodate entire team. <i>Time: 10 min.</i></p>		<p>Pass with inside of foot, toe up, ankle locked, plant foot and body pointed toward target. Roll the ball on ground by striking the center of the ball. Receive ball with the back foot, body open to field. Shape for attackers is a triangle. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>Toss in Two's Brazil</u>: One ball in the hands of a player, distance is 2 yards. Player tosses ball to partner's right foot who plays ball back in the air with inside of foot. 10 reps. each foot for each player, then change surface. <i>Time: 10 min.</i></p>		<p>Players are on their toes, not stationary, shuffling from side to side after each touch. Inside of foot: toes up, ankle locked, body and plant foot towards target. Laces: toes down, ankle locked, strike center of ball. Try different surfaces.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>8vWalking</u>: 8 players attacking big goal vs. 4 defenders who cannot run at first (only walk). If defenders win the ball, the play is over, Attackers start again at midfield. <i>Time: 15 min.</i></p>		<p>Attackers must be encouraged to advance the ball by passing rather than dribbling. Players must move off the ball to provide each other with good passing angles. Do not dictate where players pass the ball, but get everybody involved.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>5v5 w/ GK's</u>: (see pg. 34; doc. 310 133) Field size is "box on box." <i>Time: 40 min.</i></p>		<p>Coaching is minimal, but reward players who pass or look to pass to feet. Tell them they are good. Have fun.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 RECEIVING SESSION (TECHNIQUE)

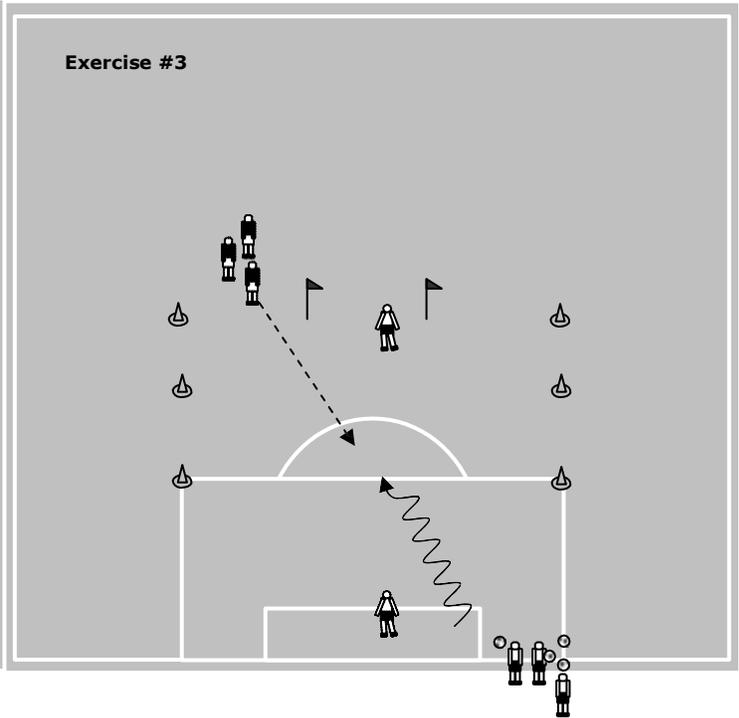
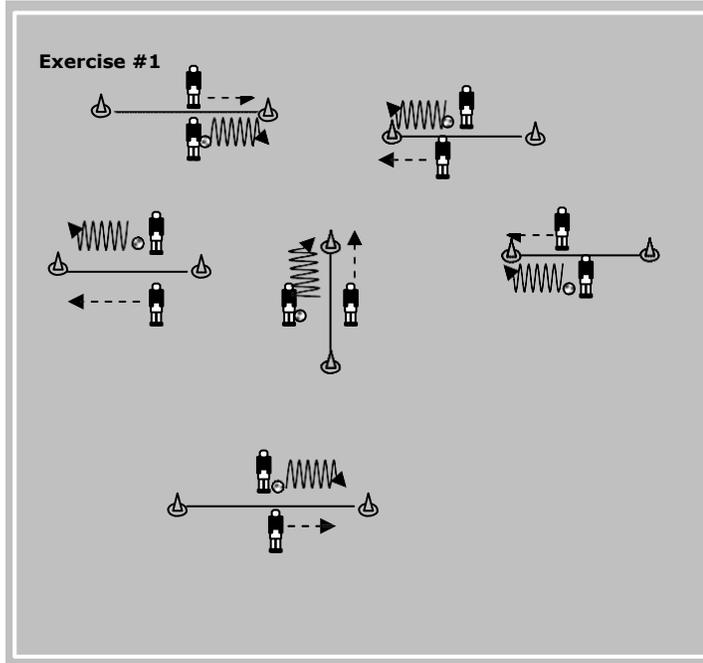
CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Technique	U9	Bantam	U9E
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Juggle Twice and Different Traps: Player will juggle the ball twice and then look to trap ball with different surfaces of the foot and body. <i>Time: 10 min.</i>		Laces: as ball is coming down, player just holds out a "dead foot", ankle is not locked, ball hits top of foot down towards the toe. Inside of foot: use big surface, cushion the ball. Sole of foot: after ball bounces put foot over the ball, do not thrust down towards the ground, let ball bounce up and hit foot. Stay 4:1 on the positive to instructional comments through out the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
