



## Rio Rapids Durango Soccer Club U9 Player Standards

### Characteristics of the U9 Player

- Lengthened attention span
- Skeletal system is still growing
- Prone to heat loss and related injuries. Players should be given longer breaks so they can fully recover
- Becoming better-rounded; they have a sense of 'me' and 'team'.
- Becoming more team orientated
- They now understand the concept of space and time
- They begin to think ahead. This allows for limited tactical instruction
- Improved co-ordination in fine motor skills. Players should be challenged with - more difficult techniques.
- Enjoy uniforms and team association
- Not always constantly in motion.
- Will hold still long enough for short explanations
- Psychologically becoming more firm and confident
- Physical and psychological development differences between boys/girls
- Some becoming serious about their play
- More inclined to WANT to play rather than TOLD to play

### Focus of U9 Year

- 1) FUN & Competition
- 2) Build general comfort with the ball (basic touches such as foundations, toe taps, rollies, pulls, start/stop)—Individual player development
- 3) Build **equal comfort in both left and right side** for dribbling, turns (pull backs, chop, cut, drag behind), introductory moves (rummenigge, scissors, inside/outside rolls, stepover), control (foot, thigh, chest, head), and passing (inside, outside, chips, crosses)
- 4) Focus on 1v1, 2v1, 2v2 situations—everyone shares role of defending and attacking
- 5) Creativity within the game—"find the game"

## U9 STANDARDS

### **TECHNICAL:**

-Player should have the ability to handle ball with both feet and both hands (when applicable)

#### **DribblingFootwork—**

-Player should have the ability to use all parts of the foot (inside, outside, sole)

-Player should be able to change speed and direction (creativity)

-Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)

-Player should be able to perform figure 8's under control using both feet

-Player should be able to dribble out of trouble

-Player should be able to stop with the ball under control-either foot

#### **Running with the Ball—**

-Player should be able to push the ball away from the body under control with head up and accelerate with speed-either foot

#### **Passing—**

-Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of target.

-Players should be proficient in push pass

-Player should be able to pass with the inside and outside of both feet

#### **Control/Receiving—**

-Player should have a "soft" first touch

-Players should have body in line of ball, control the ball away from pressure, and be able to use different surfaces of body to receive and control ball.

#### **Shooting—**

-Players should be able to shoot with both feet

-Players should be able to properly shoot with both the inside of the foot and laces

#### **Goal Keeping—**

-Players should demonstrate proper hands and body positioning

-Players should be able to initiate basic ball distribution (throwing, rolling, - punting)

-Players should be able to have basic diving skills from the ready position

-Players should be able to collect the ball from the attacking players feet

#### **Set Piece Organization—**

-Players should be able to throw the ball in with proper technique.

## **TACTICAL:**

- Introduction to simple 1v1 decisions and thinking for themselves.
- Players should have basic skills in 1v1 situations (D-closing in, breaking down, proper body position. O-good first touch, control, creating space by speed and/or moves and turns)

### **Defending—**

- Players should be able to have the proper defensive stance
- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls

### **Attacking—**

- Players should have the ability to maintain team shape during an attack
- Ability to occupy original “position” for restarts of game
- Players should be able to Create Space to Receive the Ball
- Players should have balance on field in relation to ball and teammates
- Players should be able to move forward on an attack and retreat when defending

### **Goalkeeping—**

- Players should call for the ball when receiving
- Players should begin communicating with teammates during the game

## **PHYSICAL:**

- Introduction to balance and agility, acceleration and sprinting, reaction, back - pedaling, turning, jumping, lateral movement
- Players should have basic coordination of movements with and without ball
- Players should have balance in relation to ball (forward, backward, side to side)

## **MENTAL:**

- Players should have the enjoyment of playing soccer/FUN.
- Players should be able to respect coaches and teammates.
- Players should be able to positively interact with teammates during training sessions and matches
- Players should feel confident and comfortable with the ball while having a positive self-esteem



