



Iowa Soccer Association
U9/U10 Academy
Coaching Manual Fall 2008

INTRODUCTION AND OBJECTIVES

This manual was created for coaches who work with players in the U-9/U10 age groups in the ISA Academy; however, it can also be used by any ISA coach working in those age groups. The U9/U10 age groups are often coined as the 'Golden Age' of player development, when players' increased capacity for learning and endless enthusiasm makes for an extremely fulfilling experience for players and coaches alike.

It is also a crucial stage in player development, the cementing of a technical foundation and the dawn of tactics. Coaches must understand the present needs of their age group while, at the same time, retaining a long term vision.

This U9/U10 academy is player-centered, as opposed to being coach or team centered. A player-centered approach focuses on the needs of the player and guides the coach towards a better understanding of what is appropriate for a specific age group and level.

There is no one way to teach, nor one definitive method that guarantees success. There is no magic formula in player development, nor are there any short cuts. There are, however, certain principles that should help guide youth coaches. The best coaches are those who understand the basic principles of teaching soccer, but are also not afraid to add their own personal touch.

Before coaches can start designing a player development program, they must understand the skill level, characteristics, and maturity level of their players. This is done through observation in practices and games followed by a thorough, objective analysis. Too often, coaches design a practice program based on what they want the players to learn, as opposed to what the players can handle. Coaches who are not skilled observers can easily misdiagnose the needs of the players.

In conclusion, player development takes place most effectively in environments where coaches facilitate learning in two main ways. The first is through the use of developmentally appropriate activities, free play and games; the second is through the coach displaying a thorough understanding of how young players learn and the developmental characteristics of those players.

CHARACTERISTICS OF U-10 PLAYERS

U9/U10 Motor Skill Development

- Boys and girls begin to develop differently and it makes sense now to separate the genders.
- Stamina and ability to stay physically active have increased as compared to U-8, but players still lack adult-level stamina and tire quickly; however, they recover quickly as well.
- Young players are more prone than adults to heat injury.
- Gross and small motor skills become more refined.
- There is a great diversity in playing ability and physically mature individuals demonstrate stronger motor skills.
- Children can make rapid gains in learning and function at increasingly sophisticated levels in the performance movement skills.

U9/U10 Cognitive Development

- Play at this age becomes less egocentric. The "Me" stage is disappearing and players begin to appreciate the benefits of cooperation with others.
- This is the dawn of 'team' play and the understanding of what 'being part of a team' means. Introduction of 'competitive' and 'cooperative' activities is appropriate and effective.
- Players can get excited when a competitive activity gets 'down to the wire' and celebrate victory with loud enthusiasm.
- The 'cooperative' types of activities teach them the value of team work and that some tasks are more easily accomplished when players work together.
- Players begin to understand and appreciate the need for rules, limits and a code of conduct. When an individual breaks a practice rule set by the coach, teammates get upset and will not be slow in reminding them.
- Abstract thinking begins. The ability to sequence thoughts and action is evident, with some players beginning to think in advance of the ball. Hence, tactical concepts of time and space can be introduced e.g. changing the direction of the ball, passing back in order to go forward, etc.
- They exhibit a lengthened attention span compared to U-8, but still short compared to adults, therefore, explanations must still be brief, concise and purposeful.

- Repetitive technique is very important, but it must be dynamic, not static.
- Players are intrinsically motivated to play. They are more inclined towards wanting to play rather than being told to play.
- They also demonstrate increased responsibility e.g. bring ball and water to practice, carry own stuff etc.

U9/U10 Social Skill Development

- Adults outside the family (coach!) may take on added significance and the importance of the coach as a role model cannot be overstated.
- Continued positive reinforcement is still the most effective communication tool as players are psychologically fragile.
- Players may initiate play on their own at this stage. They become more serious about their play and start comparing themselves to teammates.
- Peer pressure is significant as well as team identification. Players enjoy the uniforms and find it 'cool' to be part of a team.
- Players begin to understand and see that repetitive practice of a technique results in improvement. This can be a great motivational tool, since they can now connect the two concepts of 'practice' and 'improvement'.

U9/U10 TECHNICAL AND TACTICAL DEVELOPMENT

It is critical to develop an intimate understanding of where the players are, in terms of technical ability, technical range, and tactical maturity. Of vital importance is the technical range of players, or how far they can pass the ball with any power and accuracy, and what type of passes can they receive and control. These aspects have a strong bearing on practice design.

Observations of U9/U10 players have yielded the following:

U9/U10 Technical Considerations

- The ability to strike a ball or properly estimate the weight of a pass is a clear deficiency.
- The range of passing and accuracy varies, but for the most part, is very limited. For a typical U-10 player to get any distance on a pass, the ball and player must be moving towards each other on contact. When required to pass from a stationary position, they can only muster enough power to hit a 10-15 yards pass.
- First touch is a problem, with players not able to prepare the controlling surface effectively, and not having mastered the art of cushioning the ball.
- Bending balls around opponents or into a players' run is beyond them at this stage as all passes are straight line passes.
- Crossing is beyond their ability although some players might be able to generate enough power to get the ball into the penalty area.
- Dribbling at this age group is usually the most advanced, but mostly straight line dribbling. U-10 players tend to dribble a lot, partly because they like to dribble and partly because they are so focused on looking at the ball that they lose field vision and are oblivious to their passing options.
- Shielding is rarely used with players not knowing yet how to use their bodies to shield the ball or turn away from pressure.

U9/U10 Tactical Considerations

- Understanding of team shape is totally lacking. Players at the U9/U10 level do not know when to provide width or depth.
- Players struggle with providing proper support for the ball carrier. Players often get caught in opponent's 'shadow' and do not adjust their positions, hence support angles are poor.
- A front player's instinct is to run away from the ball, straight to goal, denying good support ahead of the ball.
- Players do not open their bodies to the field and have a limited vision of the field and their options.
- Players cannot 'read the pressure' on teammates. This means they pass the ball to teammates who are closely marked.
- There is practically no deception in the play of U9s/U10s. Most attacks are played along vertical lines with players' instincts to play 'Kick and Chase' soccer.