2 Lines: Pass & Run to the End/Pass & Run to Opposite Line/Take Over/Wall Pass...Two touch. <i>Time: 15 min.</i>		A) Player who just passed the ball runs directly at the player who is receiving the ball, only to force the first touch into space (do not look to steal ball). Use inside of foot, toe up, ankle locked, come meet the ball. B) Dribble towards opposite line and perform a "takeover." C) Pass to opposite line and perform a wall pass with first player in line.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Patterns w/Shot: Coach can change patterns, be sure to perform the same pattern going the opposite direction. Keep it simple. Two touch. <i>Time: 15 min.</i>		Player A plays ball across to B, B passes back to C. As C collects ball, A starts running toward goal, C passes to A, A collects and shoots. Look for good receiving techniques, everything is 2-touch. Tell them they are great.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
Hockey Style Game: (see pg. 44; doc. 310 211) <i>Time: 35 min.</i>		Coaching is minimal, let players be creative. Fun and disciplined.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 CHALLENGING SESSION (1v1 DEFENDING)

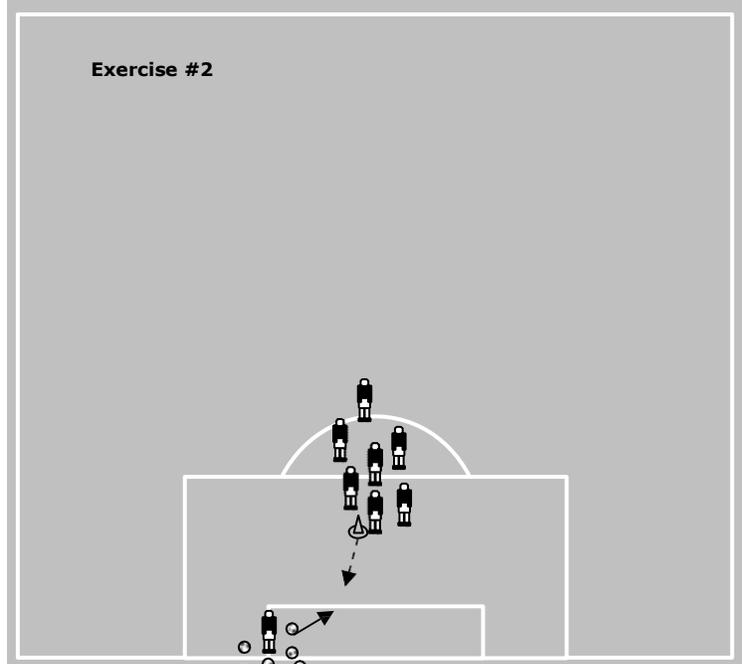
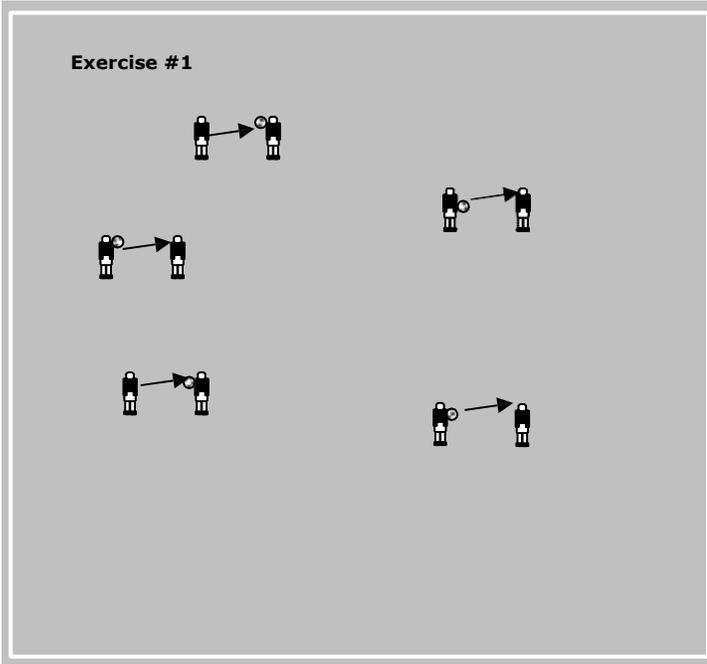
CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	1v1 Defending	U9	Bantam	U9F
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Shadow: In two's. Attackers dribble ball back and fourth to cones placed 6 yards apart. Defenders must stay on their side of the line, and tries to "shadow" the attacker. <i>Time: 5 min.</i>		You do not want to spend a lot of time on defense at this age. Coaching points you make should be kept very simple: Stay in front of attacker, keep your feet moving. Stay 4:1 on the positive to instructional comments through out the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Big Goal: Half the team line up 22 yards from goal, each with a ball (attackers). The other half is lined up beside the goal without a ball (defenders). Defender tries to keep attacker from shooting. Play is over when def. wins ball or ball is out. <i>Time: 15 min.