

U9 Boys Week 1 Practice 1

Evaluate player skills

Warm-up - 17h (+10min, 5min water break)

- 2 players kick-off on line 1, 2; moving the ball to 9, 10. At the same time 2 players kick-off on line 9, 10; moving the ball to 1, 2.
- extra players use lines 4, 5 and 12, 8; 2,4 and 8, 9.

Chat - 17h15 (+10min)

- Roll call, 1 question/player (favorite team, dribbling move, etc.)
- Explain team rules:
 - no side conversations
 - no bullying
 - respect equipment
- Ask players for penalty to enforce when broken rules (ex: run around field, push-ups, etc.)

Driving the ball - 17h25 (+20min, 5min water break)

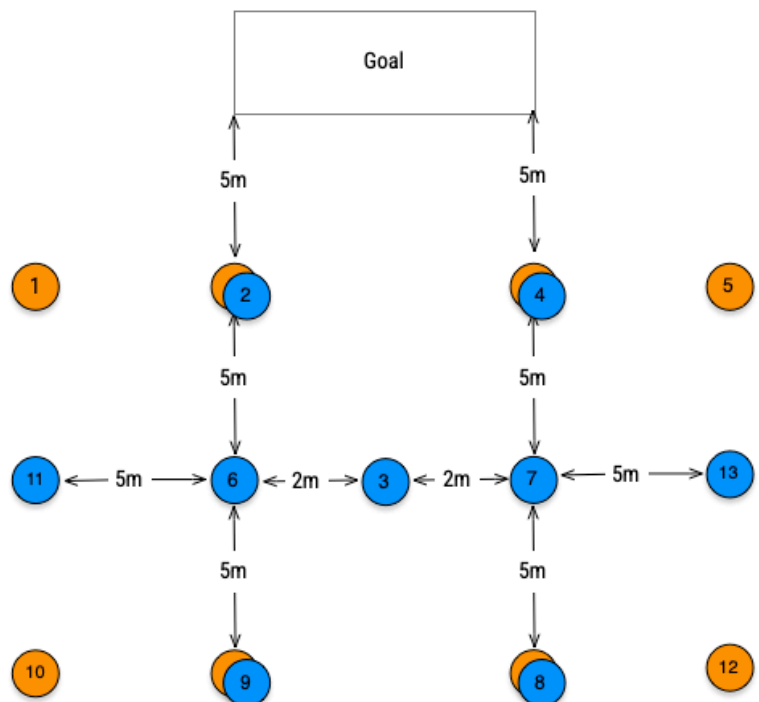
- 4 teams align on 2, 4, 8 and 9 and must drive the ball in a T (ex: 2, 6, 11, 3, 6, 2).

Shooting range - 17h50 (+15min)

- All players align to line 1-5 then shoot on all on signal.
- Same on line 11-13
- Same on line 10-12

Juggle and shoot - 18h05 (+10min)

- All players attempt to juggle the ball in the field marked by 1, 5, 12, 10, then on signal shoot on goal.



U9 Boys Week 1 Practice 2

Evaluate player skills

Warm-up - 16h (+10min, water break)

- 3 attacking players, each with a ball, align on 13, and must attempt to dribble through the line 4-8.
- 3 defending players form a line hand-in-hand (cannot let go), and must kick the balls out of the field (4, 8, 13, 9).
- When game ends, dribblers form the line. Defending players fetch the balls and aligns on 13.

Chat - 16h15 (+5min)

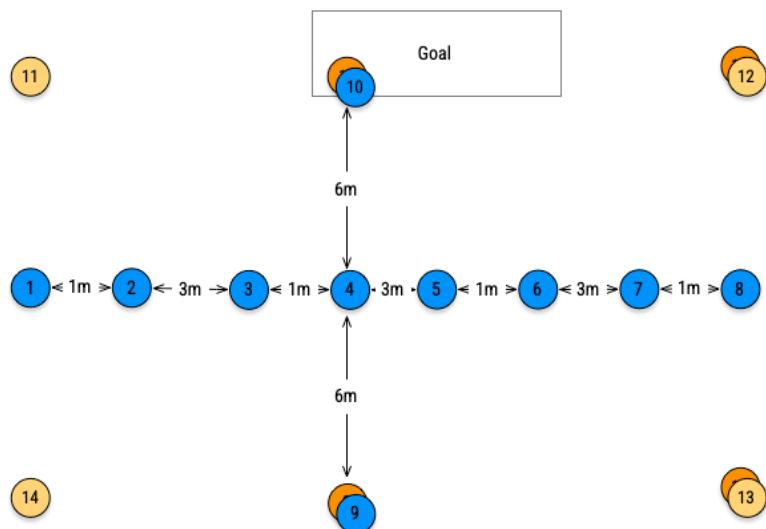
- Explain game rules (referee, no headers, kick off, throw-in, corner kick, goal kick, free kick, offsides)
- Pick a team name

Plug-the-hole - 16h20 (+15min, water break)

- Attacking team of 3 players starts on 9. It must move the ball through gate (1-2, 3-4, 5-6, 7-8).
- Defending team of 3 player starts on 10. It must touch the ball, while remaining on their side of the gates.
- When game ends, attacking team aligns on 10 and become defending team. Defending team fetches the ball and aligns on 9.

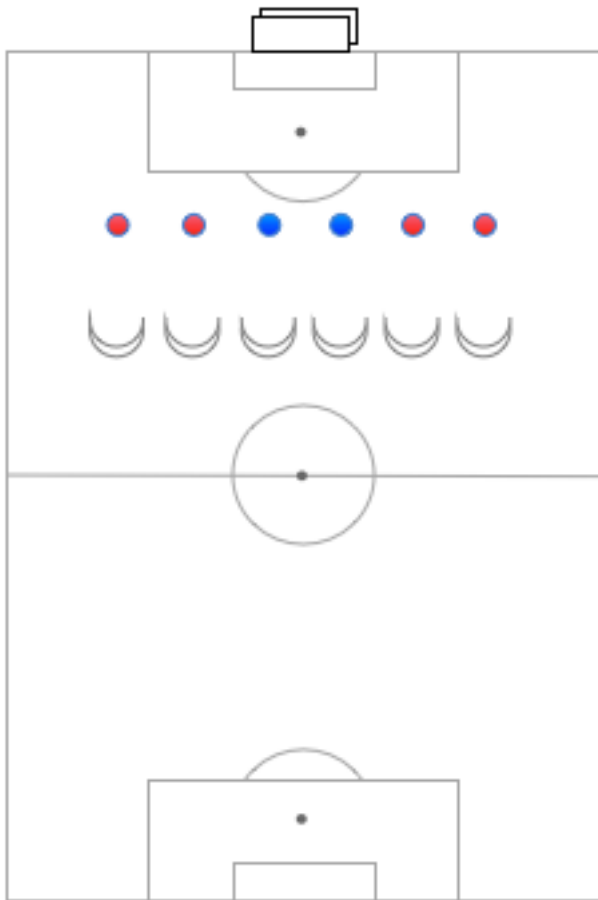
Goal kick - 16h40 (+20min)

- Defending team of 5 players in field 11, 12, 13, 14. Goalie kicks a ball in. The team must drive the ball through the line 14-13.
- Attacking team of 5 players starts behind line 14-13. It must recover the ball and shoot as quickly as possible.
- When game ends, attacking team must reset behind offside line (14-13). A new ball is sent to goalie.
- When all balls have been played, all players fetch balls, and teams are switching roles.



U9 Boys Week 2 Practice 1

Shooting



Jersey assignment

Striker (blue jersey): Liam , Benjamin

Goalie/Centerback (red jersey): Oliver, James, Henry

Wingers (yellow jersey): Mateo, William, Austin, Wyatt, Hugo, Leo

Dynamic Warm-up (5min)

- Leg raise, Open hip, Coordination leg/arm

Direct shot (15min)

-2 player per cone

-Shoot to mini-goal in front of you

-Back to mini-goal, turn on whistle, and shoot

-Roll and shoot, etc.