U9/U10 Technical and Tactical Conclusions and Implications

Players in the U9/U10 age group are beginning to develop technically and now have a basic understanding of tactics and begin to anticipate the next play. A good coach will help facilitate this development by encouraging free flowing soccer, guide instead of directing players toward improvement and make transition from offense to defense and defense to offense a major part of their practice sessions.

However, for tactical development to occur, players must have a certain 'threshold' of technical ability that will allow them to focus less on the ball and more on learning tactical lessons. Most U10 players do not possess this threshold of technical ability, therefore coaches should still focus on teaching their players the key fundamental soccer techniques.

Players can now be asked to play in a position and should be exposed to different playing positions throughout the season. However, coaches must remember that positions are fluid not fixed and that developmentally, many children will still have a difficult time playing a position. ISA recommends a 3 -2 team formation with 3 defenders and 2 attackers but there are a number of other formations that can be considered. Tactics and formations should not be a major part of your practice session and coaches should not sacrifice a player's technical development in order to win games.

PLANNING YOUR COACHING SESSION

Now that the developmental characteristics and technical/tactical development of U9/U10 players have been addressed it is important to incorporate that information into the design of your U9/U10 training sessions.

Training Session Implications

- Sessions of 60-75 minutes (depends on the maturity of the group).
- 2 – 3 sessions per week and 1 game.
- Frequent water breaks.
- Choose activities that don't require needless and excessive running. (The players need to be physically fresh for the technical work and emphasize maximum ball touches throughout the session).
- Technical development is the highest priority.
- Tactical concepts can be taught but stay within their technical range and use clear and brief explanations.
- Competition in practice is fun for them and they love activities that pit one group against the other.
- Give the players more responsibility by asking them to carry out as many tasks as possible on their own, i.e. bring own equipment, split into groups, set the grids, put on the bibs and gather the cones/balls.
- Allow them to make their own decisions and solve their own problems in activities and games, and experience the consequences of their own decisions.
- Provide guidance in appropriate doses and at the right moments, but now that they are able to connect cause to effect, learning by 'trial and error' is very effective.
- Activities must be organized to ensure every player achieves success, i.e. pairing opponents of similar ability in practice activities, using 'inclusive' games that don't eliminate the weakest player early.

Your U9/10 coaching sessions should follow three paths:

Free Play 40%: Examples – Heading World Cup, Soccer Tennis, World Cup, 1 v1 tournaments, small sided game tournaments and street soccer. Let them play with little interruption.

Non -Themed Session 20%: In a non themed session you can pick a variety of activities to be included in your session but still follow a progression of warm up, small sided activities and the game.

Themed Session 40% (30% technical - 10% tactical): The majority of your themed sessions should have a technical theme and you should try to include all the key fundamental techniques during the season. Your choice of a theme may also be determined by what happens on game day, especially if there is an obvious weakness in your team's play. You will still follow a progression of warm up, small sided activities and the game.

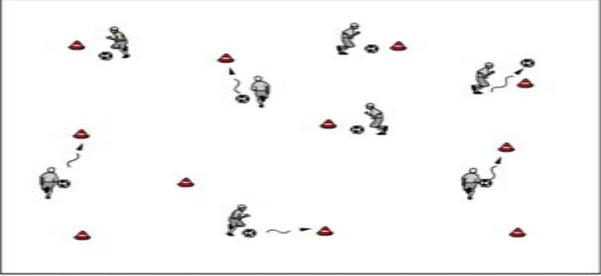
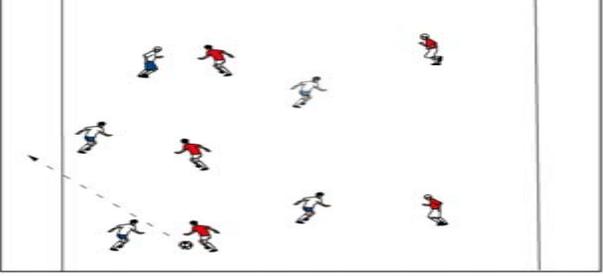
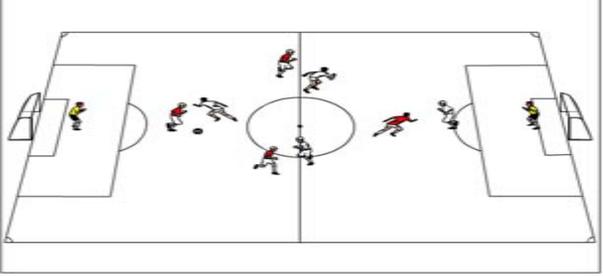
U9/U10 Age Group Practice Objectives

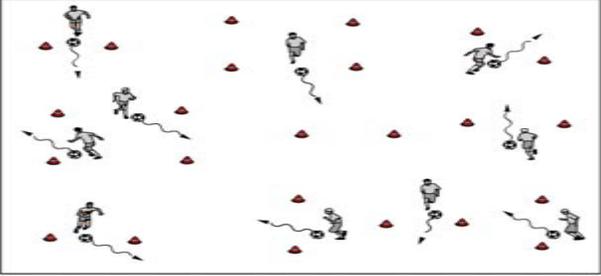
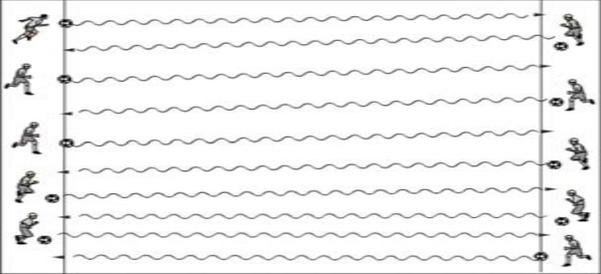
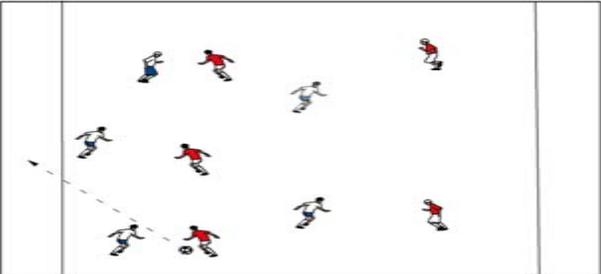
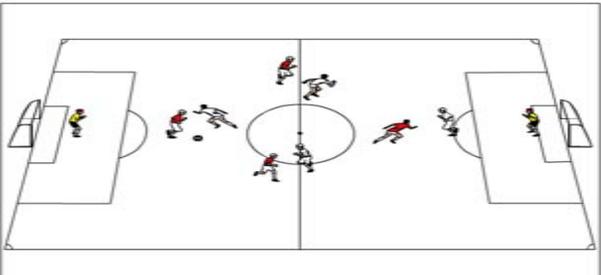
Technical