</i>		Don't let the attacker shoot, go win the ball, stay "goal side", do not "dive in," keep your feet moving. Point out players who are succeeding, make them feel good.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Two Goals: Set up is the same as exercise #2, but when the def. wins ball he then becomes the attacker and the roles are reversed. Play continues until goal is scored or the ball is out of bounds. <i>Time: 15 min.</i>		Same as above. Encourage them.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 40 min.</i>		Coaching is minimal. Game is fun and competitive.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 HEADING SESSION (TECHNIQUE)

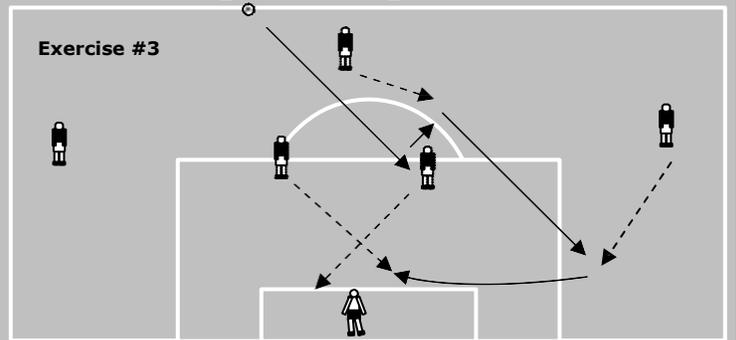
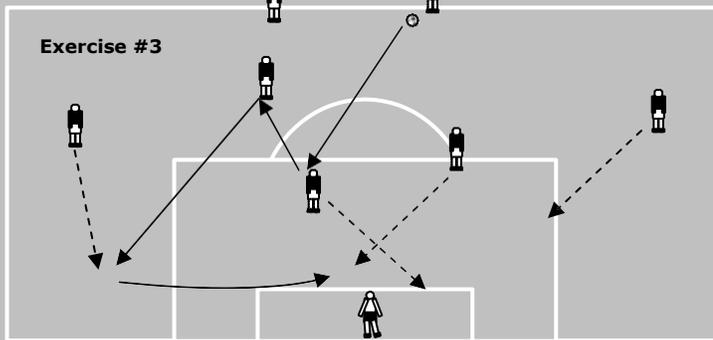
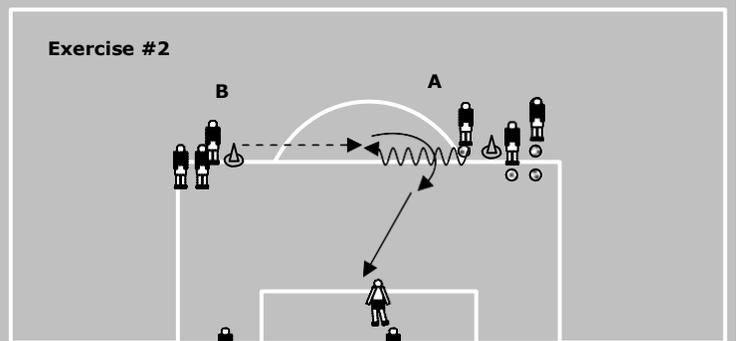
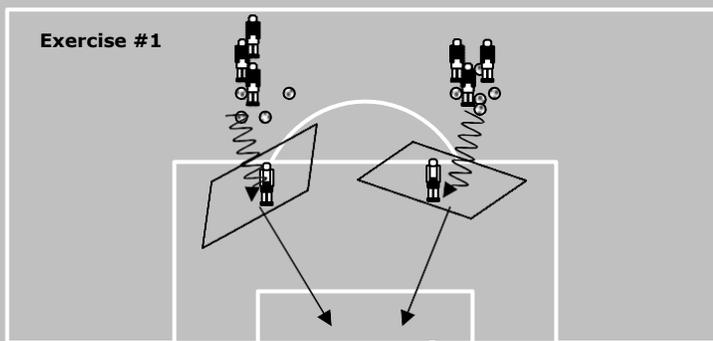
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Technique	U9	Bantam	U9G
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
In 2's for Partner Throws: 2-3 yards away from each other, one ball. Throw ball to partner, partner plays it back in the air. Do not work only on heading during this exercise, use feet and thighs as well. <i>Time: 15 min.</i>		Keep eyes open, use forehead, and attack the ball. Stay positive on the 4:1 positive to instructional comments throughout the session. Working on heading for long periods can cause sore heads. During this exercise, alternate between heading and another skill.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Head to Goal: One line formed 10 yards from goal, coach has collection of balls to side of the goal. Player slowly jogs towards goal, coach lightly tosses ball so player meets ball at the six yard line. Player heads ball in goal. <i>Time: 10 min.</i>		Toss balls from both sides of the goal. Coaching points are the same as above. Encourage them, tell them are doing great. Many young players are afraid of trying this skill, you must encourage them and when they succeed, let them know.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
6v6 Small Goals: 30x40 yard field. <i>Time: 40 min.</i>		Competition and fun. Coaching is minimal.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
