



**INDIANOLA
SOCCER TRIBE**

Indianola Soccer Tribe U9/10 Curriculum Plan Version 1

Player Development Philosophy: At the grassroots level, children learn and develop their full potential through game-like experiences in an enjoyable environment that supports individual growth.

HOW TO COACH

6 important things to remember for every session you deliver:

The soccer ball is the world's most popular toy

It's great fun to play with and it's even more fun with friends. This means fun is implicit, you don't need to manufacture fun. As long as you start and end with a game, they will have a great time.

You don't need to over complicate things.

Too many practices in a session means you spend a lot of time setting things up and kids spend more time learning the session than the actual skills. Keep it simple and they'll get more time on the ball.

Make sure they get lots of opportunity to play

It's their game. Whilst you're there to teach them they need space to work things out and express themselves. Stopping things too often can be counter productive, so try to be concise with feedback

You are working with young children

You have to be encouraging and patient. Some of them might not be able to do the skills, don't worry, it's just an age thing. Also, little humans are brilliant at listening, even when you don't think they are.

If you can, try to involve the parents.

Involve all the stakeholders, they'll appreciate it. You can even send them the curriculum that you are working from, they will love that you are taking so much care of the development of their kids.

If they improve, they will want to keep coming back

There's a risk in modern coaching that we sit back and observe. If you can help a player get something right (and praise them for it), their learning will accelerate and they'll enjoy it more.

U9/10 Curriculum Plan

The U9 level is a players' first experience with the “full concept” of soccer via a 7v7 format. There are distinct positions, a goalie, and rules (such as offsides) that were not in the U8 level. The first fall season where kids transition from U8 to U9 is the most challenging, as the larger field requires players to learn positions vs. playing “herd ball” and having everyone run after the ball. Players will quickly wear themselves out doing this, as the field is much larger. The sooner the coach can teach the basics of positions and letting the ball do the work for you (ie. passing vs. dribbling everywhere), the better the team will do. Players in the U9 – U10 age group are beginning to develop technically and now have a basic understanding of tactics and can begin to anticipate the next play. Remember it’s not just how many touches a player gets in practice, but how many decisions they make that really helps them improve.

U9/10 player objectives for the season

- Begin to perform ball mastery skills competently: Toe taps, Inside/outside dribbling (both feet), outside and inside hook turns, and V pushes
 - Become familiar with new ball mastery skills: Side step, scissors, and Cruyff turn
- Learn the basic principles of different positions and maintaining those areas during the game
- Develop a basic understanding of creating space
- Develop a basic understanding of long and short passing techniques
- Have lots of fun!

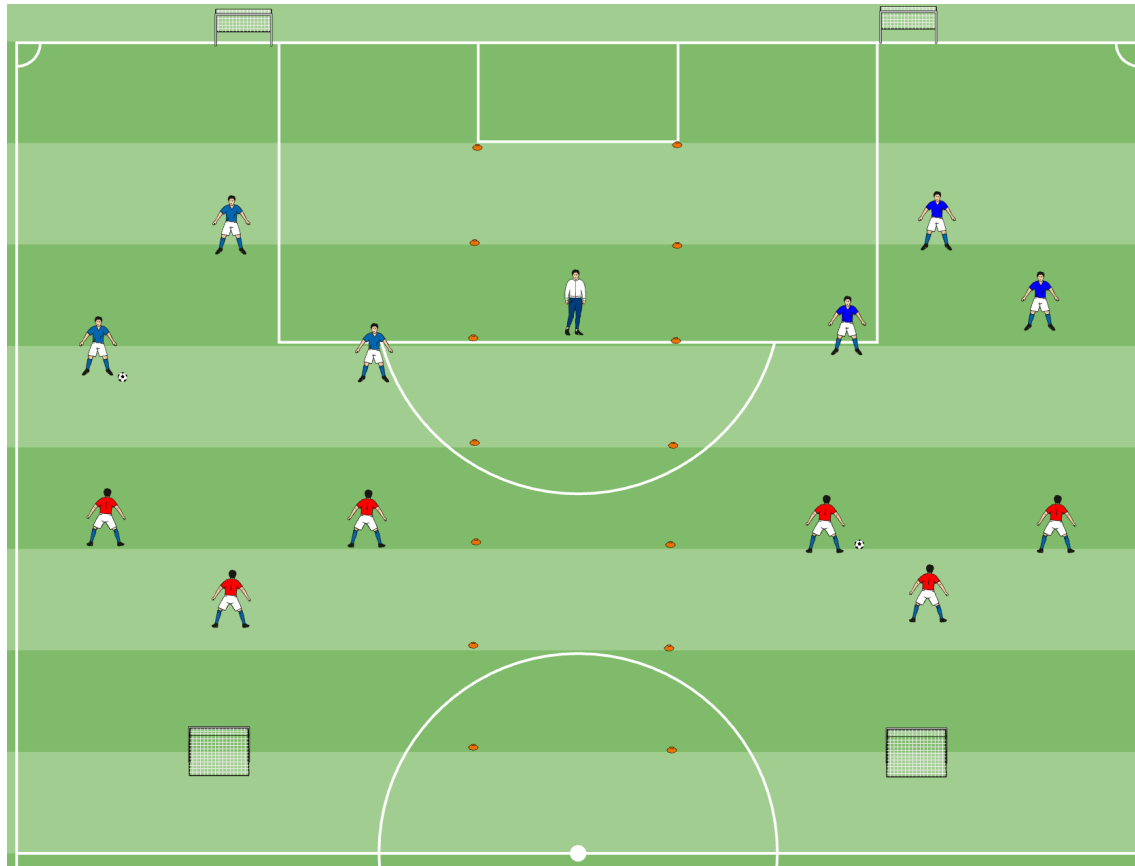
U9/10 Curriculum Plan

Basic format for season

- 9-week season
- 2x practices a week (60 mins each), 1x game each weekend
- Recommended practice format: Play 1 – Ball Mastery Skills – Practice Activity – Play 2
 - Play 1: As the kids arrive, divide them up into two small sided games (2x games of 3v3 depending on numbers) and just let them play soccer.
 - ~15 minutes, with a “half time” water break where you discuss and ask some basic questions to get them engaged and learning before playing again.
 - Ball Mastery Skills: These skills will build on previous years’ introduction of the skills and help the players develop their “touch” or control of the ball.
 - ~5-10 minutes. Pick 2-3 per practice to focus on and by the end of the season mix and match all skills as desired
 - Practice activity: Use a fun activity to teach a concept and/or reinforce ball mastery skills
 - ~15 minutes, with a water break in between to discuss and ask questions on the concepts you trying to teach
 - Play 2: Finish practice with a scrimmage as close to 7v7 as possible (if able given field constraints)
 - ~15 minutes
 - If you aren’t able to do a full scrimmage, play as large a scrimmage as your field/number of players will allow.

Play 1

- Have field ready when kids show up, divided into two halves with two goals in each half. You can use small PUG-like goals or cones for goals
- A simple way to do this is to run a line of cones from each side of the 6 yard box up the field and use the sidelines as the other boundary. Keep the goals near the half-line a few feet in front of the half-line to provide a buffer if another team is practicing over there.
- As players arrive, divide them into two teams on each field and have them start playing against each other, you don't need to wait for the entire team to get started. You can start with a 2v2, then make it 2v3, then 3v3 depending on your numbers
- Coach positioned in the middle to watch both halves.
- Intent is to get them playing the game of soccer. Provide lots of positive reinforcement when they do something well.



Ex. Guided questions for “halftime” of Play 1

Q: How do you find an opening?

A: Pick your head up and look at the opponent's position.

Q: What should you do when you see an opening?

A: Pass or dribble through it.

Q: How do you support a teammate with the ball?

A: Position yourself to give them options that are away from defenders.

Ball Mastery

- For all activities: Demo, start slow, and as they build confidence/skill, increase speed, and use both feet. The key is to get the technique right.
- At the U9/10 age we start adding fakes/change of directions (side step, scissors, and Cruyff turn) to help the players learn how to beat a player 1v1.
- Mix and match the ball mastery skills throughout your season. It may work best to start with the first few skills listed below early in the season and then work up to the fakes/change of directions around the third week of the season, but make sure to continue with the more basic skills throughout the season as well.