- Dribbling: running with the ball, how to beat an opponent, changing direction while running with the ball, shielding the ball
- Passing: inside and outside of foot, chip pass, driven pass, lofted pass
- Receiving: ground balls with the inside/outside of foot, receiving air balls and bouncing balls
- Heading: Introduce attacking and defensive heading in a user friendly manner
- Shooting: finishing with different surfaces including volleys
- Turning
- Tackling

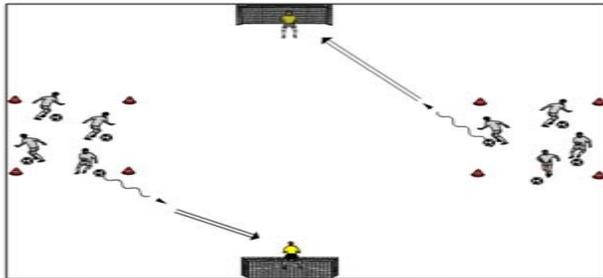
Tactics

- 1 v 1 attacking
- 1 v1 defending - do players dive in or delay, do players recover the ball after losing possession?
- Vision – players should be encouraged to play with their head up
- Transition – does the team transition quickly from attack to defense after losing the ball and from defense to attack after winning the ball

<p>Warm Up- Multi Cone Dribbling</p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Set up random goals - 25 x 25 yard training area • Each player has a ball • Players dribble at the cones performing various moves e.g. Step over, Matthews etc. • Challenge the players to beat as many cones as possible in a set time period. 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Close Control • Change of Pace - Accelerate past and behind the cones • Change of direction • Body fakes/Eye fakes
<p>Small Sided Activity – 1 v 1</p> 	<ul style="list-style-type: none"> • Training area 20 x 15 yards with small goals • Organize the players into two teams of five, numbered 1- 5 on opposite end lines • The coach calls out a number, feeds a ball and those two players play 1 v 1 to two small goals • Coach can call 2 numbers or 2 numbers from one team and 1 from the other to create numbers up/numbers down situations 	<ul style="list-style-type: none"> • Go directly at the defender • Try to make the defender commit to the ball • When and where to fake • Vision and awareness – dribbling with head up • Accelerate into the space past and behind the defender
<p>Small Sided Activity - 5 v 5 to End Zones</p> 	<ul style="list-style-type: none"> • Divide players into two equal teams. Training area 30 x 40 yards with end zones • A player scores by dribbling and controlling the ball over the other teams' end line • There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball • Condition/Progression: Cannot pass forward 	<ul style="list-style-type: none"> • Positive first touch • Positive dribbling mentality • Recognize 1 v 1 situations quickly
<p>The Game</p> 	<ul style="list-style-type: none"> • 4 v 4 or 5 v 5 + keepers • No conditions – Encourage players to recognize 1 v 1 situations and to dribble at opponents in appropriate areas 	

<p>Warm Up- Multi Goal Dribbling</p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Set up random goals (Cones 2-3 yards apart) - 25 x 25 yard training area • Each player has a ball • Players try and score as many goals as possible by dribbling through the goals in a set time period 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Minimum amount of touches to cover space • Dribble with the laces • Stretch to the ball
<p>Small Sided Activity - Charge</p> 	<ul style="list-style-type: none"> • Training area 25 x 15 yards • Organize the players into two equal teams • All players have a ball and start on opposite end lines • When the coach shouts "charge", they each dribble towards each other and try to get to the opposite end line and stop the ball on the line • The team that stops all their balls on the opposite end line first scores 1 point. Play first to 5 points 	<ul style="list-style-type: none"> • Keep head up while dribbling
<p>Small Sided Activity - 5 v 5 to End Zones</p> 	<ul style="list-style-type: none"> • Divide players into two equal teams. Training area 30 x 40 yards with end zones • A player scores by dribbling over the other team's end line • There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball • Condition: Create numbers down situations to allow more space for dribbling 	<ul style="list-style-type: none"> • Recognize when and where there is space to dribble • Cover the space quickly
<p>The Game</p> 	<ul style="list-style-type: none"> • 4 v 4 or 5 v 5 + keepers 	

Warm Up



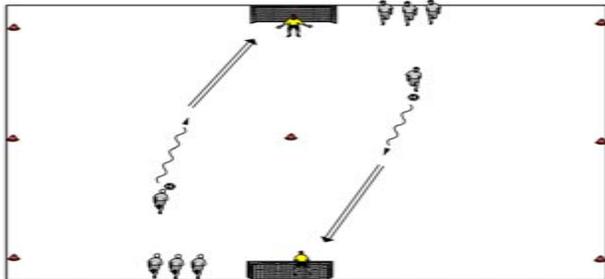
Organization

- Set up two goals and two 10 x 10 yard boxes 15 – 20 yards out from the goals
- Divide the players into two teams of four in each box with GKs and number them 1-4
- The players dribble in their respective boxes until the coach calls out a number
- Those players then dribble toward their designated goal and the first one to score wins 1 point
- First team to five wins the game
- Condition: Specify which foot to shoot with

Key Coaching Points

- Selection of surface - Inside – placement v instep - power
- Position of non kicking foot
- Ankle locked
- Hips to goal
- Follow through to goal
- Body weight over ball