Fun Game: Head it, catch it. 2 groups, players circle the coach 4 yards from him. Coach holds one ball in his hands and tosses (lightly) the ball to a players head. As the ball is in flight, the coach says "head it" or "catch it", the player tries to do the opposite of the command. <i>Time: 10 min.</i>		Competition and fun. Coaching is minimal. When heading, keep eyes open, use forehead. Pay attention to the command. Make it into a competition. Stay positive on the 4:1 positive to instructional comments throughout the session.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 ATTACKING SESSION (CREATING SHOTS)

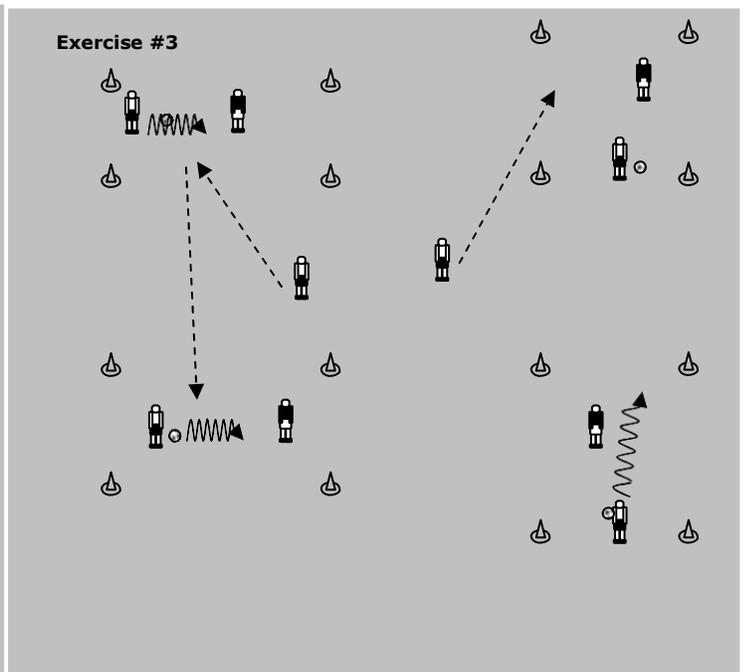
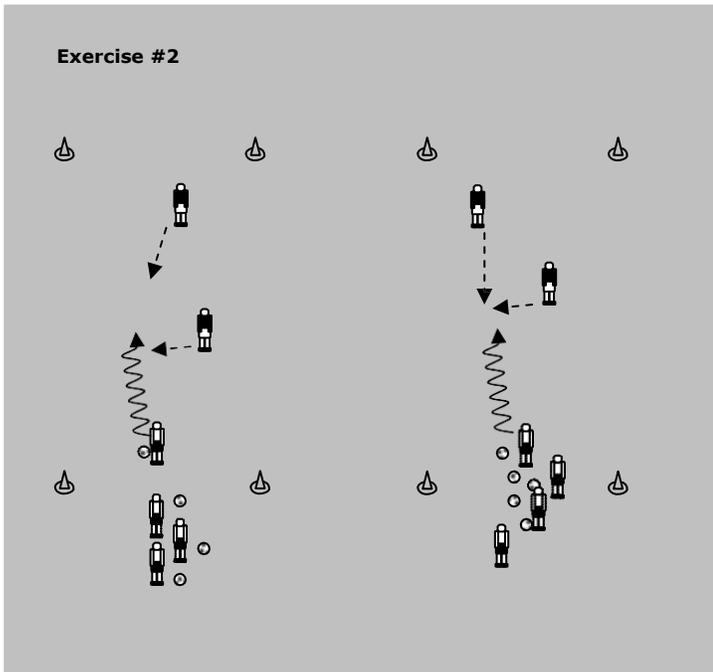
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Creating Shots	U9	Bantam	U9H
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Fight Free 1 Grid:</b> 2 grids on each corner of the penalty box with one defender in each grid. Two attacking lines 7 yards outside grids. Grid size varies with skill level. Attackers dribble into zone to create 1v1 with defender. Attacker tries to fight free and shoot while still in the grid.  <i>Time: 15 min.</i></p>		<p>Attackers try to get shot off as fast as possible when inside the grid. No goal keepers. Attackers must be creative and the coach must encourage them throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Take Over w/ Shot:</b> Two Lines facing each other at top of penalty area, one line with balls. Player A dribbles ball toward B, B runs out to meet A and performs a "take over" and proceeds with a shot on goal. <i>Time: 10 min.</i></p>		<p>Player A dribbles the ball with the foot furthest from goal (right foot in diagram below). Player B takes ball off the foot of A with the same foot as the attacker is dribbling with (right foot). B touches ball toward goal and shoots. Player A follows the shot.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>7v0 Pattern Play; Finish w/a Shot on Goal:</b> Players line up in 2-3-2 formation and practice going to goal without defenders. Finish with a shot. <i>Time: 10 min.</i></p>		<p>Give direction to what pattern you would like to see, but encourage creativity and freedom with movement off the ball (2 patterns are shown below). Encourage passing as opposed to dribbling, let them feel success.