Shot in movement (15min)

-1 goalie

-1 player (winger) aligns left of mini-goals, 1 player (striker) stand at blue cone

-winger pass ball between red cones, striker run to ball and shoot

-winger run to blue cone, striker recovers ball and aligns himself left of mini-goals

-same setup on right side

Chat (5min)

- introduce roles - "find an international player"

- **striker**

* zone: central forward

* expectation without the ball: stay at top line

* expectation with the ball: turn and shoot

- **goalie and center back**

* zone: central back

* expectation without the ball: stay with top forward opponent player

* expectation with the ball: kick to a teammate on the left or right side

- **wingers**

* zone: left or right band

* expectation without the ball: run back to defensive line

* expectation with the ball: driving and passing forward

- settle team name

Score on goal (20min)

- 1 goalie

- 5 in defending team

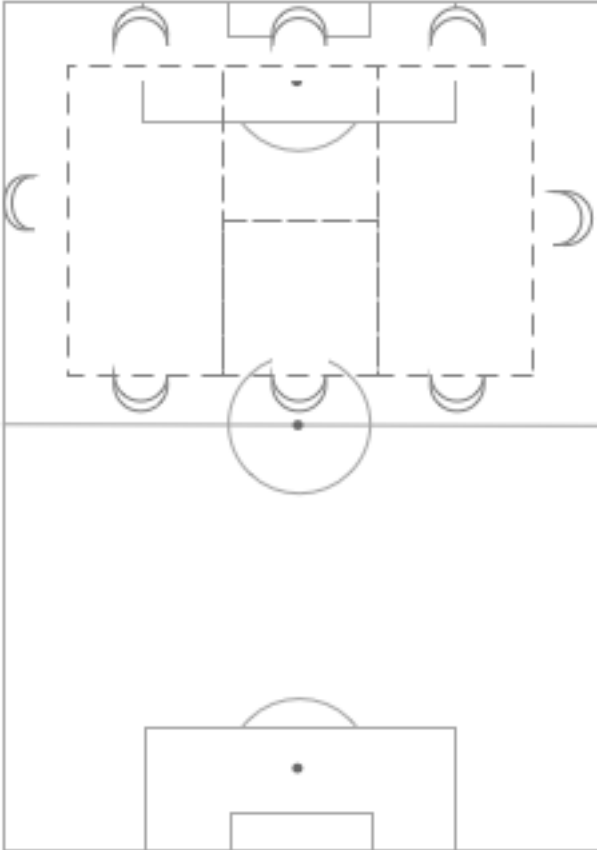
- 5 in attacking team

- reset both teams to their line, ball always goes to attacking team

- explain kick-off, throw-in, goal kick, corner kick

U9 Boys Week 2 Practice 2

Dribbling



Jersey assignment

Striker (blue jersey): Liam , Benjamin

Goalie/Centerback (red jersey): Oliver, James, Henry

Wingers (yellow jersey): Mateo, William, Austin, Wyatt, Hugo, Leo

Dynamic warm-up (5min)

- Ronaldo step over
- Messi shoulder drop

one-on-one (15min)

- 2 players, one feet on the goal line.
- 1 side kicker on the sideline kicks the ball to the middle of the field.
- The 2 players rush to the ball, first one to score in opposite goal.
- reset when the 2 players have one feet on the goal line.

Chat (5min)

- repeat expectations for roles
- “what move you are going to make?”

marking in zones (15min)

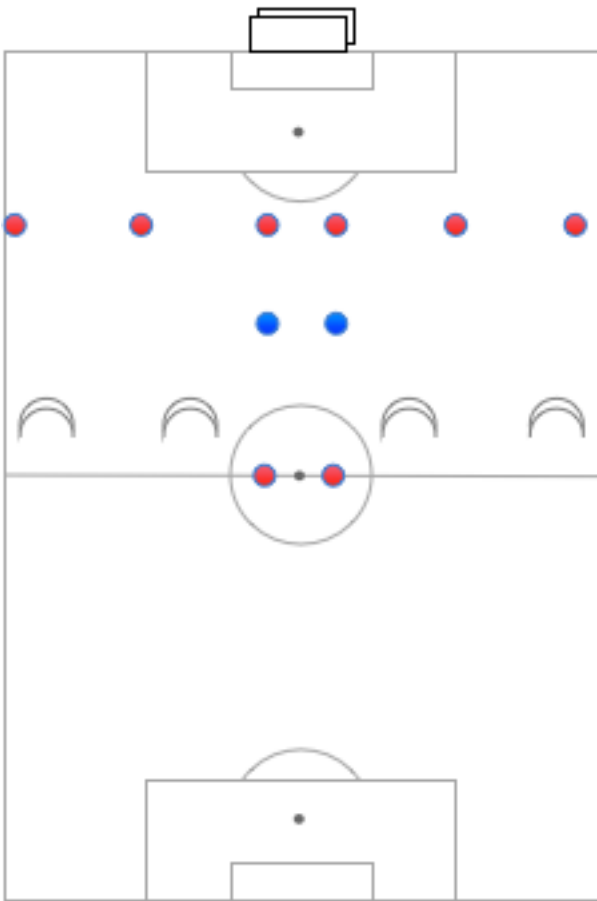
- 4 attacking players in 4 zones. They must stay in their zone.
- add random number of players in random zone up to 4.

2 games at once (20min)

- 2 3v3 games cross each other.

U9 Boys Week 3 Practice 1

Forward as a pair



Jersey assignment

Striker (blue jersey): Oliver, James

Goalie/Centerback (red jersey): Mateo, William, Austin

Wingers (yellow jersey): Liam, Benjamin, Henry, Wyatt, Hugo, Leo

2*2v2 + 2 defenders and goalie (15min)

- Two 2v2 games running simultaneously on the left and right side of a half-field.
- Both attacking teams score on a single big goal, defended by a goalkeeper.
- The 2 defenders can intervene if the attacking players pass the red cones line, but cannot pass the red cones line themselves.
- The defending team scores on one of the small inverted goals.

Chat (5min)

- post-game lessons?

1-2 passing (15min)

- Striker stands on blue cone. Winger starts with ball between two small goals (left or right).
- Winger passes to striker. Striker passes back forward between red cones with one touch. Winger scores against goalie.
- Striker can make a one left-to-right touch, a heel pass, or an outside foot pass.
- Striker can call jersey of player making the one-two

in the other lane.

- A defender can be added on either, or both sides.

4v2 from goal kick (20min)

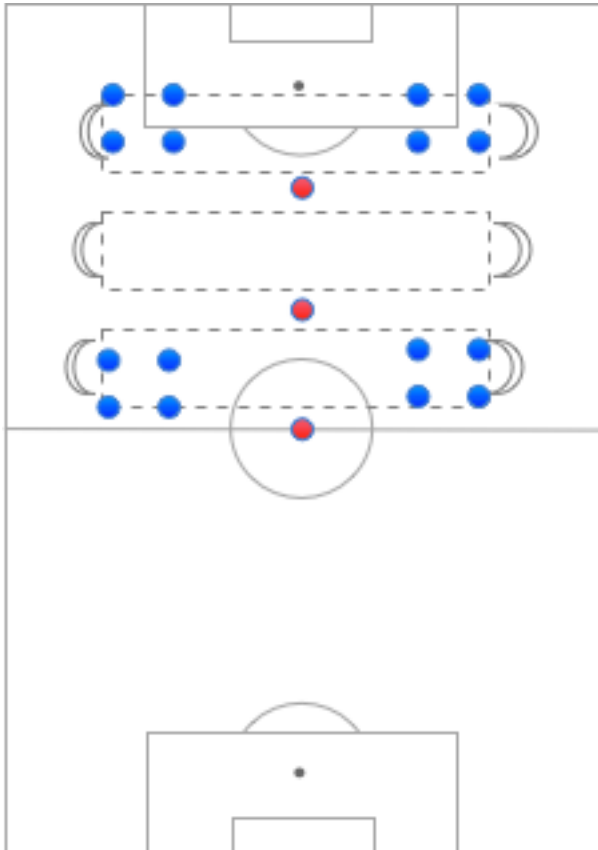
- Balls starts from the goalie, who makes a goal kick to one of the wingers on the left or right. Wingers must run the ball through the half-line to score on one of the reversed goal.
- 2 attackers attempt to put pressure on the ball carrier, win the ball back and score.