Inside/outside dribbling (one foot): <https://www.youtube.com/watch?v=oiR2OI0NCv4>

Toe taps forward/backward roll: https://www.youtube.com/watch?v=k9gRgg_tW24

Outside hook turn: https://www.youtube.com/watch?v=_Ywich-FF0w

Inside hook turn: https://www.youtube.com/watch?v=e48Lpw_W6DI

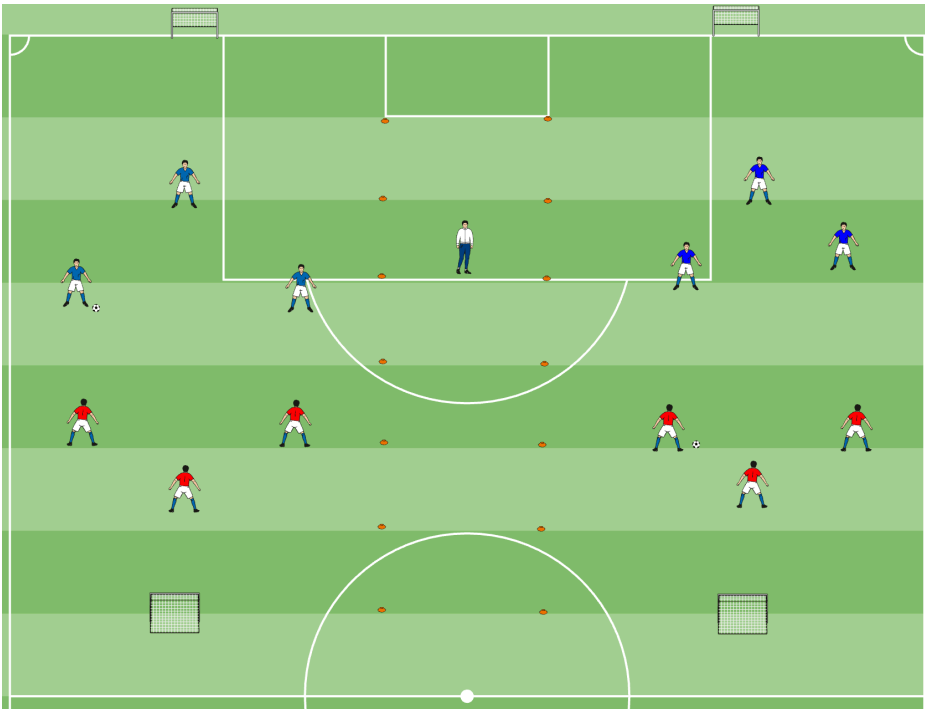
V pushes: <https://www.youtube.com/watch?v=tx99fNc0Dr4>

Side step: <https://www.youtube.com/watch?v=3-ZZEj6p128>

Scissors: <https://www.youtube.com/watch?v=7-Gx4B4b96Y>

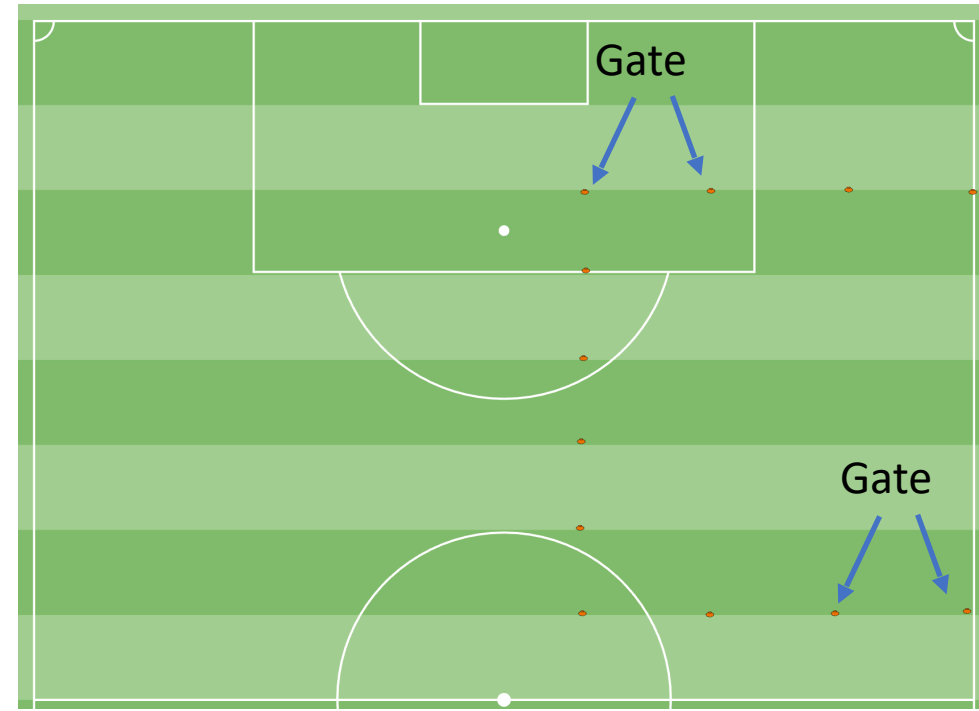
Cruyff turn: https://www.youtube.com/watch?v=_28dtWxJWn0

Ball Mastery Set Up



After play 1, when players are getting water, move the cones to form a square for ball mastery practice. Designate two areas as “gates” with different color cones or mark them with pennies.

- Intent is to use some of the cones from their positions in the previous activity to minimize transition time/set up between activities so the kids get more practice time.



Each player has a ball. Players dribble around and stay inside the area. Players perform techniques and skills on coach command. If the ball goes out of the area, the player must dribble around the outside of the square and re-enter through one of the gates.

Intent is to make the area small enough that they have to pick their heads up to avoid traffic, but large enough to allow space to dribble and practice the ball mastery skills, adjust the area as needed to facilitate.

Coach commands

- Inside/outside
- Toe taps forward/backwards
- Outside/inside hook turn
- V-pushes
- Step over
- Scissors
- Cruyff
- Free dribble (player’s choice)

Coaching Points

Quality Touches on the Ball

Players to develop familiarity with the ball and focus on quality touches when performing techniques.

Awareness

Players are encouraged to perform techniques with their heads up to be able to scan the field and be aware of what is around them.

Game-Realistic Speed

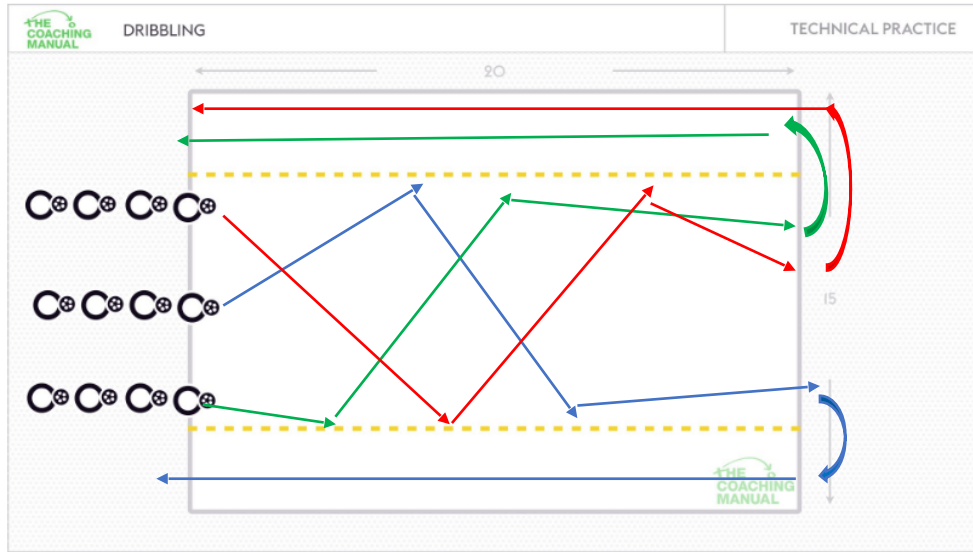
Players to perform at a tempo that is realistic to the game.

Practice Sessions

- The intent of this curriculum pack is to give you a menu to choose from rather than an exact prescription to follow as there are multiple different ways to run a practice, and you can mix up the style of practice (technical vs play based) throughout the season.
 - If a session worked really well, use it again a week or two later, but instead of explaining everything at the start, ask the players to describe what they are going to do at the start of each activity. The mental retrieval process will help strengthen the learning for them.
 - For example, with the “Practice #1: Dribbling” session, you can opt to skip the dedicated ball mastery session (from the recommended play-ball mastery-practice-play concept) since the players will be doing that in the first dribbling corridor activity. Or you can do both, as that will reinforce the concepts in slightly different environments.
- Trying to end with as full sided scrimmage as possible is a good way to see the players apply what they focused on in practice, plus it’s what players enjoy the most. Try and scrimmage for the last 15-20 minutes of practice if able. If you don’t have a full field and opponent, you might spend more time working on technical activities or you can keep the structure the same and finish with a small sided game for 15-20 minutes.
- The different practice sessions over the next several slides use the progression model. You can add a play session at the start/end of the practice as desired or sometimes have a more technical practice without one of the play periods.
- Multiple play-practice-play model plans are linked on our website: <https://indianolasoccertribe.demosphere-secure.com/coaches>
 - Even if you don’t use these models each time, the concept of guided questions and other ideas from the plans are very helpful and can be incorporated into any practice.
- While certain concepts build on previous ones and are sometimes easier to teach in that order, don’t become too rigid with what skill must come next. If your plan called for an attacking focus at practice, but your team really struggled with defending during the game over the weekend, work on that at practice instead. The key is to pick a specific area to work on, just know that you can’t fix everything all at once.
- Tell your players at the start of practice what the focus will be, do activities that work on that focus, ask guided questions regarding the focus, and at the end of practice it should have been clear to your players what they were working on that day.

Practice #1: Dribbling

15 mins 12 players 10 balls 10 cones 20x15 area



Players in groups of 3 dribbling along the "corridor" and having to dribble to 2 sides of the corridor whilst keeping ball under control. Players then dribble along the outside of the corridor back to start position.