Small Sided Activity



- Double penalty box training area
- Each player with a ball
- Groups of players at each diagonally opposite post
- Train different kinds of shot: 1 v 1, distance, off the dribble, off the turn etc

- Finish quickly but be composed
- Power v Placement
- Vision and awareness – GK position

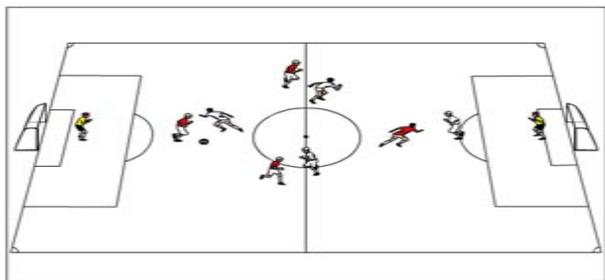
Small Sided Activity 3-1 To Goal



- Double penalty box training area
- 3 v 1 in each half
- Players must stay in their own half of the field
- The 3 try to score on the GK at the opposite end
- If the defender wins the ball they must pass to their teammates in the opposite half. Defenders cannot score
- Condition - 2 touch
- Progression – defenders can score

- Preparation touch
- Recognize shooting opportunities
- Body shape facing goal
- Proper pass to set up teammate
- Combination play to set up yourself

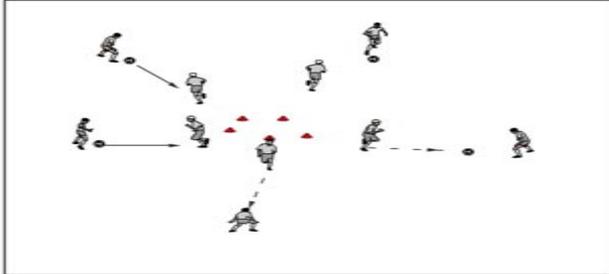
The Game



- 4 v 4 or 5 v 5 + Keepers
- Encourage a shooting mentality



Warm Up



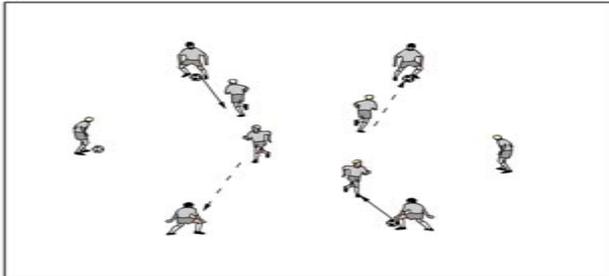
Organization

- Split group into 2 equal teams
- Half on the outside start with a ball
- Players in the middle check to a ball
- The receiving player takes a touch and plays the ball directly back to the serving player
- After the pass the player must check back to the cone then receive the ball from another server
- Rotate inside and outside players regularly

Key Coaching Points

- Change of speed to meet pass
- On your toes to receive the ball
- Cushion the first touch
- Communication
- Eye contact between passer and receiver

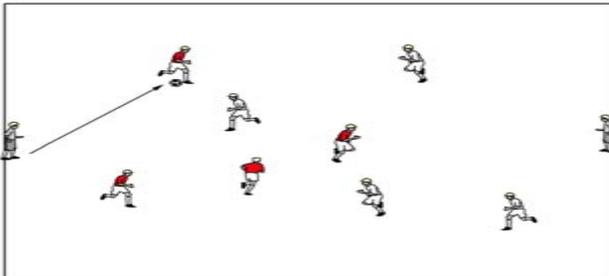
Small Sided Activity



- As above, but two more players on the outside than on the inside
- Two servers on the outside start without a ball
- The inside players check to receive a ball, they turn or take their first touch to space and then pass to a player on the outside without a ball
- After each pass, players check back to the middle
- Progression: Players in the middle now tracked by a defender
- Rotate inside and outside players regularly

- Get into the line of flight of the ball
- Receive side-on or square on dependant upon the pressure
- Check behind as you receive the ball
- First touch into space
- Check to create space
- Encourage the server to lead the player and pass the ball to the correct foot
- Awareness of where the defender is
- Selection of surface to control the ball

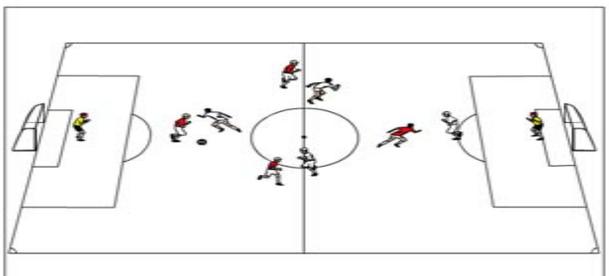
Small Sided Activity – 4 v 4 To Targets



- 35 x 25 Training Area
- 4 v 4 + 2 Targets. Target players may run the whole length of the end line
- Players score by passing the ball to the hands or feet of their designated target player
- If a target player receives the ball they must then pass to an opposition player
- Condition - Can only play to the target in the final third of the field

- Set up forward pass with your first touch
- Play to the target as early as possible

The Game



- 4 v 4 or 5 v 5 + Keepers



Warm Up



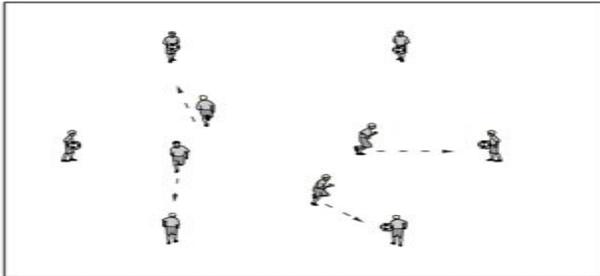
Organization

- All players with ball dribbling in training area
- On coaches command players pick up and toss the ball in the air and receive the ball with different parts of their body e.g. head, thigh, foot
- Variations – 1) Pick the ball up with feet only. 2) Follow what the coach does