Crossbar challenge (5min)

- Put the ball on the penalty line. First one to hit the crossbar.

U9 Boys Week 3 Practice 2

Dribbling



Jersey assignment

Striker (blue jersey): Oliver, James

Goalie/Centerback (red jersey): Mateo, William, Austin

Wingers (yellow jersey): Liam, Benjamin, Henry, Wyatt, Hugo, Leo

Pirate game (15min)

- 4 corner islands
- Players with a ball start in one of the island. They need to transfer their treasure (ball) to another island (1 point if following line, 3 points if diagonal).
- Players without a ball are pirates. If a pirate kicks an Englishman's ball out, the Englishman becomes a pirate. If a pirate wins the ball and scores on a goal on the side the Englishman comes from, games stops. Pirate wins. Winner is the last man standing, or the Englishman with the most points.

Chat (5min)

- Reminder on skill moves

1v1 battle (20min)

- 2 players, one feet on the goal line.
- 1 player (kicker) on the sideline kicks the ball to the middle of the field.
- The 2 players rush to the ball, first one to score in opposite goal.
- Reset when the 2 players have one feet on the goal line.

- Add 2 jokers to steal balls and make assists.

2v2 battle (20min)

- Regular 2v2
- Rotate teams at 4min so every team played each other.
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U9 Boys Week 4 Practice 1 & 2

Positioning



Jersey assignment

Striker (blue jersey): Oliver, James

Goalie/Centerback (red jersey): Mateo, William, Austin

Wingers (yellow jersey): Liam, Benjamin, Henry, Wyatt, Hugo, Leo

Magic square (15min)

- 3 squares (yellow, blue, red), one player by cone. Players moving clockwise.
- Right/Left foot, inside/outside
- Hands on the floor, looking down, looking up.
- Balls between feet
- Pass to left, receive from the right
- Pass to the right, receive from the left

Shot in movement (20min)

- 1 goalie, 1 player (winger) starts at cone 1, 1 player (striker) stand at cone 2
- winger pass ball towards 3 and run to 2
- striker run to ball and shoot
- striker recovers ball and stands in line at cone 1
- same setup on right side (A, B, and C)

Corner kick (20min)

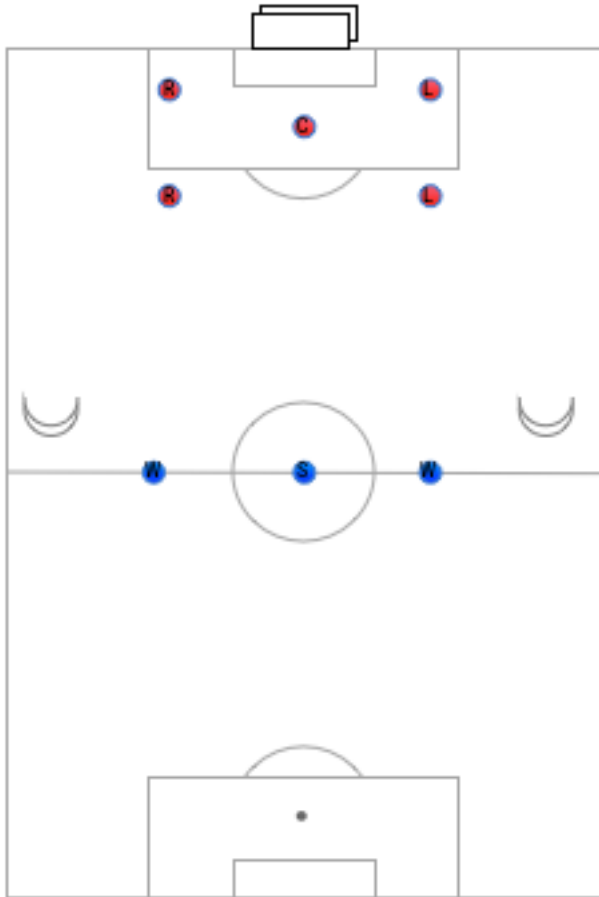
- 1 goalie and 2 defenders
- 2 teams of 4 attackers decide on a strategy, 1 kicker on left corner and 1 kicker on right corner.

Chat (5min)

- Saturday game & Thursday video recording
- Distribute schedule and team picture info

U9 Boys Week 5 Practice 1

Connecting as teammates



Jersey assignments

Striker (blue jersey): Henry, Mateo

Goalie/Centerback (red jersey): Liam, Benjamin, Wyatt

Extra Fullback (red jersey): William?

Wingers (yellow jersey): Oliver, James, William, Austin, Hugo, Leo

Dynamic warmup (5min)

- Leg raise, tap inside/outside, juggle both feet

Shot from angles (15min)

-Left foot on right side of goal

-Right foot on left side of goal

-Bicyclette from penalty spot

Chat (5min)

- Saturday game lessons

Forward pass (15min)

-3 attacking, and 3 defending + goalkeeper

-Wingers line up evenly at one of the W cones at the midline. Strikers line up at the S cone at the midline. Coach stands with balls next to the S cone.

-Striker, left and right winger step in. Coach plays ball to one of the wingers.

-Striker cannot touch ball outside penalty box.

Wingers cannot touch ball inside penalty box, Defenders can run anywhere.

-There must be one pass between attackers

before a shot is attempted.

- When defense recovers the ball, they must pass into one of the 2 small goals before a change of possession happens to score a point.

Defense in line (20min)

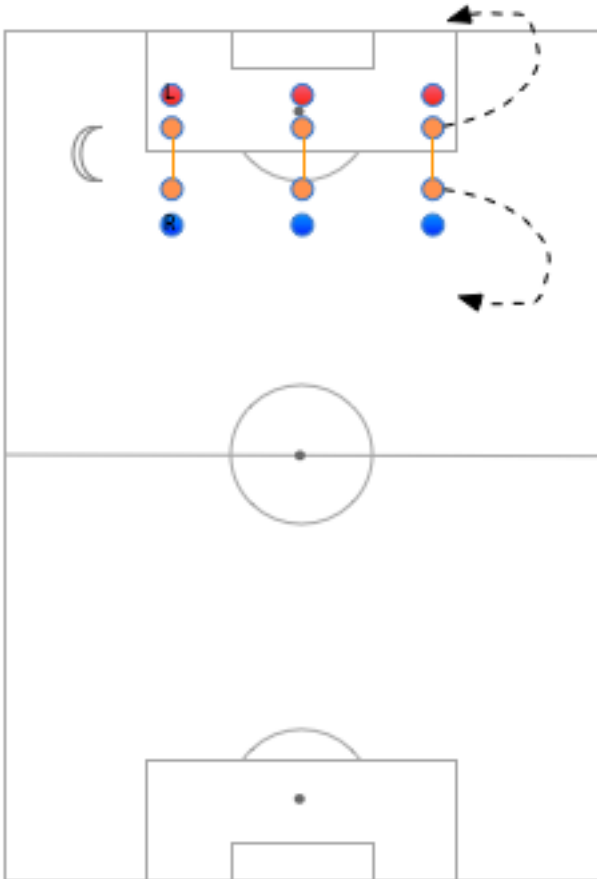
- 3 attacking, and 3 defending + goalkeeper

- Attacking players line up at W and S cones at midline. Balls starts at the goalkeeper. All defenders must be outside penalty box. Goalkeeper passes to left or right defender. The defender passes to the winger facing him. At that point 3 attacking players can step in.

Defenders must touch the closest L or C cones before engaging.

U9 Boys Week 5 Practice 2

Technical



Jersey assignments

Striker (blue jersey): Henry, Mateo

Goalie/Centerback (red jersey): Liam, Benjamin, Wyatt

Extra Fullback (red jersey): William?