Coach commands "go" and one player from each line begins dribbling at the same time (3 players total). Dribble to 2 sides means "bounce" off each wall, like they are bumpers. Intent is to get the kids to change directions and be heads up for awareness. Have them "explode" and be quick when they change directions off each wall.

Change requirements for how to dribble outside the corridor back to the line

- "tic toc" using inside/inside
- Inside/outside (with non dominant foot as well)
- Forward/backward rolling toe taps
- Player's choice
- You can also put a cone midway down each outside lane and have the players do a fake/change of direction at the cone

Technical Coaching Points

Awareness

Players need to be aware of the space in the corridor as well as the ball and the other players in the group.

Keep the Ball Moving

Encourage players to not let the ball stop and go as fast as they can whilst demonstrating the correct technique to dribble using different types of surfaces of their feet.

Ball Control

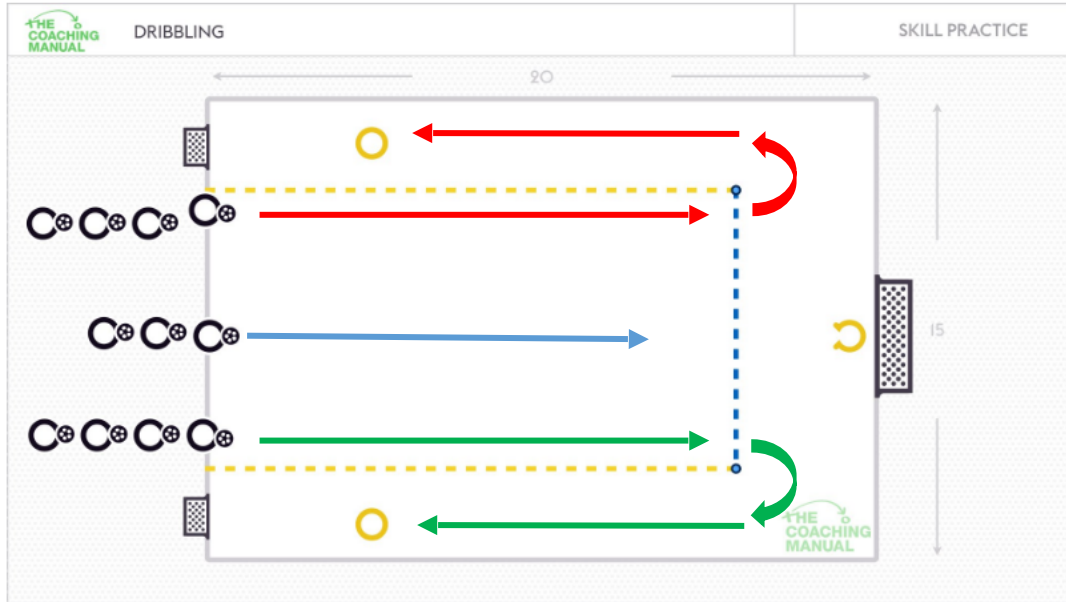
Players need to bend their knees to have better control of the ball and look to have lots of touches.

Creativity

Players come up with their own creative movement when on the way back to the start.

Practice #1: Dribbling

🕒 15 mins 🧑 12 players 🏀 6 balls 🚧 20 cones 🏟️ 20x15 area



Set up the area as seen above with 3 Lines. The central line dribbles and has a shot at goal, and each line on either side dribbles around the side and back into a 1v1 towards a mini goal or target on each side. Players swap lines regularly as well as defenders.

Technical Coaching Points

Ball Under Control & Lots of Touches

Using quick feet and close ball control, players must look to dribble through the first part of the exercises to go through the area quickly to either dribble at the Defender or score.

Balance on the Ball

Players need to be balanced on the ball to help with control of it, not getting the ball stuck under their feet.

Beat the Defender

Encourage players to try different ball mastery skills to take the ball off the line of the Defender to open space to shoot.

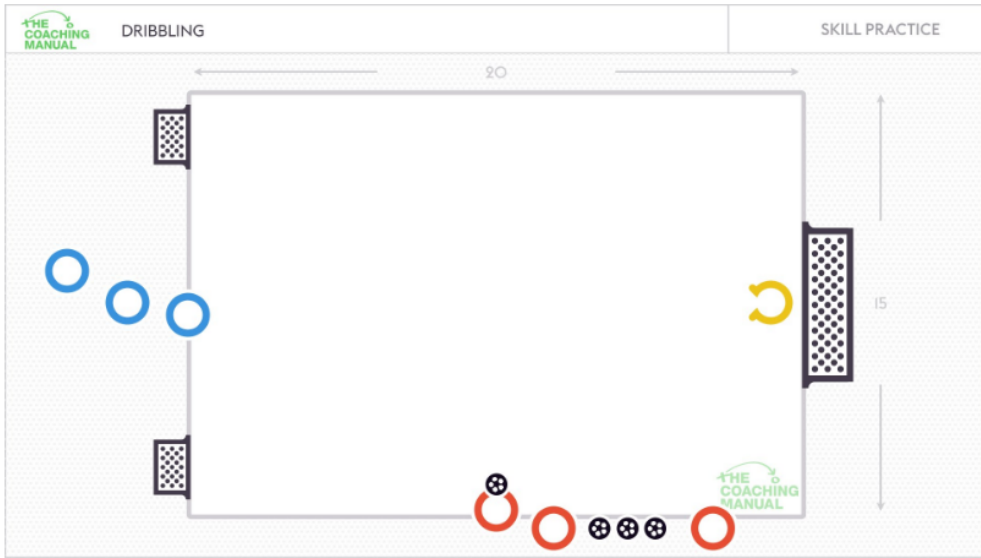
Shooting

At pace, players in the middle need to dribble quickly to then shoot on goal, ideally in the corners.

Depending on number of players (or if you want to focus more on shooting), you can replace defenders with cones and have attackers do a fake to get past the cone and then shoot. Focus on proper striking technique for all shooters.

Practice #1: Dribbling

🕒 20 mins 🧑 10 players 🏀 5 balls 🚧 8 cones 🏟️ 20x15 area



The Defender begins with the ball and passes to Attacker. The Attacker attempts to beat the Defender and finish at goal. If the Defender wins possession they score in any of the 2 small goals. Rotate roles of players.

Progression 1

- Add a second attacker to make it a 2v1

Technical Coaching Points

Awareness and Decision Making

Attackers need to be aware ball, space and opponent to be able to make decisions about where to dribble, take on the Defender and shoot.

First Touch

When the ball is played into the Attacker, they must take the first touch into space to attempt to travel into space before the Defender is able to come out.

Beat the Player Moves

Attackers need to take the ball off the line of the Defender to attack the space on either side of them. If the Defender is too close, Attackers need to use ball mastery and beat the player moves to take on the Defender.

Shooting

When the Defender is beaten, or the opportunity arises, Attackers should look to take a shot on goal.

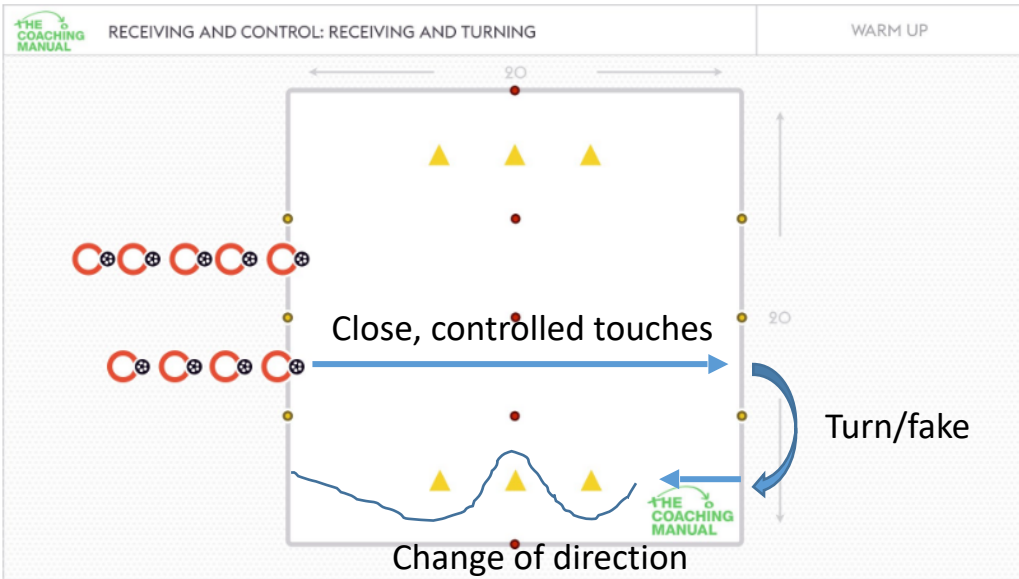
Progression (2v1) Technical Coaching Point

When to Pass, When to Dribble

Players need to recognise when to either pass to their teammate or dribble, depending on the space available and the positioning of the Defender.