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>5v5 w/ GK's:</b> (see pg. 34; doc. 310 133) <i>Time: 40 min.</i></p>		<p>Create a fun environment. Reward players who are active and move freely off the ball, encourage lots of shots.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

## U9 DEFENDING SESSION (INTRODUCTION)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Introduction	U9	Bantam	U9I
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>2v1 Keep Away:</u> Groups of 3, 2 attackers and 1 defender. Two attacking players play keep-away in unrestricted space. If def. wins the ball, they try to keep it. Play for 2-3 min. then switch. <i>Time: 10 min.</i></p>		<p>Defenders should try to cut off the passing lane to other attacker. When the ball is off the foot of attacker, go get it. Keep it simple; make sure they work hard chasing the ball. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>1v2 One Direction:</u> In a grid 12x17 yards (set up 2 grids to accommodate entire team.) 1 attacker tries to dribble to other side of grid, defenders attempt to steal the ball from attackers. When the defenders win the ball, stop. <i>Time: 15 min.</i></p>		<p>First defender is patient and forces the attacker to dribble into the "covering" defender. Tackle the ball when it is away from the attacker's foot.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>1v1 w/ Floaters:</u> Several grids 7x12 yards in which 1v1 line soccer is being played. Designate 2 "floaters" who can "float" from grid to grid to create a 2 v 1 with the person in possession of the ball. Points are scored when the ball is stopped on the end line. Play 2 min. games. Switch "floaters." <i>Time: 15 min.</i></p>		<p>1v1, defender should be patient, only attempt to steal ball when the ball is away from the attacker's foot. 2v1, defender tries to take pass away by getting in the passing lane. Force the attacker on the ball to dribble, then tackle when at right time.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><u>5v5 w/ GK's:</u> (see pg. 34; doc. 310 133) <i>Time: 35 min.</i></p>		<p>Coaching is minimal. Fun and competitive.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



## ***PROGRESSION***