Wingers (yellow jersey): Oliver, James, William, Austin, Hugo, Leo

Circuit through hoops (15min)

- Push ball under, jump over
- Pass to previous player; turn around and get ready to receive.
- Player receiving ball moves to end of line.

Finding players behind the line (20min)

- Move posts. Cones and line mark 2 zones.
- 3 players per zone that cannot invade each other's zones.
- Must touch post behind opponent's zone.

Dribble to score (20min)

- 2 lines line up at R and L.
- Dribble through cones, turn and score.

Chat (5min)

- Prepare for next game

U9 Boys Week 6 Practice 1

Skill drills

Juggle and basket ball (15min)

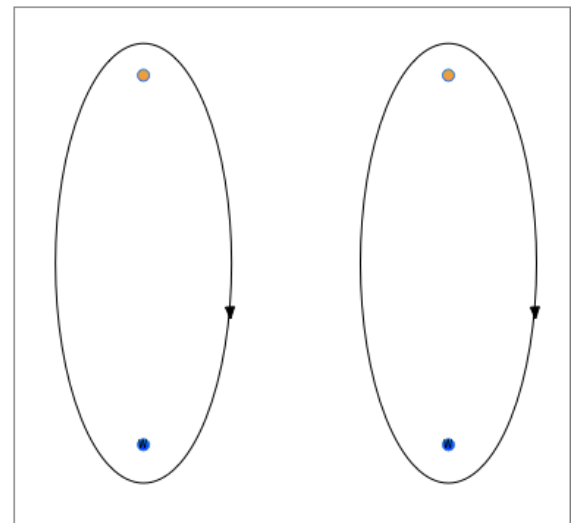
- juggle both feet with bounce in the middle
- attempt to put ball in garbage can
- attempt to lift ball up over the gate

Chat (5min)

- Game debriefing:
 - Goal kicks were played to the central lane.
 - Corner kicks were shot strong in front of goal.
 - Liam did three good passes to build back up after recovering the ball. Stayed calm and focused at a position he doesn't like. thank you.
 - Mateo showed very good tackles in warm-up during 1v1. Bring them to the game!
 - Hugo has most improved in practice and warm-up. He doesn't give up in 1v1. Bring them to the game!
 - William not always stayed in his zone, but ran a lot and recovered many balls. I hope more players run so William can catch his breath a bit.
- Push up position, ball goes round the circle. only the person with the ball can talk.
- Knee up hand down coordination
- Stand one foot, hop to the other foot

Acceleration drills (40min)

- (without the ball) Race. Each player in turn must race around the pole. When the player taps the next player in line, that player starts running. First line with all players completed the run wins.
- (without the ball) Race backward to pole, then forward back to next player in line.
- (without the ball) Race sideways facing left to pole. come back facing right.
- (without the ball) Race sideways facing right to pole. come back facing left.
- (without the ball) Catch-up and tag. One player start behind the other player. At the signal the player in the back must run to one of the pole. The player in front attempts to tag him.
- Same races with the ball (4 races). The ball must come to the back of line and go through the legs of each players in line.
 - Standard race
 - Race backward then forward
 - Race sideways facing left, come back facing right
 - Race sideways facing right, come back facing left
- Bowling - Place cones at the pole. First player in line must attempt to knock cones down, then race to bring the ball back for next player.
- Tic-tac-toe. Player must drive the ball to tic-tac-toe board, put their jersey down on the board game, come back with the ball to the next in line.



U9 Boys Week 6 Practice 2

Set pieces

Jersey assignments

Striker (blue jersey): William, Austin

Goalie/Centerback (red jersey): Oliver, Hugo, Leo

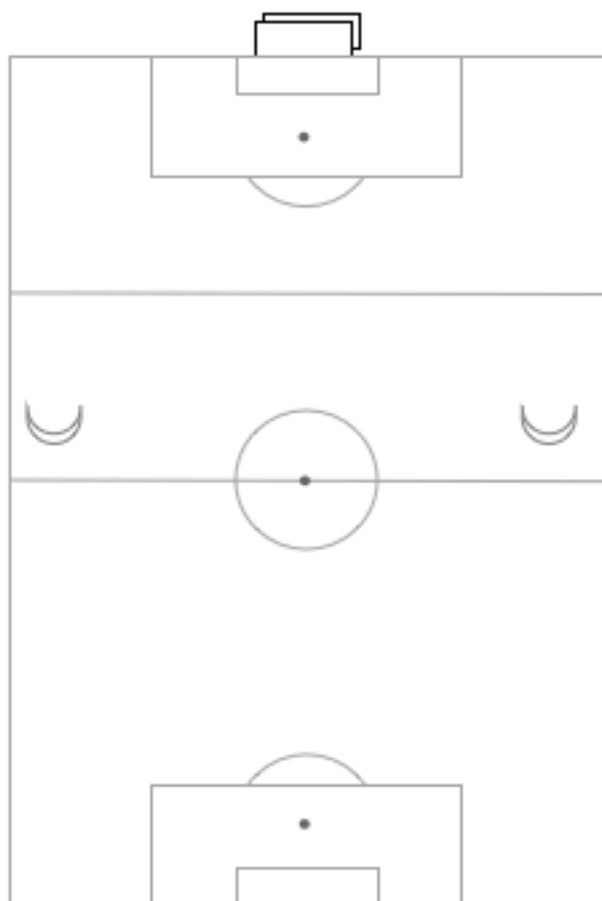
Wingers (yellow jersey): Liam, Benjamin, James, Henry, Mateo, Wyatt

Chat (5min)

Re-iterate team rules:

- no side conversations
- no bullying
- respect equipment

Separate drills for Benjamin, Leo and James (line-up, ball skills, etc.)



Follow-and-shoot (15min)

Players start at the mid-line or offside line, two-by-two. One player drives the ball, the other runs behind about 2m. Once the lead player enters the penalty box, he steps on the ball and moves away. The following player shoots the ball to score.

Build-up (20min)

- 2 groups of 2 wingers (alternate) + 1 centerback + goalkeeper
- 2 strikers
- Attacking players start behind the offside line.
- Ball starts at the goalkeeper. All defenders must be outside penalty box, or close to the edge.
- Goalkeeper passes to left or right defender.
- The defender drives the ball to score in one of the two mini-goals.
- Attacking players apply pressure as soon as the ball is played, attempting to win the ball and score.

Corner kick (20min)

- 3 defending players + goalkeeper
- 1 attacking player at the corner to kick balls in
- 3 attacking players stand behind the offside line and attempt to score.
- If the defense recovers the ball, they must drive it as quickly as possible into one of the mini-goals.

U9 Boys Week 7 Practice 1

Man Marking



Chat (5min)

- What did we do well in last week-end games?
- What can we improve?
- Leo is player of the week-end. Good runs and one assist.

Grab-n-go (15min)

2 lines of players facing each other. The coach announces head, shoulder, knees and toes at random. When the coach says "go", first player to pick up pinnie, turns and run to cone. Second player must reach that cone before first player.

1-on-1 prevent turn (20min)

one attacking player starts in the middle of the pitch. He must score in a mini-goal. Opposite the mini-goal, outside the field, one player passes the ball to the attacking player. As the ball is passed in, a defending

player runs from the mini-goal side to prevent attacking player to turn around.

(1st exercise in video: <https://www.youtube.com/watch?v=gNj3vupydGs>)

Coaching points:

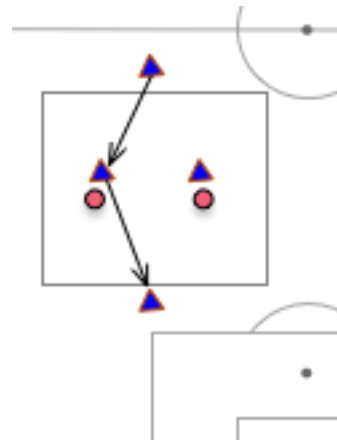
- To defender: "close-in fast. Prevent ball carrier to turn around."
- To attacker: "wait for the ball sideways, so you can see the defender and the ball."