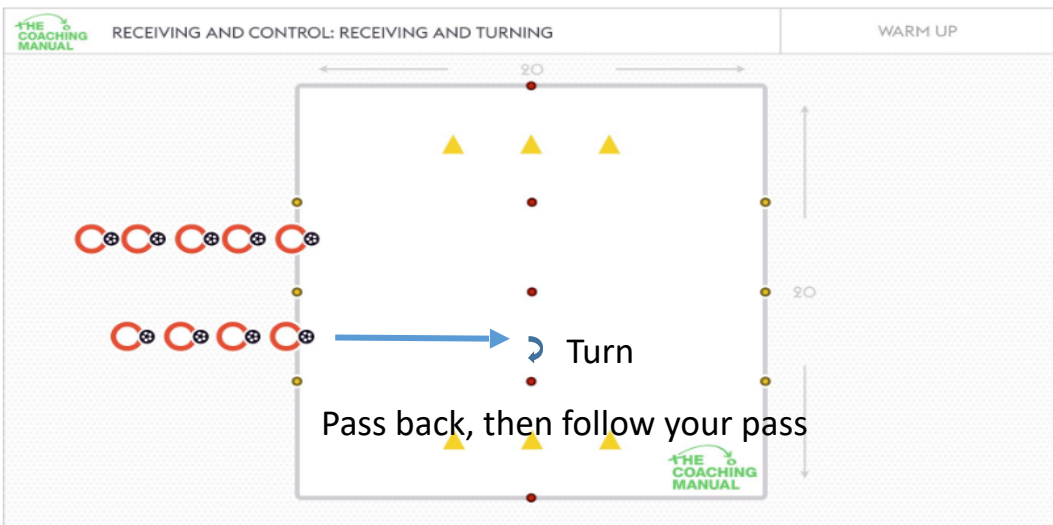
15 mins 8 players 8 balls 18 cones 20x20 area

Practice #2: Receiving and Turning



Progression 1

15 mins 8 players 8 balls 18 cones 20x20 area



Technical Coaching Points

Touches on the Ball

Using both feet and keeping the ball under control, players should be encouraged to take as many small touches on the ball as possible using the inside and outside of their feet.

Balance on the Ball

Players need to bend their knees and not have the ball under their feet, keeping good balance above the ball.

Body shape and Turning

Players need to open their body receiving side to play forward early whilst also maintaining good technique when turning with a low centre of gravity and bent knees.

Quality 1st Touch

When receiving the ball, players should take the quality first touch in space to then dribble through the activity.

Passing

Players need to focus their technique when passing, having good weight, accuracy and timing.

Work on touch, turn, pass, and receiving

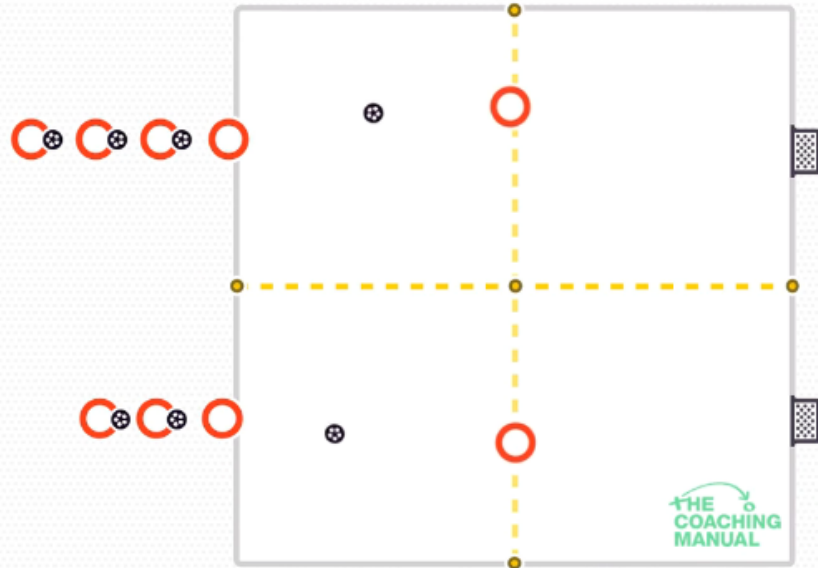
Practice #2: Receiving and Turning

15 mins 8 players 6 balls 8 bibs 16 cones 20 x 20 area



RECEIVING AND CONTROL: RECEIVING AND TURNING

SKILL PRACTICE



Key Coaching Points

Awareness

In order to perform turns, players need to be aware of the ball, space, team mates and defenders whilst also moving around the area.

Movement

To receive and turn players should use creative movement to find new spaces and lose defenders with and without the ball.

Face up the defender

Trying to off balance the defender, attackers should attempt to face up the opposition whilst also using turns and ball mastery moves to lose the defender.

Back to the goal, receive the pass, turn and shoot

Get your ball, run to back of the line. Player who passed goes to the middle

Progression 1

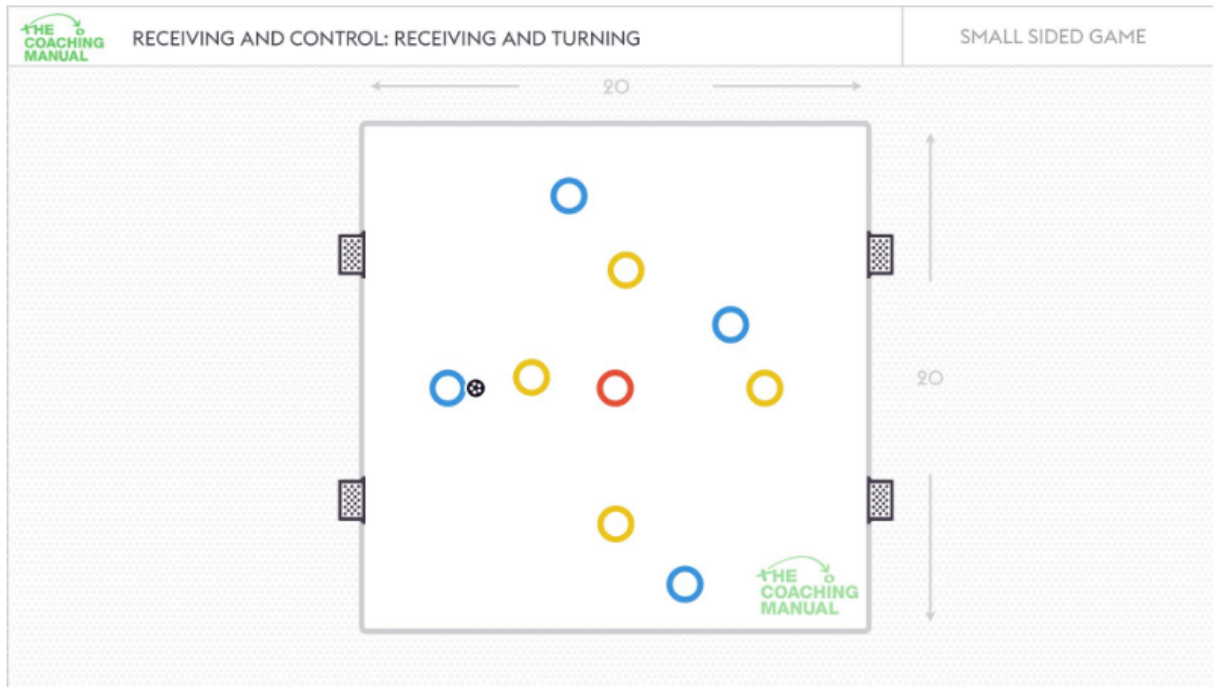
- Add a defender. They must start in back half and can't move until attacker receives ball. (Keep same defender for several rotations before swapping out)

Progression 2

- Defender has no restrictions. Attackers should work on making runs away then cut quickly and run back to receive the ball

Practice #2: Receiving and Turning

🕒 20 mins 🧑 9 players ⚽ 5 balls 🚧 12 cones 🏟️ 20 x 20 area



A small-sided 4-goal game with 2 teams of 4 + 1 floater who plays for team in possession.

Work on spreading the field (pulling your defender away to create space) and then making runs for the ball.

Communication: Let your teammate know when they can turn or when they need to play back/shield the ball

Technical Coaching Points

Awareness

In order to perform turns, players need to be aware of the ball, space, team mates and defenders whilst also moving around the area.

Decision Making

Players need to make decisions based on their awareness to either pass, dribble, turn or shoot.

Protect the Ball

To retain possession, attackers should look to protect the ball by being in between the ball and the defender whilst turning and attempting ball mastery moves where possible.

Attacking Principles of Play

All Principles can be used interlinked, however, as a coach, decide how many you wish to focus on.

Create Space

Players need to find and create space on the field depending on the positioning of the Defenders. If they are marked, they should move, if they are not it is possible they can stand still. Once space has been created, can they exploit it with passes or by dribbling?

Passing and Support

Once players create space with length, width and depth, can Attackers look to be in a position to receive the ball offering supporting positions ahead, to the side or behind the ball?

Movement and Mobility

To receive and turn players should use creative movement to find new spaces and lose defenders with and without the ball.