Key Coaching Points

- First touch and importance of cushioning ball
- Get in line with the flight of the ball
- Select controlling surface early
- Relax body part at impact

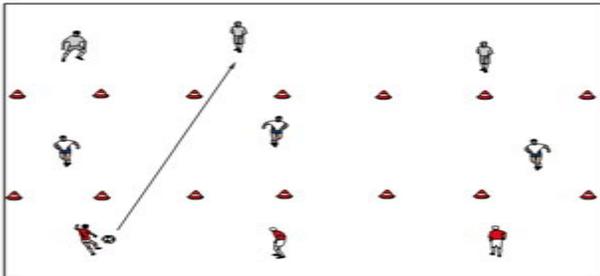
Small Sided Activity



- Six servers on the outside with a ball in their hands. Remaining players inside the circle
- Inside players check to receive a ball from the outside players and then pass the ball back to the feeding player
- Outside players feed the balls in the air to work on receiving with the following services: chest, thigh, head, feet (ball out of the air with laces, inside, outside)
- After each receive, players check back to the middle
- Rotate inside and outside players regularly

- First touch sets up your second touch.
- Ball should come down no farther than a "legs length" away

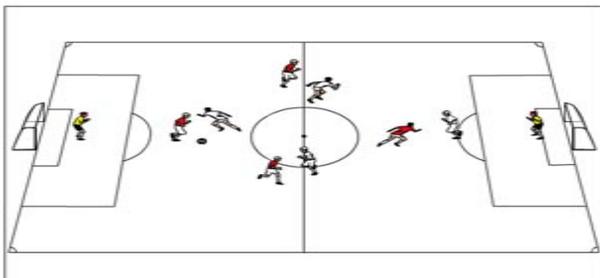
Small Sided Activity - Zones



- 30 x 20 training area. Divide the area into thirds
- Form three teams of three. Two teams in the final thirds of the area try to score against the team in the middle third
- A point is scored against the team in the middle third when a ball is played over or through their third in the air, to one of the players in the opposite final third
- The receiving player must take the ball out of the air, no bounce, and then pass to a teammate in less than two touches
- If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third

- Keep your eye on the ball
- Maintain body balance

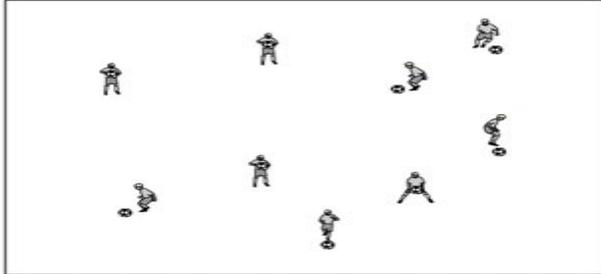
The Game



- 4 v 4 or 5 v 5 + Keepers



Warm Up



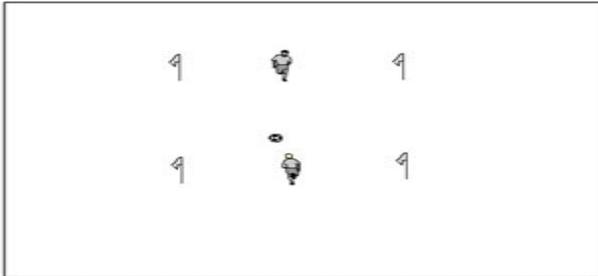
Organization

- Players move around in an open training area, one ball per player
- While moving, players toss the ball in the air and then head it up in the air. (defensive heading)
- Players then bring the ball under control and dribble away
- Progression: Players head the ball down into their run (attacking heading)

Key Coaching Points

- Read the flight of the ball
- Keep eye on the ball
- Time jump to hit ball at highest point

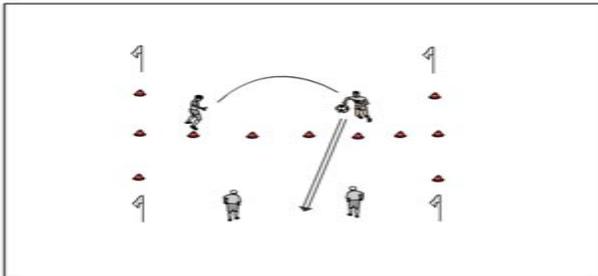
Small Sided Activity - 1 v 1



- 5 yard x 5 yard training area
- One player plays against the other with each player serving themselves
- The serving player attempts to head the ball across their opponent's goal line below waist height
- If the defender catches the ball in front of their goal line they may self serve from that area in an attempt to score
- A player may choose to return the ball with a direct header
- Have extra balls available behind each goal

- Lock neck and keep upper body rigid
- Thrust forward from waist
- Direct ball down and with force

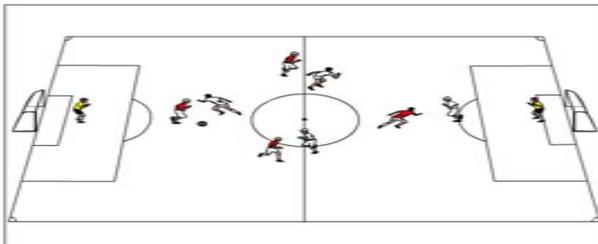
Small Sided Activity - 2 v 2



- Play a competition. First to three goals wins
- Play 2v2 in a 14-x-10 yard area
- Players are restricted to their own half
- Play starts with one person serving the ball to their partner who must attempt to score with their head
- Goal must be scored below waist height of the opposing GK
- Defending team act as goal keepers and tries to score when they get the ball

- Try to be deceptive
- Placement of header
- Get in the line of flight of the ball