2-on-2 marking (20min)

2 attacking players and 2 defending players in the field. 2 players on opposite side of the field. One outside player must pass the ball to an attacking player, who in turn must pass the ball to the player of the opposite side.

To defender: "Keep with your opponent"

To attacker: "Loose your marker"



U9 Boys Week 7 Practice 2

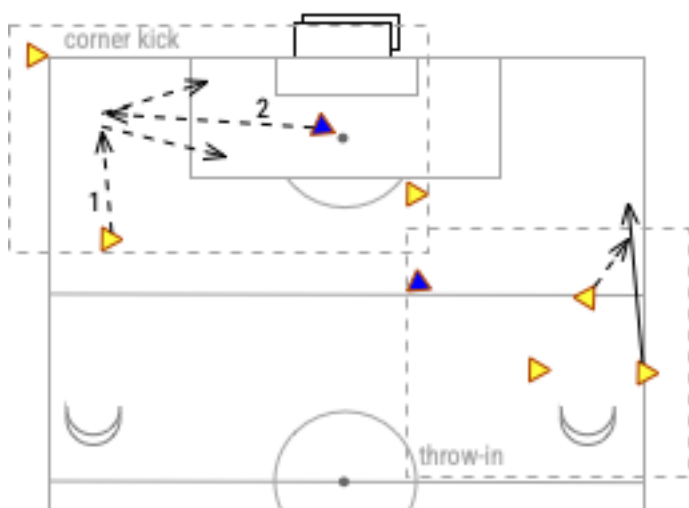
Man Marking

Jersey assignments

Striker (blue jersey): Wyatt, Hugo

Goalie/Centerback (red jersey): James, Henry, Mateo

Wingers (yellow jersey): Liam, Benjamin, Oliver, William, Austin, Leo



Throw-in / Long balls (20min)

- 3 defending players + goalkeeper
- 3 attacking players + 1 player doing throw-in
- Ball starts on left or right sideline with an attacking player doing the throw-in.
- Defending players attempts to pass into the mini-goal as quickly as possible after recovering the ball.
- Coaching points to defense: *“On throw-in, find one attacking player and stay close, always between him and the goal.”*
- Coaching points to throw-in player: 1) *“Throw along the line.”*, 2) *“Make the ball bounce twice before reaching your teammate.”*
- Coaching points to other attacking players: 1) *“Make a triangle with one tip being the throw-in player.”*, 2) *“let the ball pass to face the game. Run after the ball instead of controlling it.”*

- 3 players (Henry, Mateo, Oliver) in separate special long ball passing exercise

Build-up with long ball (15min)

- 2 groups of 2 wingers (alternate) + 1 centerback + goalkeeper
- 3 attacking players at a time (2 strikers + 3 wingers)
- Attacking players start behind the offside line.
- Balls starts at the goalkeeper (game rule: **“Goal kick restarts are taken anywhere within the penalty area.”** - U9__U10_GAME_RULES__FORMAT__2_.pdf)
- Strikers apply pressure as soon as the ball is played, attempting to win the ball and score.
- Coaching points to defense: *“Stand sideways so you can see the ball and opponent”*
- Coaching points to offense: *“Rush to ball carrier quickly.”*

Corner kick (20min)

- 2 defending players + goalkeeper
- 3 attacking players in the field. 1 attacking player at the corner (2 groups)
- On recovery, defending players attempts to pass into the mini-goal as quickly as possible.
- Coaching points to the defenders: *“mark man closest to the ball”*
- Coaching points to the attackers: 1) *“run to get away from marking”* 2) receiving the ball *“let the ball pass to face the game.”*

Chat (5min)

- Prepare Saturday game: questions to check understanding of man marking. questions about what to do on throw-in.

U9 Boys Week 8 Practice 1

Intensity

Chat (5min)

- Post game analysis

Running with and without the ball (15min)

- All players align on a line. Balls are lined up on a different line (~10m).
- Players run to ball, turn around and drive the ball back to the first line, ending with foot on the ball.
- Footing to the line without the ball, then start again
- Repeat with dominant, weak foot, running backward, start from knees up. remember the color shown by coach.

Demo: how to drive the ball. how to turn.

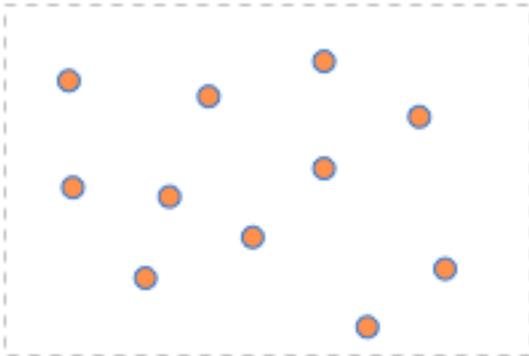
Shoulder to shoulder (20min)

- Two lines of players. Coach, between the starter of the line, kicks a ball straight up.
- First player to the ball and to score

Demo: shoulder to shoulder run.

Cones up, cones down (20min)

- 2 teams.
- Each player on one team runs with a ball, trying to kick cones down with their ball.
- The other team players run to put the cones back up.
- When the coach whistle, winner is the team with most cones up or down respectively.
- Note: There must be a lot more cones than players otherwise each defending player will stay with one cone and wait instead of running.



U9 Boys Week 8 Practice 2

Calling for the ball

Jersey assignments

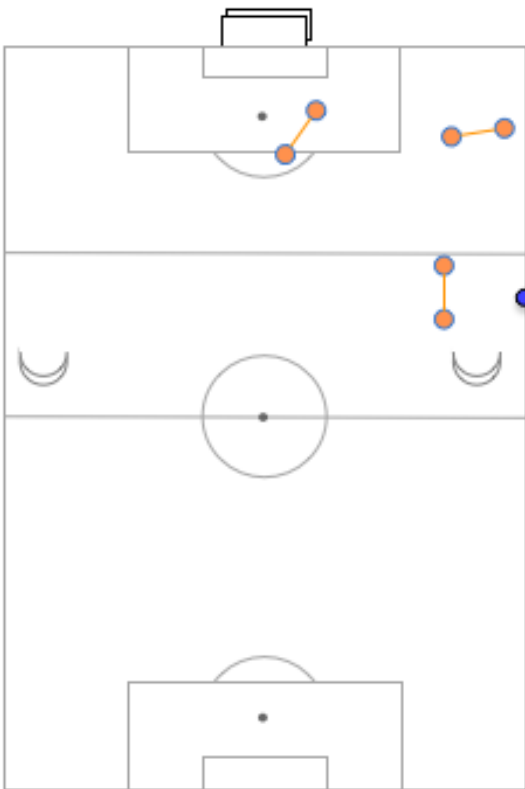
Striker (blue jersey): Leo, Liam

Goalie/Centerback (red jersey): William, Austin, Wyatt

Wingers (yellow jersey): James, Henry, Mateo, Benjamin, Oliver, Hugo

Chat (5min)

- reminders on position expectations
- ask to show demo of what "calling for the ball" means.