Creativity

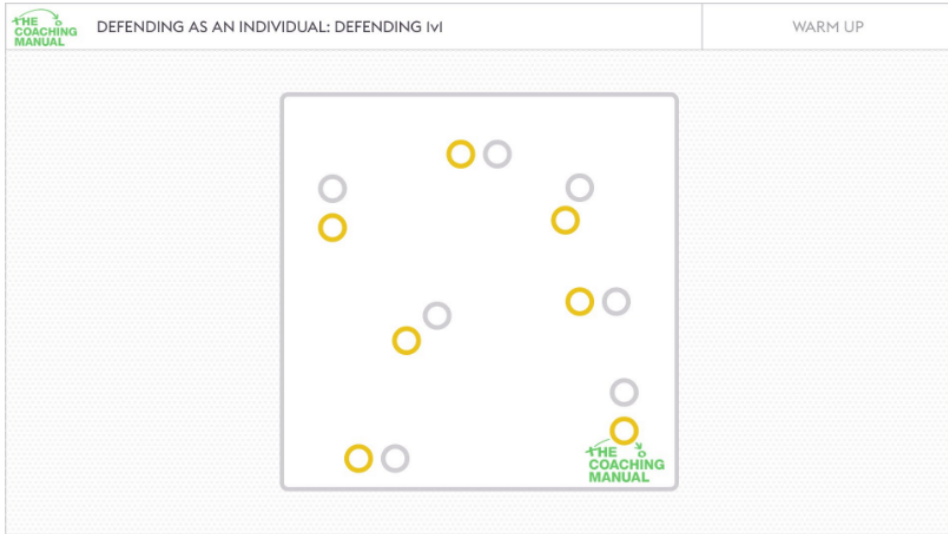
Using ball mastery moves, Attackers need to be creative to find ways out of tight situations as well as give disguise passing.

Penetration

At the right time, Attackers need to look to penetrate through, around or over the Defenders with passes or by dribbling and turning.

Practice #3: Defending

🕒 10 mins 🧑 14 players 🧢 7 bibs 🚧 4 cones 🏠 20x20 area



Players are in pairs and play against each other attempting to tag each others legs/knees to score a point whilst adopting defensive stances. Rotate players to face different players and keep score.

Key Coaching Points

Body shape

Players should be positioned side on, with bent knees to stay low, and use arms to balance and block defenders

Explosiveness to tag opposition player

Players need to be quick and dynamic to tag the opposition player and avoid being tagged themselves

Balance and proprioception-

The ability to move quickly in multiple directions whilst reacting to the opposition player is key to this warm up activity

Players don't use a ball for this fun warm up activity to learn about proper defensive stance.

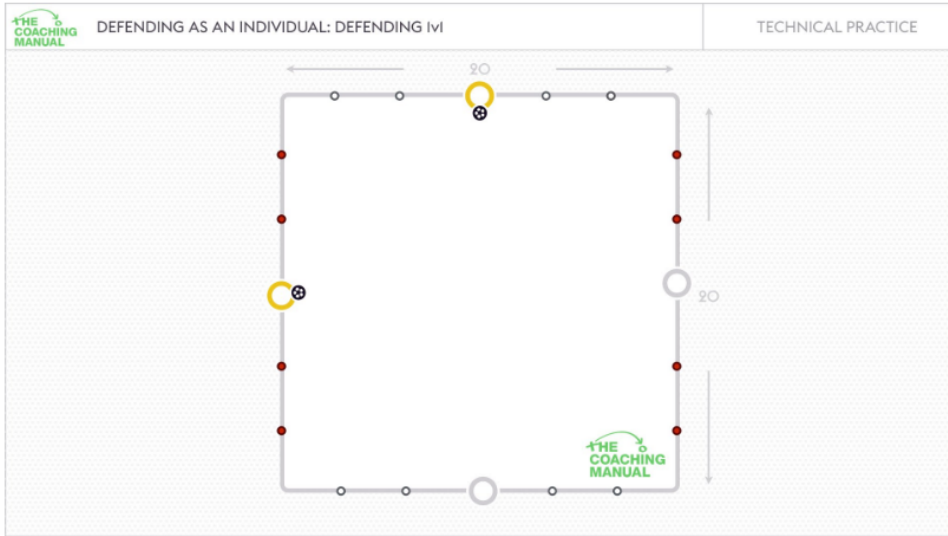
Pair the players up and demo how to score a point by tapping the other player on the back of the knee/calf.

They should figure out that facing directly towards the attacker gives twice the targets to the opponent, but that adjusting to stand with one leg behind the other (facing sideways) only provides one target.

Relate this to a proper defensive stance when an attacker is dribbling forward. Squaring up to the attacker allows them two options to go around, but turning sideways tries to force them in one direction that the defender wants (generally towards the sideline).

Practice #3: Defending

🕒 15 mins 🧑 4 players 🏀 2 balls 🦸 4 bibs 🚧 16 cones 🏟️ 20x20 area



Defender (orange) passes the ball to Attacker (white). Attacker attempts to score by dribbling through any of the gates on the Defender's line. Defending player attempts to win possession of the ball to score by dribbling through the gates on the Attacker's line. Players swap roles.

Set up multiple squares depending on the number of players on your team. Only one 1v1 per square goes at a time, the other pair waits and then plays after the first pair completes their engagement or when the coach calls swap. Ask the waiting pair to observe the active defender and see if they are taking a proper defensive stance to try and force the attacker towards a sideline.

Key Coaching Points

Pressure the attacker quickly

Players need to have a quick and controlled speed of approach to close down the attacker and be ready for any feints or changes of direction by slowing down the last few yards and be within touching distance

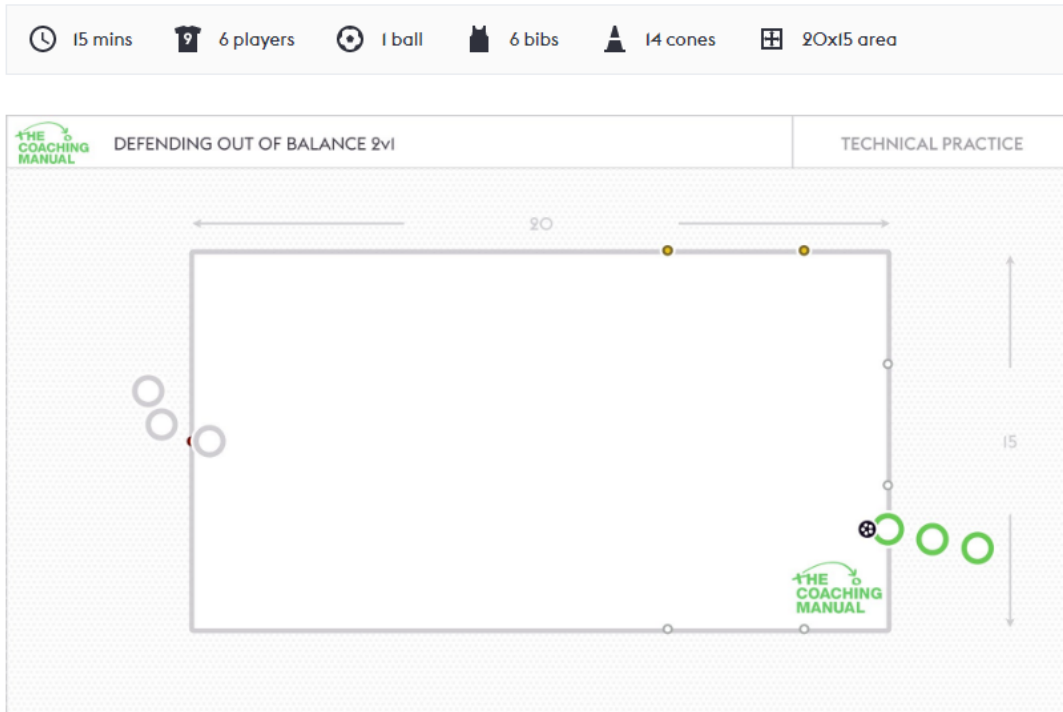
Body shape and positioning to defend

Side on, knees bent and angled body position to be ready to defend. Use arms for balance and to block

Predict the play and force attacker one way

An angled approach and side on body position will force the attacker in a specific direction so that the defender can make play predictable and attempt to regain the ball

Practice #3: Defending



Key Coaching Points

Awareness of ball and receiving player

Players need to constantly be checking their shoulders and surroundings and be aware of the ball and the opposition player. This will help players cut off space and isolate the player in possession

Body shape to defend

Players should adopt an angled approach, side-on with knees bent to change direction if required, and attempt to isolate and channel the player in possession to an area to regain the ball