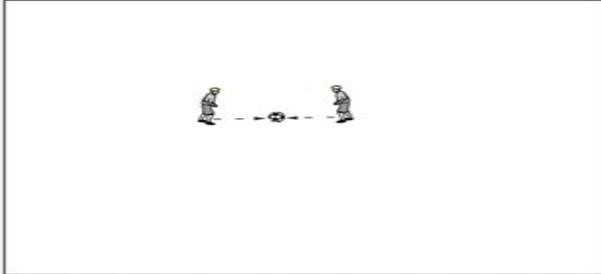
The Game



- 4 v 4 or 5 v 5 + Keepers
- Give extra points for goals scored by headers



Warm up



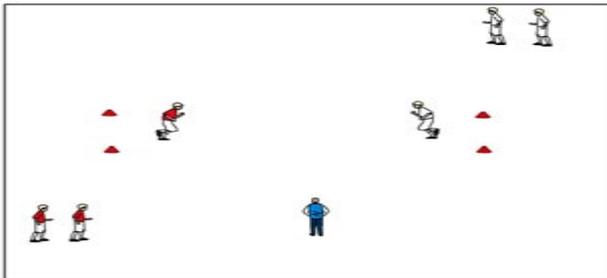
Organization

- Set up a 20 x 20 yard training area
- Pass and move to warm up
- The players then have to get into pairs with one ball between two
- Then have the two players standing 2-3 steps either side of the ball
- On command both players should squarely step to the ball and block tackle.
- Encourage the players to use both feet

Key Coaching Points

- Practice the correct technique for a block tackle
- Inside of foot to the ball
- Get weight into the tackle, body weight forward
- Do not stretch or go to ground

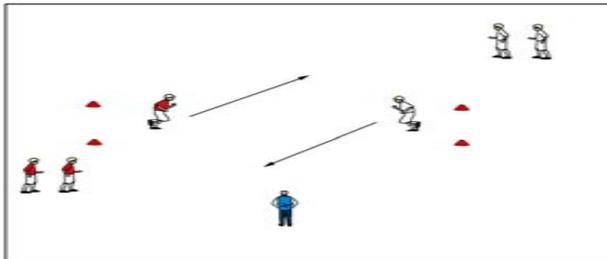
Small Sided Activity – 1 v 1



- Set up a 10 x 12 grid with one goal at either end
- 1 v 1, the players have to defend their goal
- The coach serves the ball to slightly favor one player
- Object is for the defending player to try to use the block tackle technique to stop the other player scoring
- Once one player has scored both players come off and change with two different players from the opposite teams.

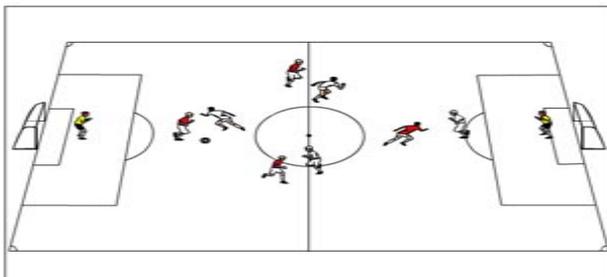
- Close to the ball quickly
- Maintain a good distance to tackle and recover
- Get body behind tackle
- Tackle without crossing feet
- Try not to dive in and commit

Small Sided Activity – 1 v 1 / 2 v 2



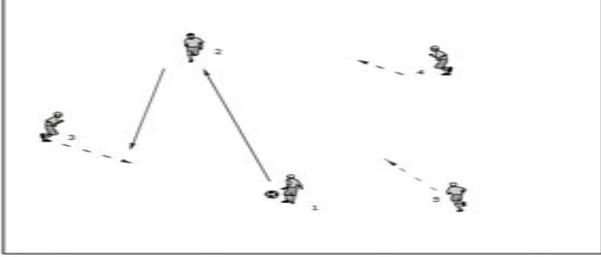
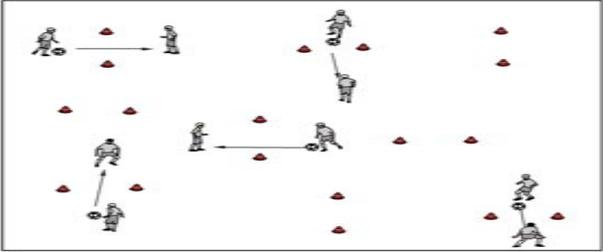
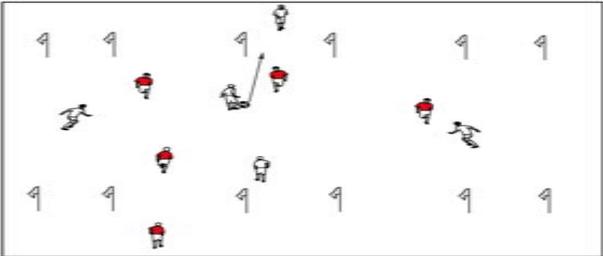
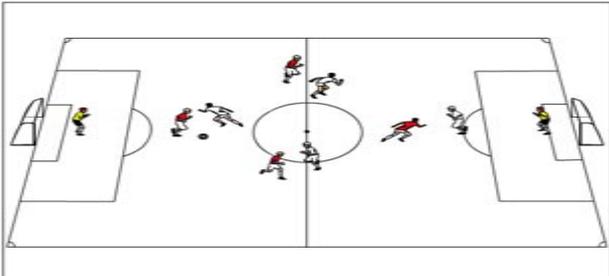
- 1 v 1 to goal -as above but....
- Players attack goal they start at
- Defender must recover goal side
- Progression: Play 2 v 2

- Recover goal side as quickly as possible
- Do not tackle from behind
- Face up to opponent
- Tackle firmly with closest foot