Throw-in distance awareness (15min)

- ask each player to throw-in in turn over gates at 2m intervals.
- ask other players to stand where the ball lands, and think how far they are from the thrower. Coaching point: *"look at a marker - ex: lines, goal, etc."*

Throw-in (20min)

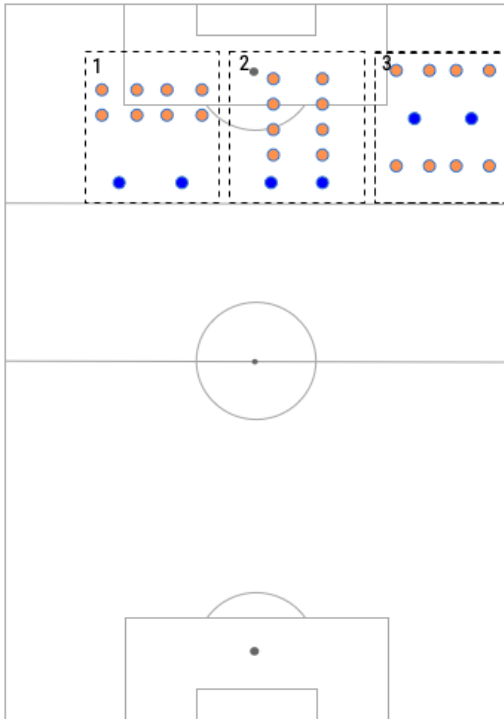
- 3 defending players + goalkeeper
- 3 attacking players + 1 player doing throw-in
- Ball starts on left or right sideline with an attacking player doing the throw-in.
- Defending players attempts to pass into the mini-goal as quickly as possible after recovering the ball.
- Coaching points to defense: *"On throw-in, find one attacking player and stay close, always between him and the goal."*
- Coaching points to throw-in player: 1) *"Throw along the line."*, 2) *"Make the ball bounce twice before reaching your teammate."*
- Coaching points to other attacking players: 1) *"Make a triangle with one tip being the throw-in player."*, 2) *"let the ball pass to face the game. Run after the ball instead of controlling it."*

2v1 (20min)

- one line of defenders align next to the goal.
- two lines of attacking players align between mini-goals
- defender pass ball to attacking player and closes in
- attacking players must score on big goal.
- if defender regains the ball, pass it as quickly as possible to a mini-goal.

U9 Boys Week 9 Practice 1

Technical drills



Chat (5min)

-De-briefing of the game. What we did well? What we could improve?

Exercises stations (15/20/20min)

4 players per exercise station, 1 coach per station. After 15min and water-break, players rotate stations.

Station #1 - Ball Control

2 teams of 2 players. 1 player stand between the orange cones, the other player stand at the blue cone with a ball. Player at the blue cone sends the ball (throw-in, easy to hard) to the player between the orange cones. That player must control the ball without letting it get out of the square formed by the cones.

Station #2 - Dribbling and passing

2 teams of 2 players. players start at the blue cone, dribble through the orange cones (inside/outside, left/right, etc.). At the end, player pass ball to next player in line.

Station #3 - Accuracy passing

2 teams of 2 players. Players stand between orange cones. Players try to tumble the blue cone by passing the ball to each other.

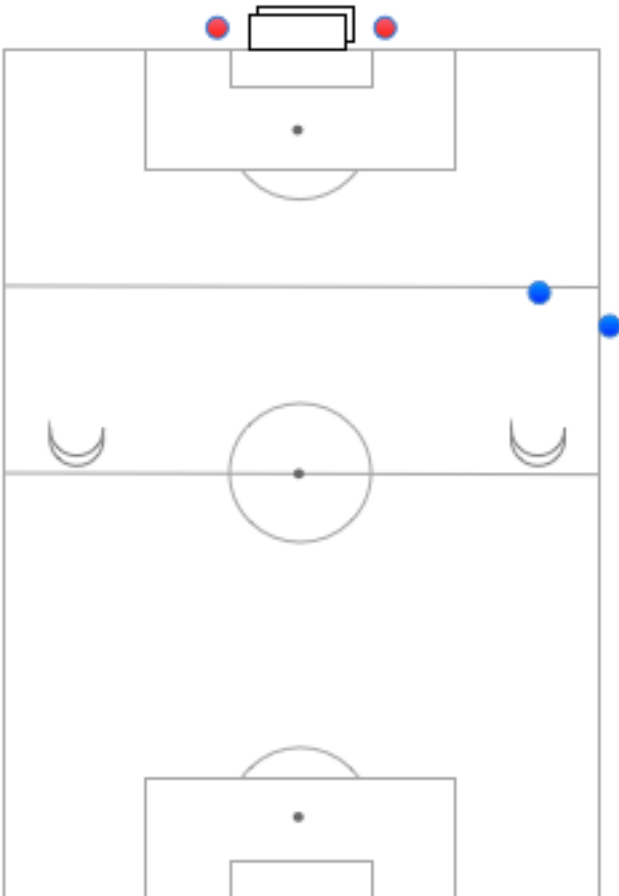
U9 Boys Week 9 Practice 2

Calling for the ball

Jersey assignments

Red jerseys: James, Mateo, Henry, Hugo, Benjamin, Wyatt

Yellow jerseys: Oliver, Leo, Liam, William, Austin



Chat (5min)

reminders on position expectations
ask to show demo of what "calling for the ball" means.

2v2 from throw-in (15min)

- 1 goalie. 2 defenders. 2 attacking players. Rotate defenders and attacking players on completion.
- 1 attacking player throw-in the ball on the line, then run to penalty spot.
- the other attacking player run the wing and centers.

5v5 mini-game (20min)

- 1 team with goalie. 1 team defends 2 mini-goals
- Can only make 5 touches before having to pass.
- When score, drop to 4 touches before having to pass, etc.

Penalty kicks (20min)

- 1 goalie. 2 teams penalty shootout.
- Keep focus while the other team is trying to distract the kicker.

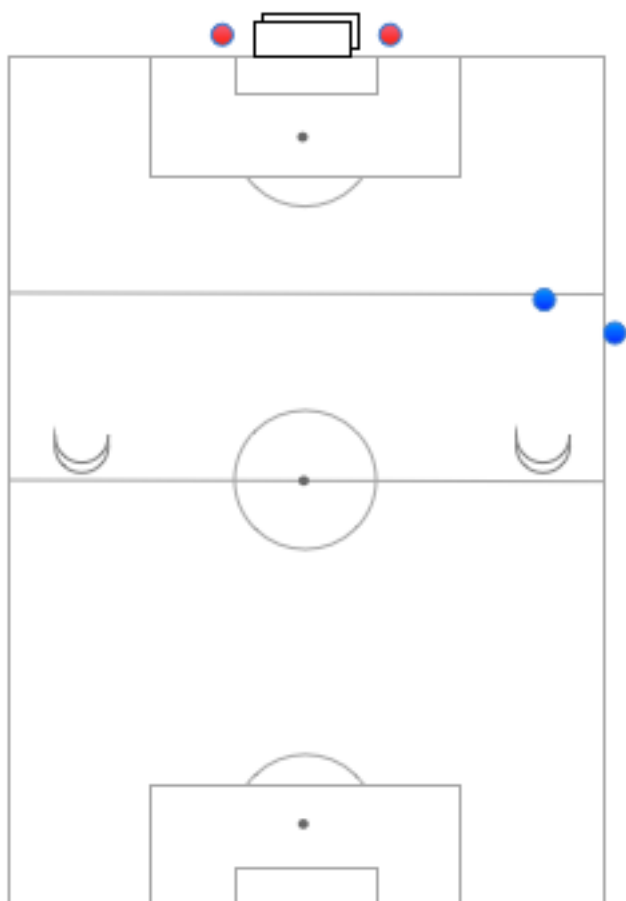
U9 Boys Week 10 Practice 1

Calling for the ball

Jersey assignments

Red jerseys: James, Mateo, Henry, Hugo, Benjamin, Wyatt

Yellow jerseys: Oliver, Leo, Liam, William, Austin



Run and shoot (20min)

- All players align on a line. Balls are lined up on a different line (~10m).
- Players run to ball, turn around and drive the ball back to the first line, ending with shot on goal (left, right foot).
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control, turn, shoot.
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control and pass. 2nd player shoots.

2v2 from throw-in (15min)

- 1 goalie. 2 defenders. 2 attacking players. Rotate defenders and attacking players on completion.
- 1 attacking player throw-in the ball on the line, then run to penalty spot.
- the other attacking player run the wing and centers.

Chat (5min)

reminders on position expectations:

- **striker**
 - * zone: central forward
 - * expectation without the ball: stay at top line
 - * expectation with the ball: turn and shoot
- **goalie and center back**
 - * zone: central back
 - * expectation without the ball: stay with top

forward opponent player

- * expectation with the ball: kick to a teammate on the left or right side

- **wingers**

- * zone: left or right band
- * expectation without the ball: run back to defensive line
- * expectation with the ball: driving and passing forward

5v5 mini-game (20min)

- 1 team with goalie. 1 team defends 2 mini-goals
- Can only make 5 touches before having to pass.
- When score, drop to 4 touches before having to pass, etc.