Make play predictable

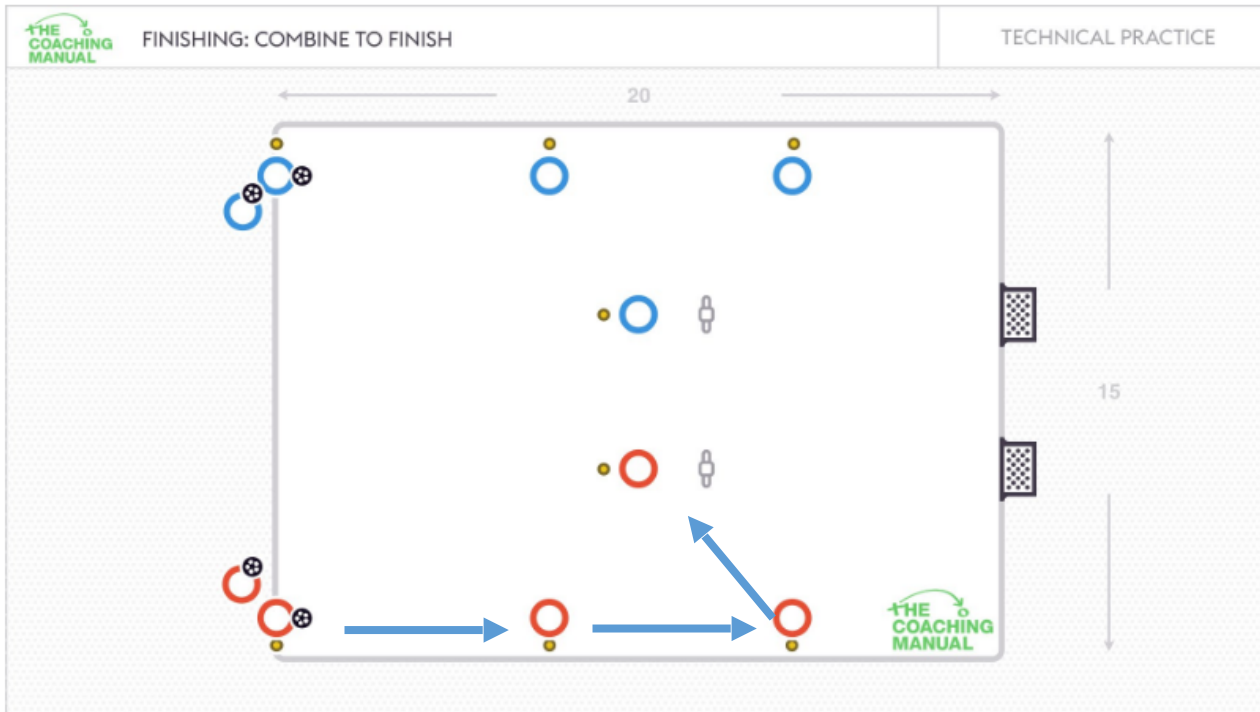
The players approach and body shape can force play in a certain direction, by cutting off space, and allows for the defender to delay the attack, make play predictable and regain possession

- Defender plays the ball to attacker and tries to force them towards the yellow goal.
- Attacker tries to score in either white goal. If defender wins it, they try and score in the yellow goal
- If this activity is set up near a sideline in your practice area, position the yellow goal on the side nearest the actual sideline so players tie the concept together.

Practice #4: Combine to finish

15 mins 9 IO players 10 IO balls 1 IO bibs 25 x 25 area

Attackers pass the ball from one cone to the next and final pass into player at the mannequin. Player at the mannequin receives, performs a skill at the mannequin and finishes in small goal. Players follow their pass and rotate positions.



Intent is to show the players how to move the ball down the sideline with proper passing and body positioning at each area, and then cross into the middle for the attacker to beat a defender (a cone or relatively static coach) and take a shot.

Technical Coaching Points

Awareness and Decision Making

Players need to be aware of the space, opponents and teammates to be able to make decisions on the ball.

Movement

In order to receive the ball, attackers need to use creative movement to lose defenders or find space to receive the ball.

Quality 1st Touch

When receiving the ball, players need to concentrate on the body position (open shape on the half turn) to take their first touch toward the goal.

Shot Selection

Players should look to use different types of shots, such as power or placement, to score goals.

Practice #4: Combine to finish

15 mins 9 players 2 balls 9 bibs 8 cones 2OX15 area

Technical Coaching Points

Movement

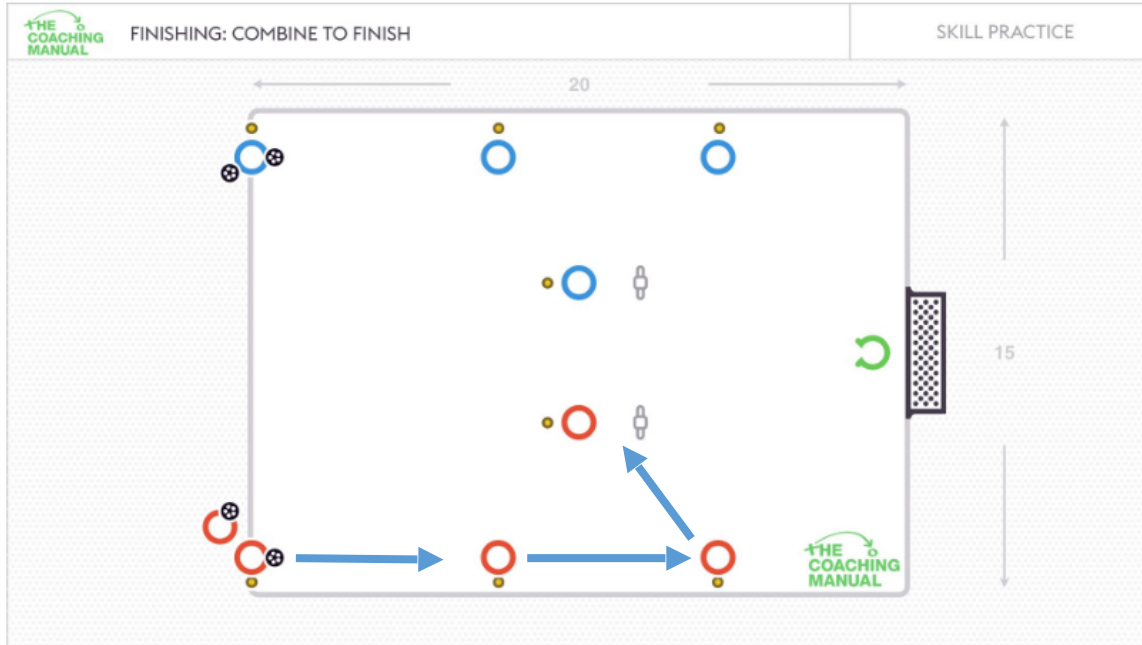
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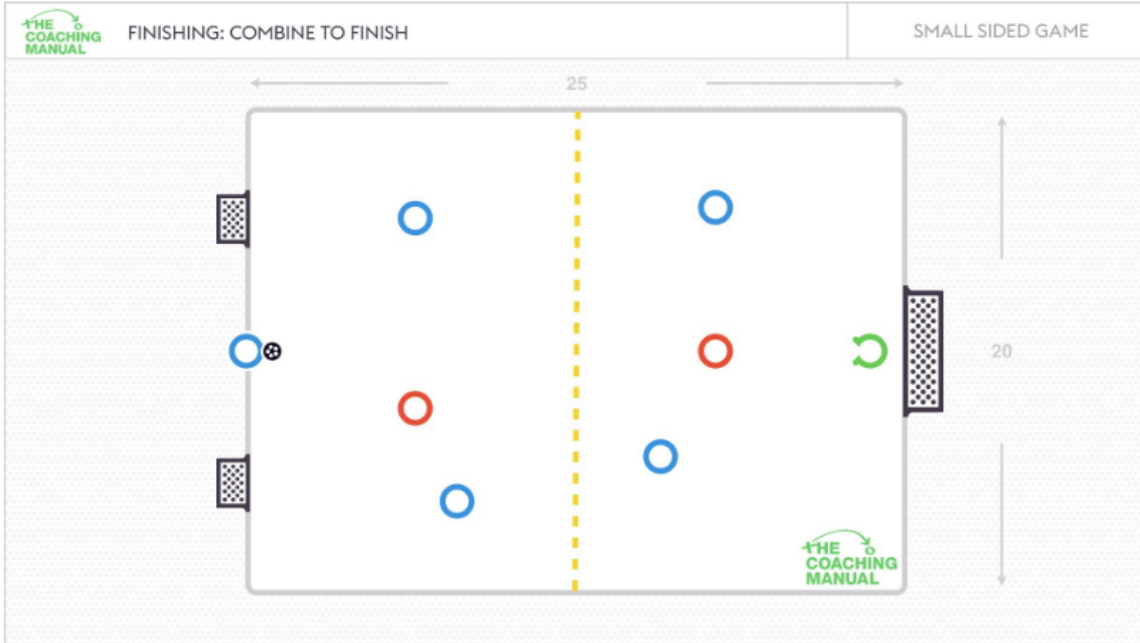


Attackers pass the ball from one cone to the next and final pass into player at the mannequin. Player at the mannequin receives, performs a skill at the mannequin and finishes in the goal against a goalkeeper. Players follow their pass and rotate positions.

Same as previous drill, but add a goalkeeper in front of a larger goal, and only have one side go at a time

Practice #4: Combine to finish

15 mins 9 players 1 ball 8 bibs 8 cones 25x20 area



Ball starts with a server who can move along the line to support. Attackers are encouraged to maintain possession combine to create finishing opportunities. Defenders, on regaining possession, can score in small goals. Swap roles of players.