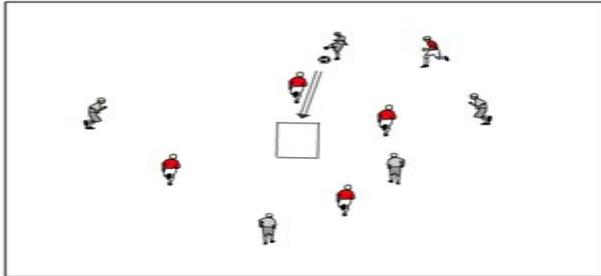


- 4 v 4 or 5 v 5 + Keepers



<p>Warm Up – Sequence Passing</p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Divide group into 2 groups of 5 players. • Each group numbers themselves 1 through 5 • 2 groups pass through the number sequence while moving around the field • Players must be moving at all times • Progression - Race through the sequence. First team to complete two rotations sits down • Go backwards through the order. 5. 4. 3..2..1 • Progression – pass and move no restrictions 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Eye contact between passer and receiver • Non kicking foot next to the ball, pointing in the direction you want to pass • Lock the ankle • Strike through the middle of the ball • Body weight over the ball
<p>Small Sided Activity – Multi Goal Passing</p> 	<ul style="list-style-type: none"> • Set up random goals (Cones 2-3 yards apart) - 25 x 25 yard training area • One ball between 2 players • Players try to score as many goals as possible by passing through the goals. Pairs must move to another goal each time • Use inside and/or the outside of the foot • Count the number of passes in 45 seconds 	<ul style="list-style-type: none"> • Weight of the pass • Timing of the pass • Keep the ball moving
<p>Small Sided Activity – 4 v 4 To Targets + Mini Goals</p> 	<ul style="list-style-type: none"> • Divide the group into two teams of 5 each team wearing a different color. • Set up a field that is wider than it is long with three small goals on each end line. • Play 4 v 4 on the field with 1 player from each team standing behind the end line that their team is attacking • Scoring: +1 point for any ball passed through a small goal. + 3 points for any ball passed through a small goal and received by your target player • Target players behind the end line can move and cover behind any of the 3 goals 	<ul style="list-style-type: none"> • Play to the target as early as possible • Team Shape, width and depth • Communication • Movement after the pass
<p>The Game</p> 	<ul style="list-style-type: none"> • 4 v 4 and 5 v 5 + Keepers 	

Kick The Can



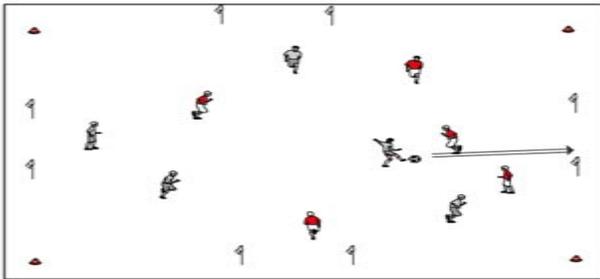
Organization

- Divide players into two equal teams.
- Use up to half a field with no out of bounds and a trash can in the middle of the field.
- Score a goal when you hit the barrel. The game is continuous and continues even when a goal is scored.
- If players congregate around the can place a 2 yard circle around the can that players cannot enter.
- Condition: Can only score with a first time finish.

Key Coaching Points

- **Let Them Play**

Four Goals



- Divide players into two equal teams
- 40 x 30 training area
- Players defend and attack two goals

- **Let Them Play**

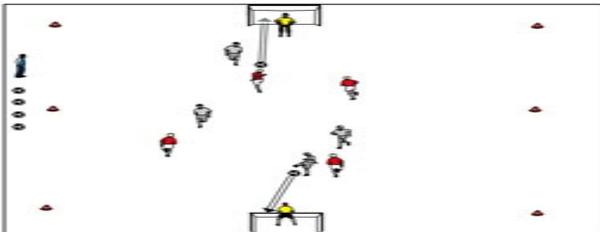
Corner Goals



- Divide players into two equal teams on a 30 x 40 yard training area
- Make diagonal goals with flags or cones in each corner of the field
- When a goal is scored or the ball goes out of bounds, the coach plays in a new ball to keep the game flowing
- The object of the game is to score through any of the 4 corner goals by passing or shooting
- Progression: Assign each team two goals to attack and two goals to defend

- **Let Them Play**

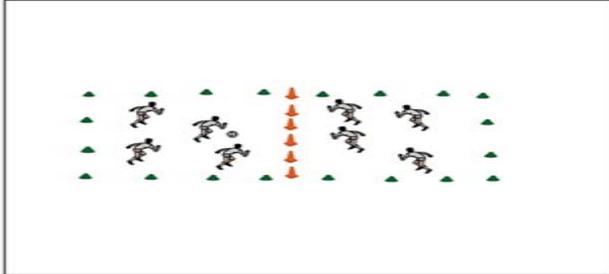
Balls Galore



- 4 v4 plus GKS in a 40 x 30 training area.
- Play a normal small-sided game with the exception of playing with multiple balls fed in by the coach.

- **Let Them Play**

Soccer Tennis



Organization

- Split group into 2 equal teams
- The rules are the same as tennis and the ball is allowed to bounce once when it comes over the net from the other team
- To score a point you must get the ball over the net without the other team returning it
- Each player is allowed a maximum of three touches and can be touched by three players before being returned
- The first team to get to 11 points wins. Can score when serving or receiving

Key Coaching Points

- **Let Them Play**

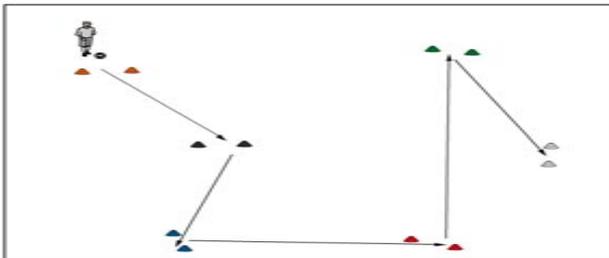
World Cup



- Five teams of 2 players or 3 team of 3
- GK can be the coach
- Game is played to one goal. The coach has a number of balls ready to play in
- If 5 teams of 2 the first team to score gets 5 points and leaves the field. The remaining four teams play for 4, 3, 2 and 1 point
- Play five or six times and see who scores the most points
- World Cup can also be played by eliminating teams