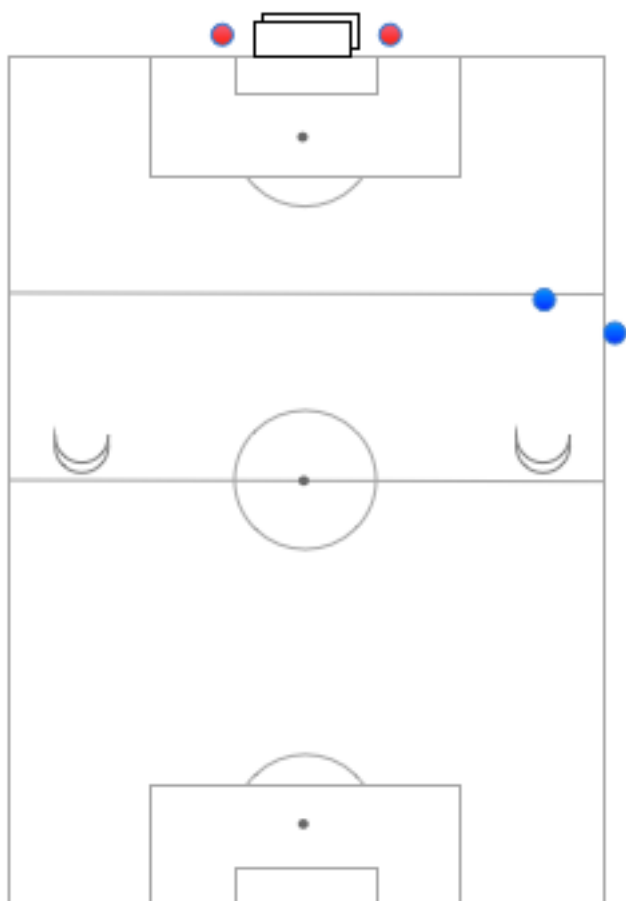
U9 Boys Week 10 Practice 2

Calling for the ball

Jersey assignments

Red jerseys: James, Mateo, Henry, Hugo, Benjamin, Wyatt

Yellow jerseys: Oliver, Leo, Liam, William, Austin



Run and shoot (20min)

- All players align on a line. Balls are lined up on a different line (~10m).
- Players run to ball, turn around and drive the ball back to the first line, ending with shot on goal (left, right foot).
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control, turn, shoot.
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control and pass. 2nd player shoots.

2v2 from throw-in (15min)

- 1 goalie. 2 defenders. 2 attacking players. Rotate defenders and attacking players on completion.
- 1 attacking player throw-in the ball on the line, then run to penalty spot.
- the other attacking player run the wing and centers.

Chat (5min)

reminders on position expectations:

- **striker**
 - * zone: central forward
 - * expectation without the ball: stay at top line
 - * expectation with the ball: turn and shoot
- **goalie and center back**
 - * zone: central back
 - * expectation without the ball: stay with top

forward opponent player

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- **wingers**

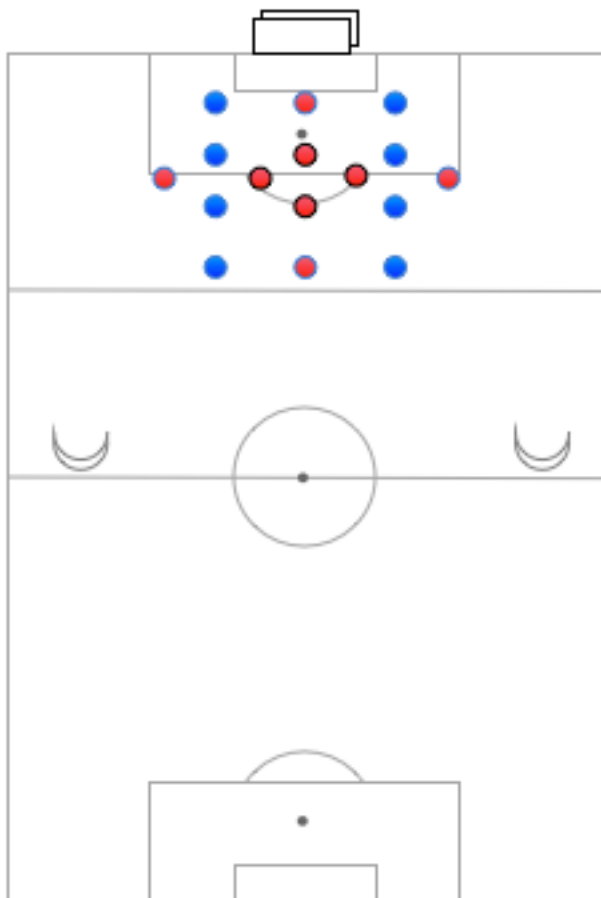
- * zone: left or right band
- * expectation without the ball: run back to defensive line
- * expectation with the ball: driving and passing forward

5v5 mini-game (20min)

- 1 team with goalie. 1 team defends 2 mini-goals
- Can only make 5 touches before having to pass.
- When score, drop to 4 touches before having to pass, etc.

U9 Boys Week 11 Practice 1

Changing directions



Chat (5min)

what worked, what didn't work in last game.
reminders on throw-in expectations:

- send down the line
- marking

Dancing with the ball (10min)

- shoulders apart, touch front, middle, back
- hold ball far in front, look back left, right
- stand on one leg, touch inside/outside, both sides.
- stand on one leg, jump to the left, jump to the right of the ball
- touch tap left, right. same while counting with fingers

Follow the leader (20min)

- one player per cone in the middle. (4 players, 3 lines)
- jump 180 a few times then go left or right.
- followers need to mimic the movement of the leader.

Run through traffic (20min)

- 4 poles, 4 cones in front. 2/3 players at each cones. (8 players)
- Run with the ball, turn around, and pass back.
- Turn and go through traffic to opposite cone.

Juggling (5min)

- left foot, right foot, knees, shoulder, head

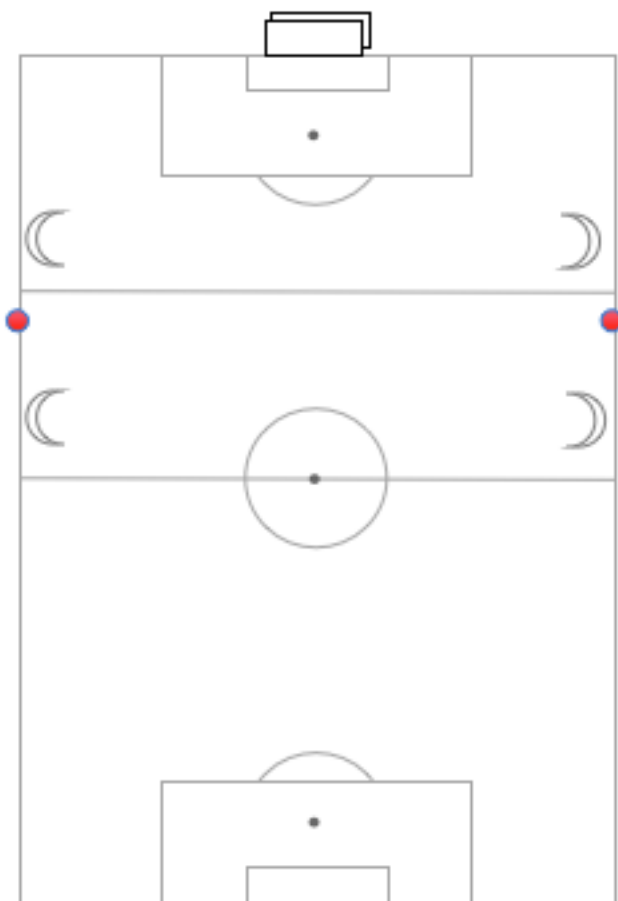
U9 Boys Week 11 Practice 2

Transitions

Jersey assignments

Red jerseys: James, Mateo, Henry, Hugo, Benjamin, Wyatt

Yellow jerseys: Oliver, Leo, Liam, William, Austin



Run and shoot (20min)

- All players align on a line. Balls are lined up on a different line (~10m).
- Players run to ball, turn around and drive the ball back to the first line, ending with shot on goal (left, right foot).
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control, turn, shoot.
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control and pass. 2nd player shoots.