Defenders are restricted to their half, attackers can flow as needed for the attack, but should focus on maintaining shape. Start with 3v1 and 2v1 in each half. Intent is to provide multiple finishing opportunities through possession work.

Technical Coaching Points

Movement

In order to receive the ball, attackers need to use creative movement to lose Defenders or find space to receive the ball.

Quality 1st Touch

When receiving the ball, players need to concentrate on the body position (open shape on the half-turn) to take their first touch toward the goal.

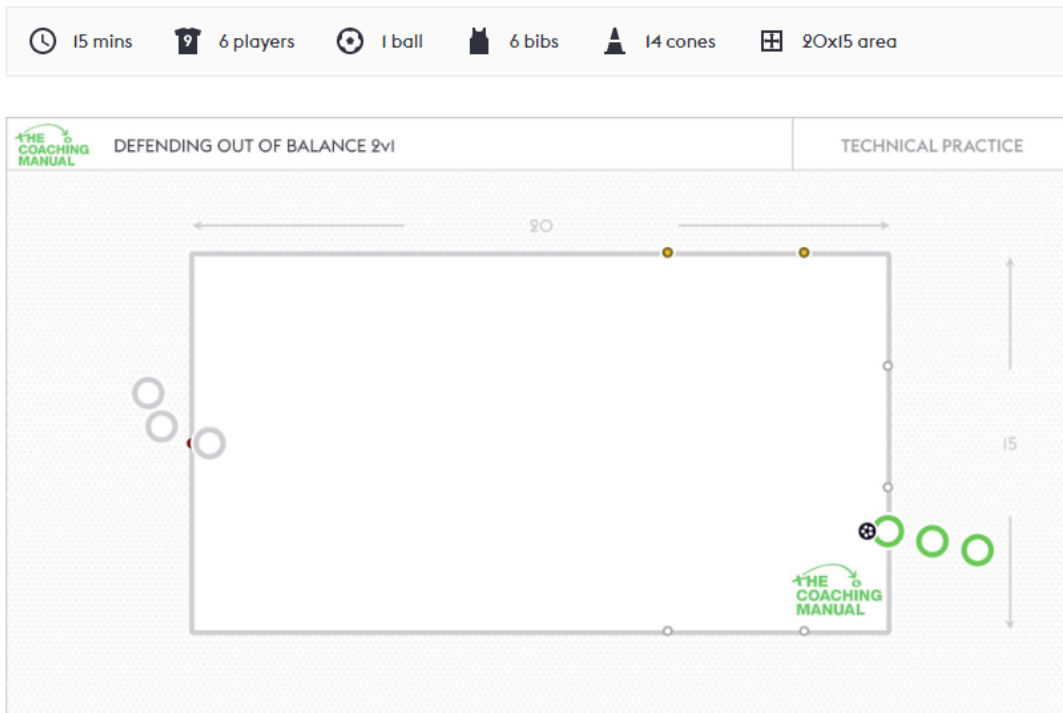
Combination Play

Players should use quality passing with good weight, disguise, and accuracy to combined around the area to find themselves in goalscoring opportunities.

Finishing

Players need to look to finish on goal when the opportunity opens.

Practice #5: Defending #2 (builds on practice #3)



Key Coaching Points

Awareness of ball and receiving player

Players need to constantly be checking their shoulders and surroundings and be aware of the ball and the opposition player. This will help players cut off space and isolate the player in possession

Body shape to defend

Players should adopt an angled approach, side-on with knees bent to change direction if required, and attempt to isolate and channel the player in possession to an area to regain the ball

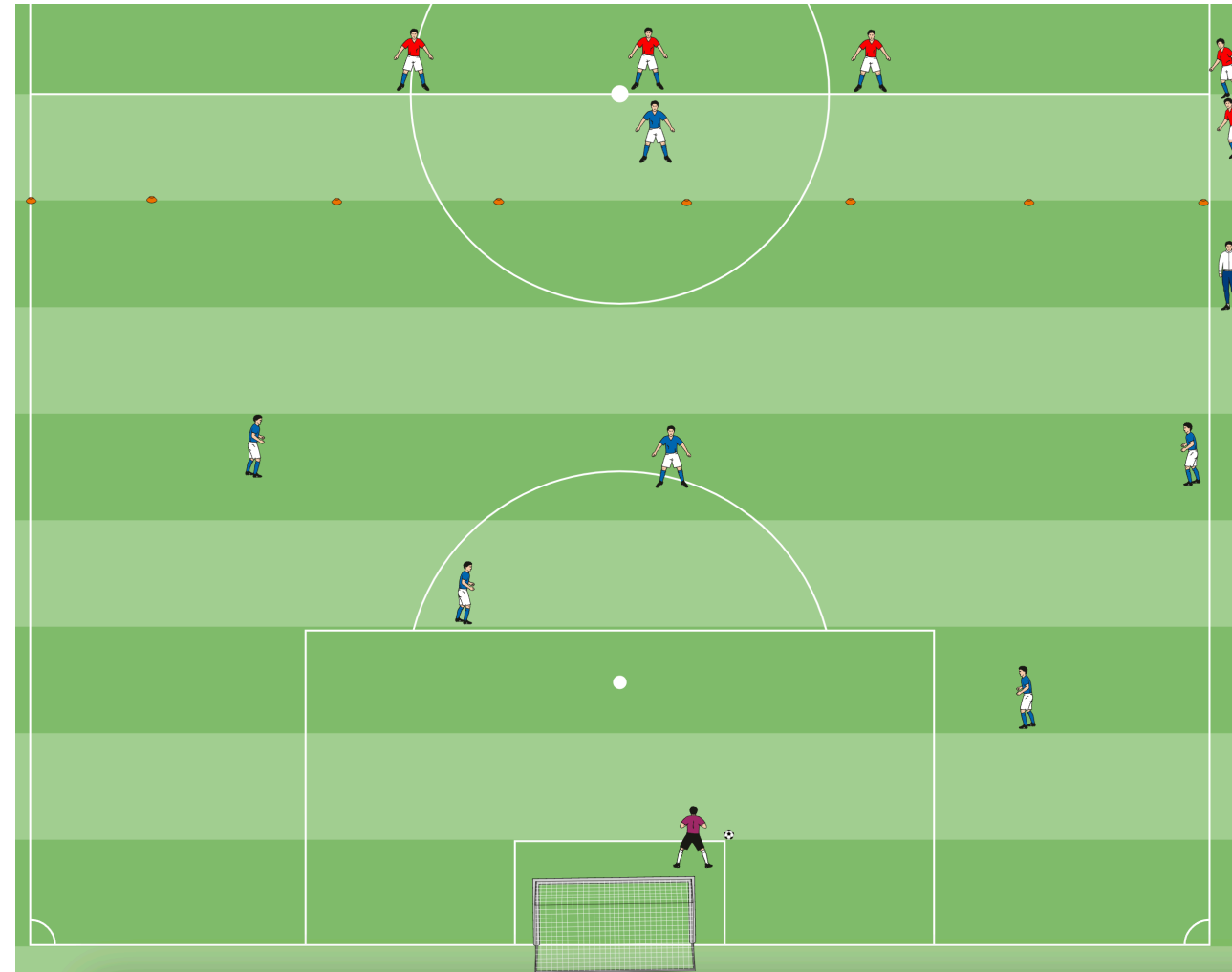
Make play predictable

The players approach and body shape can force play in a certain direction, by cutting off space, and allows for the defender to delay the attack, make play predictable and regain possession