**“CORE 16” AVERAGE 25<sup>th</sup>% STANDARDS  
U9 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>39</b>	<b>41</b>
<b>QUICK TOUCH</b>	<b>41</b>	<b>38</b>
<b>JUGGLING-strong foot</b>	<b>3</b>	<b>2</b>
<b>JUGGLING-weak foot</b>	<b>2</b>	<b>2</b>
<b>JUGGLING-head</b>	<b>2</b>	<b>2</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>8</b>	<b>7</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>7</b>	<b>7</b>
<b>SHARP TURNS</b>	<b>8</b>	<b>9</b>
<b>ATTACK DRIBBLING</b>	<b>6</b>	<b>4</b>
<b>CONTROL PASSING-strong foot</b>	<b>5</b>	<b>4</b>
<b>CONTROL PASSING-weak foot</b>	<b>3</b>	<b>4</b>
<b>PERFECT PASSING-strong foot</b>	<b>4</b>	<b>4</b>
<b>PERFECT PASSING-weak foot</b>	<b>3</b>	<b>3</b>
<b>TOTAL CONTROL</b>	<b>2</b>	<b>2</b>
<b>POWER SPRINT</b>	<b>22</b>	<b>21</b>

**PURE STRIKE**

**2**

**2**



**“CORE 16” AVERAGE 50<sup>th</sup>% STANDARDS  
U9 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>46</b>	<b>47</b>
<b>QUICK TOUCH</b>	<b>49</b>	<b>45</b>
<b>JUGGLING-strong foot</b>	<b>5</b>	<b>3</b>
<b>JUGGLING-weak foot</b>	<b>4</b>	<b>3</b>
<b>JUGGLING-head</b>	<b>4</b>	<b>3</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>10</b>	<b>9</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>9</b>	<b>8</b>
<b>SHARP TURNS</b>	<b>10</b>	<b>11</b>
<b>ATTACK DRIBBLING</b>	<b>7</b>	<b>6</b>
<b>CONTROL PASSING-strong foot</b>	<b>7</b>	<b>6</b>
<b>CONTROL PASSING-weak foot</b>	<b>5</b>	<b>5</b>
<b>PERFECT PASSING-strong foot</b>	<b>7</b>	<b>7</b>
<b>PERFECT PASSING-weak foot</b>	<b>6</b>	<b>5</b>
<b>TOTAL CONTROL</b>	<b>3</b>	<b>3</b>
<b>POWER SPRINT</b>	<b>24</b>	<b>23</b>

**PURE STRIKE**

**3**

**2**



**“CORE 16” AVERAGE 75<sup>th</sup>% STANDARDS  
U9 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>52</b>	<b>53</b>
<b>QUICK TOUCH</b>	<b>56</b>	<b>52</b>
<b>JUGGLING-strong foot</b>	<b>7</b>	<b>4</b>
<b>JUGGLING-weak foot</b>	<b>5</b>	<b>3</b>
<b>JUGGLING-head</b>	<b>5</b>	<b>2</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>11</b>	<b>10</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>10</b>	<b>10</b>
<b>SHARP TURNS</b>	<b>13</b>	<b>13</b>
<b>ATTACK DRIBBLING</b>	<b>9</b>	<b>7</b>
<b>CONTROL PASSING-strong foot</b>	<b>9</b>	<b>8</b>
<b>CONTROL PASSING-weak foot</b>	<b>7</b>	<b>7</b>
<b>PERFECT PASSING-strong foot</b>	<b>10</b>	<b>9</b>
<b>PERFECT PASSING-weak foot</b>	<b>9</b>	<b>7</b>
<b>TOTAL CONTROL</b>	<b>3</b>	<b>5</b>
<b>POWER SPRINT</b>	<b>25</b>	<b>25</b>

**PURE STRIKE**

**4**

**3**



**“CORE 16” AVERAGE 95<sup>th</sup>% STANDARDS  
U9 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>62</b>	<b>61</b>
<b>QUICK TOUCH</b>	<b>68</b>	<b>62</b>
<b>JUGGLING-strong foot</b>	<b>10</b>	<b>7</b>
<b>JUGGLING-weak foot</b>	<b>8</b>	<b>6</b>
<b>JUGGLING-head</b>	<b>7</b>	<b>4</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>14</b>	<b>13</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>13</b>	<b>12</b>
<b>SHARP TURNS</b>	<b>16</b>	<b>16</b>
<b>ATTACK DRIBBLING</b>	<b>11</b>	<b>10</b>
<b>CONTROL PASSING-strong foot</b>	<b>12</b>	<b>11</b>
<b>CONTROL PASSING-weak foot</b>	<b>10</b>	<b>9</b>
<b>PERFECT PASSING-strong foot</b>	<b>15</b>	<b>12</b>
<b>PERFECT PASSING-weak foot</b>	<b>14</b>	<b>11</b>
<b>TOTAL CONTROL</b>	<b>4</b>	<b>7</b>
<b>POWER SPRINT</b>	<b>30</b>	<b>28</b>

**PURE STRIKE**

**5**

**4**