1v1, 1v2, 2v2 (20min)

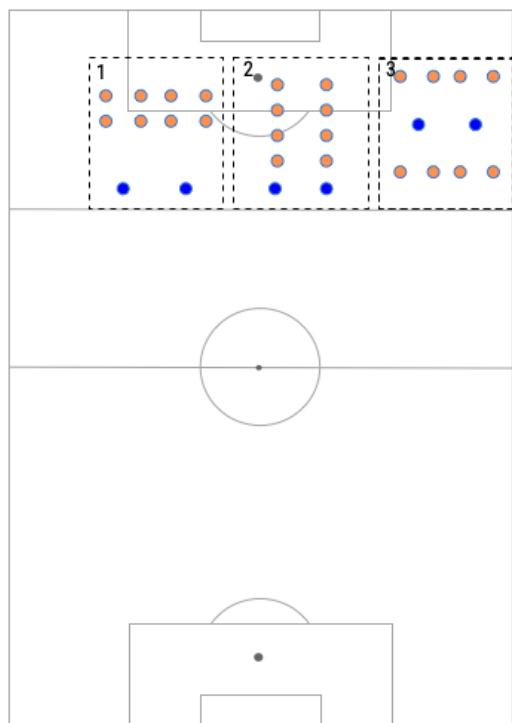
- 2 teams of 5 aligns at red cones. 1 goalkeeper.
- 1 player from each side gets in.
- the target is to score in one of opposite goals.
- player with the ball can use goalie as extra man.
- goalie cannot take ball in hands. opposite team can pressure goalie and score on big goal.
- defending team can go back right away.
- attacking team cannot go before previous player comes back.

5v5 mini-game (20min)

- ball always starts from goalie.
- mini goals are on the side.

U9 Boys Week 12 Practice 1

Technical drills



Chat (5min)

-De-briefing of the game. What we did well? What we could improve?

- Talk about the best defender - i.e. the line.

Exercises stations (15/20/20min)

4 players per exercise station, 1 coach per station. After 15min and water-break, players rotate stations.

Station #1 - Ball Control

2 teams of 2 players. 1 player stand between the orange cones, the other player stand at the blue cone with a ball. Player at the blue cone sends the ball (throw-in, easy to hard) to the player between the orange cones. That player must control the ball without letting it get out of the square formed by the cones.

Station #2 - Run, change direction

2 teams of 2 players. players start at the blue cone, runs straight to first cone, sideways to second cone, then straight to 3rd cone, turn around receives pass and dribble back to starting line.

Station #3 - Accuracy passing

2 teams of 2 players. Players stand between orange cones. Players try to tumble the blue cone by passing the ball to each other.

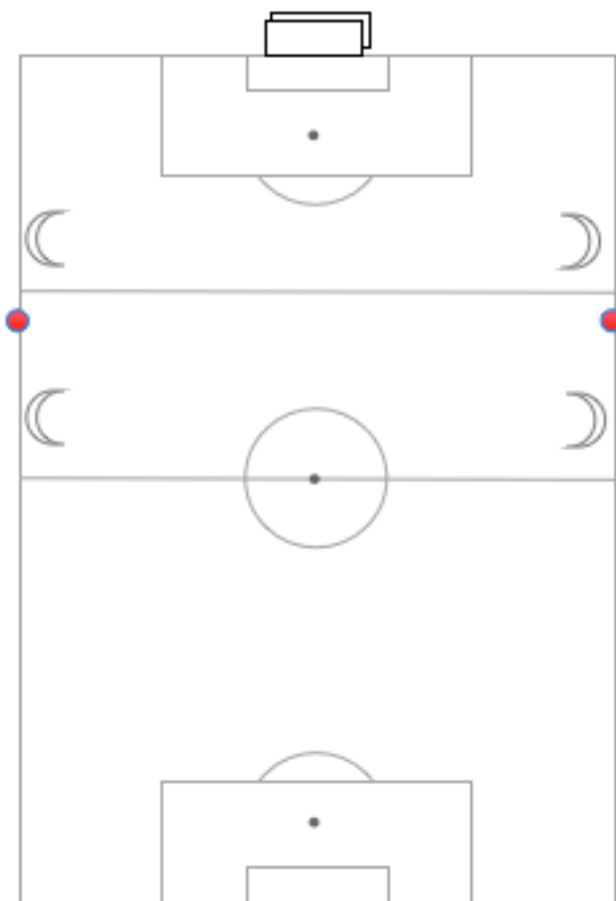
U9 Boys Week 12 Practice 2

Transitions

Jersey assignments

Red jerseys: James, Mateo, Henry, Hugo, Benjamin, Wyatt

Yellow jerseys: Oliver, Leo, Liam, William, Austin



Run and shoot (20min)

- All players align on a line. Balls are lined up on a different line (~10m).
- Players run to ball, turn around and drive the ball back to the first line, ending with shot on goal (left, right foot).
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control, turn, shoot.
- 1 Player on line close to goal. 2 player on next line. 2nd player send ball to 1st player for control and pass. 2nd player shoots.

1v1, 1v2, 2v2 (20min)

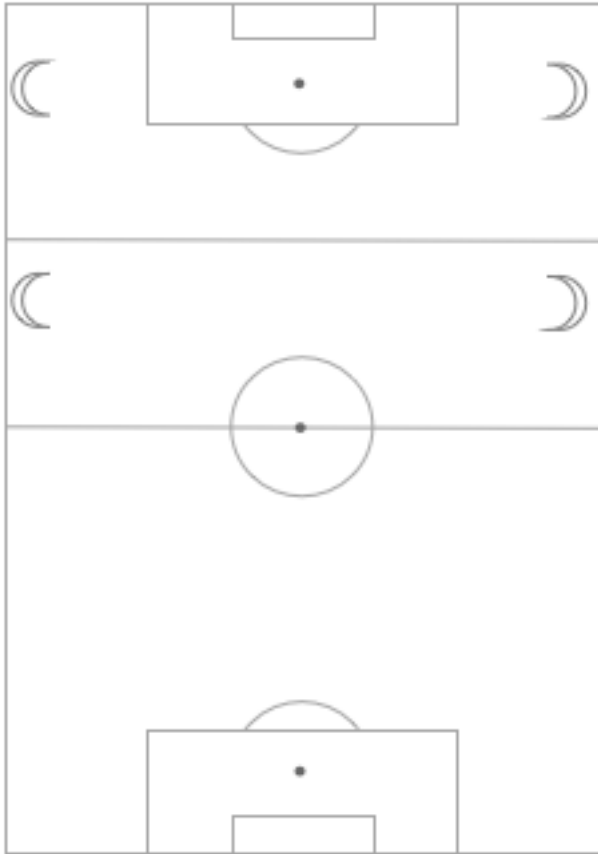
- 2 teams of 5 aligns at red cones. 1 goalkeeper.
- 1 player from each side gets in.
- the target is to score in one of opposite goals.
- player with the ball can use goalie as extra man.
- goalie cannot take ball in hands. opposite team can pressure goalie and score on big goal.
- defending team can go back right away.
- attacking team cannot go before previous player comes back.

5v5 mini-game (20min)

- ball always starts from goalie, throw-in or corner kick.
- mini goals are on the side.

U9 Boys Week 13 Practice 1

Knowledge validation



Juggle and ball in the bucket (10min)

-Juggle the ball and try to kick the ball in the bucket.

Chat (5min)

-De-briefing of the game. What we did well? What we could improve?

5v5 mini-game (30min)

-5v5 mini-game with two goals and official rules.

Knowledge validation (while mini-game is running)

-Take the 11th player apart to ask the questions on the knowledge validation questionnaire
-Ask to demonstrate some skills if time permits

Finish early because of time change.