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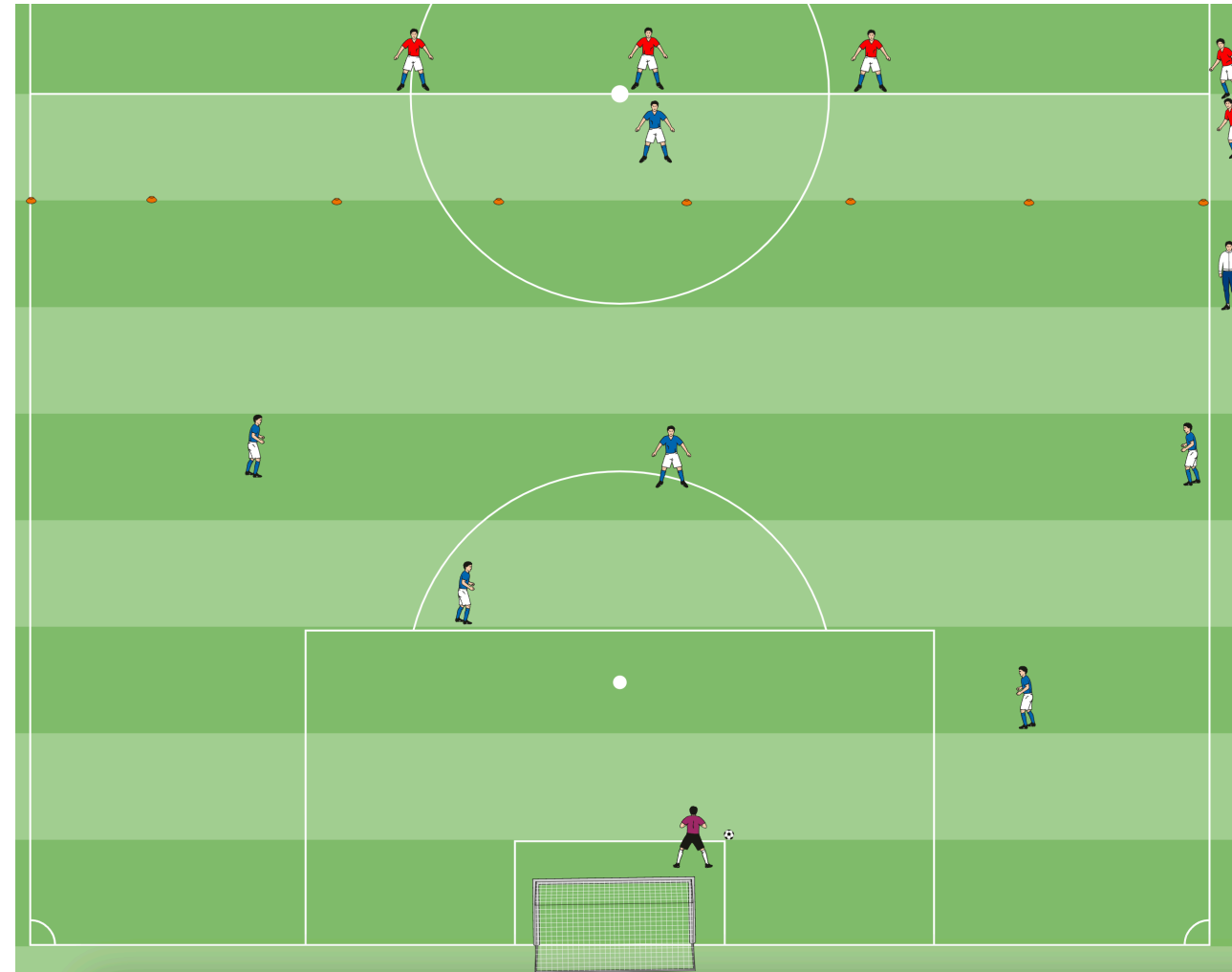
Practice Activity: Building from the goal kick

- The U9/10 age group is when players begin to learn about positions and it can be a challenge when first transitioning from the U8 level. Players tend to bunch up and run right next to their team mate with the ball.
- The rules at this age group, require the opposing team to get back to the half line anytime the goalie has the ball or their is a goal kick. The intent of that is to allow the players to learn how to build from the back and prevent the ball from staying in front of one goal all game.
- This practice activity is great for all U9/10 teams, but especially for first time players at this level. It is helpful to do this activity at a couple different practices early in the season as you can use it to teach multiple things in a game-like setting.
 - Passing vs. dribbling decisions
 - Opening the field (get wide)
 - Supporting a teammate with the ball (triangle shape vs. running right next to them).
 - Working up the side to then attack in the middle
- Put a row of cones across the field about 10 feet from the half line. The blue forward can't cross below the cones, as the intent is to help teach them to stay high and move side to side to get open.
- Field a full 7 player team (blue) to practice building out of the back. Have the rest of the players be the opposing team at the half line, but only have 3 of them go at a time. Have the other players wait on the sideline and rotate them.
 - The intent is to provide some pressure, but not overload the blue team with all 5 from the other team so they can start to learn how to build out of the back. You can add or subtract red defenders as needed.



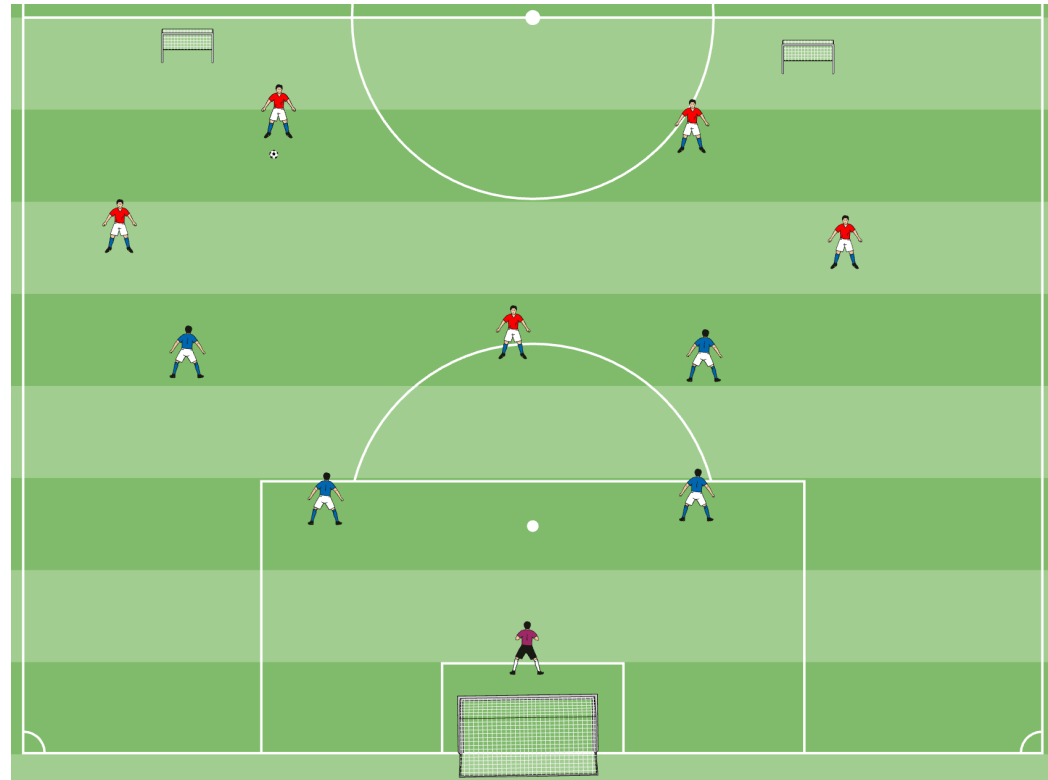
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- The intent is to use 2-4 touches to receive and then pass the ball to a teammate, with the goal being to get the ball to the forward or dribble into the upper end zone of cones.
- The red team can try to score on goal if they win the ball. Reset the activity once it starts to break down as the intent of this drill is to get multiple reps on building from the back.
- Have the goalie switch sides (doesn't have to be every single time) that they do the goal kick from to teach the players to shift on the field depending on where the ball is.
- Do this activity for at least 20 mins with a water and quick guided question break in the middle. Swap the players during the second half of the activity so that those on the red team get a chance to build from the back (you'll have a couple blue players who stay to make a full team).
- Key points:
 - Good passing technique (look where they want to pass, plant foot pointed in that direction, inside of the foot (no toe) to pass the ball),
 - Receive the ball with a soft first touch to keep it controlled and in possession.
 - Players receiving the ball along the sideline should have their backs to the sideline (not midfield) to be open to the field and able to turn/see defenders from the direction they want to play the ball
 - Players without the ball should move to support (not run right next to) the player with the ball.



Play 2

- Play as close to a full sided game as field availability/number of players allows, often scrimmaging against another team.
 - If you don't have a full field, one option is to play 5v5 (one team has a goalie, the other doesn't) with two small PUG-like goals or cones that the team with five field players is defending (picture below). This gives a team of 12 one sub for each side. It may be possible to add both players and play 6v6, but sometimes having more space available is helpful to work on the concepts from practice, so adjust as needed.
- Working on maintaining a proper position/shape will be a big focus at this age group. Use questions such as “Where should you be right now?” or “Are you in the best position to support your teammates?” vs. directive statements such as “Move here/over there, etc.” as it allows the player to think about it themselves and start to develop their tactical understanding of the game.
 - At this age group, it is often helpful to call out “freeze” when they are all bunched around the ball so you can ask these questions and help them see the issues themselves. Don't freeze them every time, but it can be a helpful technique at times.



Final Thoughts

- The overall intent of this curriculum pack is to help provide a 90% solution for coaches that provides a fun and focused soccer experience for the kids in our program. You are not required to follow it exactly, but whatever you do, please try and make sure you are working towards the U9/10 player development objectives of improving ball mastery, learning the different positions, learning how to create space, learning how to pass effectively, and having fun.
- When working with young kids, patience and flexibility are key qualities needed by our coaches. Adjust things as needed, cross talk with other coaches, and reach out to our coaching director with any questions or feedback.
- There are tons of great resources online for learning more about coaching
 - US Grassroots online 7v7 course
 - It's about two hours and cost \$25, which the board will refund once you complete it
 - <https://learning.ussoccer.com/coach/courses/available/26/details/10386>
 - The Coaching Manual
 - Awesome resource from England that has tons of material (requires a paid membership for the full features), but their youtube channel has a lot of good (free) videos as well
 - <https://www.thecoachingmanual.com/>
 - <https://www.youtube.com/@TheCoachingManual/videos>
- Feel free to share this curriculum pack or other resources you plan on using with your team parents. If there are specific activities (like the ball mastery ones) that have good and quick videos, ask them to show their kids. That may help them when it comes time to practice, and some kids may start practicing on their own at home once shown how to do these activities.