- **Let Them Play**

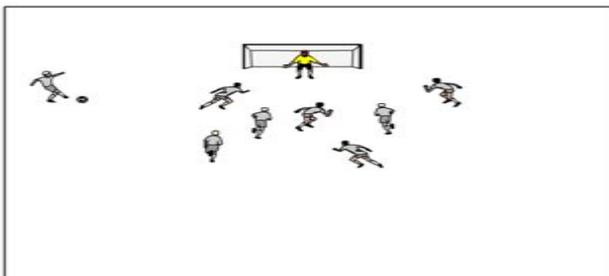
Soccer Golf



- Half field training area with multiple gates
- Each player has a ball
- The players will start at the first gate which is designated by the coach
- Once the a player has got the ball through a gate he will then move onto the next gate and so on till there are no more gates left
- The player with the least number of touches after passing the ball through all the gates, wins

- **Let Them Play**

Headers and Volleys



- 4 v 4 or 5 v 5 + Keepers - The coach can be the keeper
- The game is played in one goal. The coach has a number of balls ready to play in
- Goals can only be scored from headers or volleys

- **Let Them play**

Warm up



Organization

- As players arrive organize a small-sided scrimmage (play 2v2, 3v3, 4v4). Play until all players have arrived
- Play for 10-12 minutes
- The coach will feed the balls in each time one goes out of play

Key Coaching Points

- Try not to coach and allow players to play freely.

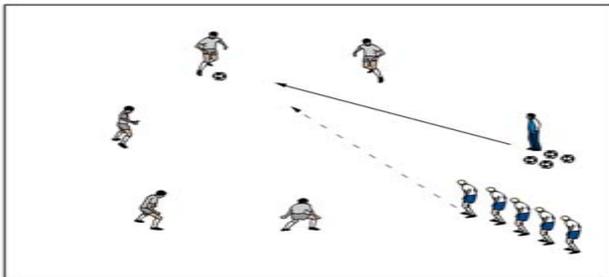
Small Sided Activity



- Organize players into groups of two with one ball per group
- Organize 8-10 small goals (2-3 yards apart) randomly around a small field
- Players score goals by passing through the gates
- Once they score at one goal they move onto another in no particular order and then try to score as many goals as possible in 30 seconds
- Challenge players to work together by passing and receiving to score as many goals as they can

- Explore using different parts of the foot to pass the ball through the gates.
- Square body up to the ball when receiving
- Weight and accuracy of the pass
- Moving to an open goal after you pass the ball
- Good first touch (absorb/cushion the ball when receiving it)

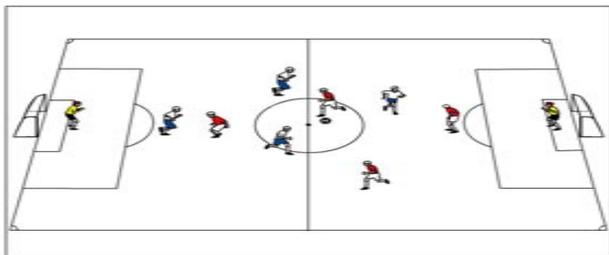
Small Sided Activity - Timed Possession Game



- Play 5 v 1 in a 20 x 20 grid
- 5 attackers start inside the grid and the other defenders start outside the grid
- The coach sends a ball into the grid and starts his stop watch
- As the first ball is sent in the first defender enters the grid to try to win the ball, when the defender wins the ball (by kicking it out of the grid) they go back and tag the next defender who enters and tries to win the ball
- After 5 balls have been played in the coach stops his watch and gives the team their time
- The teams then switch roles
- The team with the most time wins the ball, play 4-5 games

- Controlling touch away from pressuring defender
- Supporting players working to provide open passing lanes
- Weight and accuracy of pass
- Different types of passes to use in different situations.

The Game



- 4 v4 or 5 v 5 + keepers



Warm Up



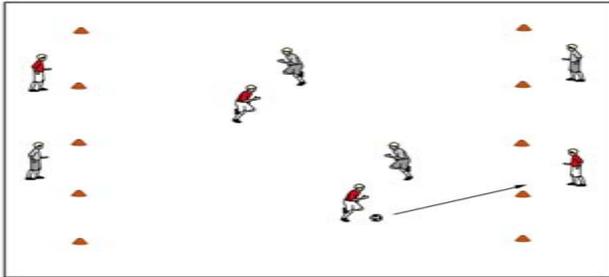
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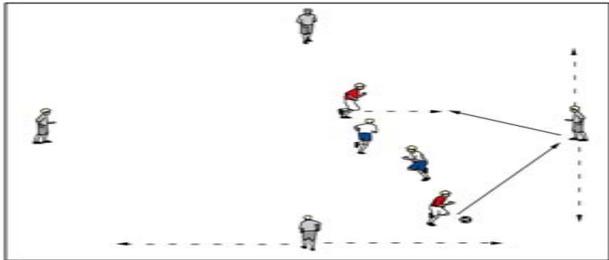
Small-Sided Activity - 2 v 2 to Targets



- 2 v 2 to targets
- End players play to own colors
- Play into end players (targets) for a goal
- Once they have hit one target at one end they must go to the other end and play into the other target

- Movement without the ball
- When to pass or dribble
- Can I score?
- Look to penetrate by passing, dribbling, combining

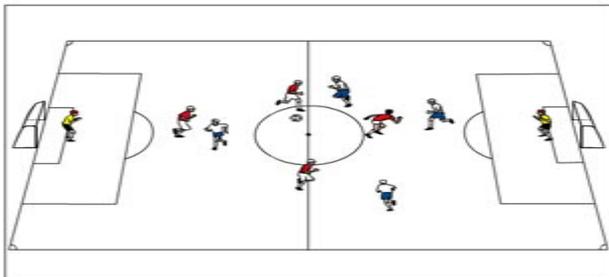
Small-Sided Activity – 2 v 2 + 4 Keep Away



- 2 v 2 + 4 outside players
- Outside players can move along the line
- Play 2 v 2 in the middle area with the 4 outside players supporting whichever team has possession of the ball
- Method of scoring is to connect in 3's. If they connect in 2's they still keep possession, but no goal

- Can they involve 3 players? When ball is played to outside player, the ball is played back into 3rd player
- Move to receive the ball
- Head up (vision)
- Movement to lose defender

The Game



- 4 v 4 or 5 v 5 + keepers





Iowa Soccer Association U9/U10 Academy Manual

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