

Muhlenberg Soccer Association

U9 & U10 Coaching Objectives

U9 & U10 players should develop the following:

DRIBBLING

- Inside, outside, and soles of both feet
- Fake out the opponent (feinting moves under passive or limited pressure)
- Cruise or drive with ball (controlled/protective dribbling versus fast/progressive dribbling)
- Lift the head, look for options, know proximity of opponents

KICKING

- Strong and accurate instep kicks over 15 to 20 yards (both feet)
- Use good ball speed in passes
- Accurate shooting up to 15 yards (observe power and angles - aggressive attitude)
- Passing chipped and cross balls

BALL SKILL

- Turn ball 180 degrees using soles, inside and outside of both feet
- Single scissors feint executed to the right or left
- Front block tackle
- Turn ball under pressure (shielding ball)
- Strong balance over ball while using "playing leg"
- Trap ground balls traveling with speed
- Can trap bouncing balls using chest, stomach, thighs
- Wise and accurate use of first touch passing
- Basic heading
- Basic juggling

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TACTICS

- Using teamwork to their advantage (wall pass, triangles) Triangles and diamonds are still the dominating team shapes but more complex because of the larger team numbers.
- Importance of first touch
- Cooperative attacking - all players involved but with an awareness of cover (by the goalkeeper and a least one covering field player). Develop an understanding of the roles that players have in supporting the attack: player with ball, players providing immediate support of ball and other players who create length and unbalance the defense. Positional play, but no specialization in positions
- Recognize pressure when receiving pass
- Vocabulary developing (Time!, Cross!, Switch!, Player on!, Keeper!, My ball!)
- Rarely stands still (with or without the ball)
- Move ball to space
- Spread out in offense (width in the attack), compress in defense
- Cooperative defending-all players participating, even the most advanced players getting "goal side" of opposing players. Continue to develop the principles of defense so all players gain the understanding of all the roles when defending. The role of the players that delay and put pressure on the ball; the players that provide support (cover – second defender) and the players that provide balance (width).
- Development of the role of the Goalkeeper
 - Basic catching techniques
 - Coming out to narrow angle on shots
 - Diving from the ready position
 - Distribution by throwing
 - Calling for the ball
 - Moving out to edge of goal area and beyond to support attack and using the feet
- All players to be "two-way players" Players should recover to help defend after losing possession; all players should look to contribute to every attacking play (even where their "role" is as covering rearmost defender.)
- Aggressive on the ball (first to it)
- Immediate transition from possession to loss of possession
- Player movement on throw-ins

Penalty kicks