



# GUNSTON

## SOCCER CLUB

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TRAVEL PLAYER EXPERIENCE U9-U12

# MISSION AND VISION

**MISSION:** To create a safe, fun, and educational environment where people of all backgrounds in our community can grow and thrive through soccer.

**VISION:** To use soccer as a tool to empower and develop our community, creating a stronger, more inclusive place for everyone to enjoy.

## **VALUES:**

Players First – starts and ends with the participants

In The Community – An extension of our community

Safety – A safe place to play with care and respect

Forward Thinking – Open mind toward the future

**GUNSTON TAGLINE:** Play. Grow. Lead.

#PlayGrowLead





## U9 - U12 VERSUS U9 & UNDER 12

### **ATHLETICISM**

Speed & Agility, Endurance, Strength, Balance, Flexibility, Explosive Power & Jumping

### **BALL SKILLS**

Dribbling and Ball Control, Finishing and Ball Striking, Passing, Receiving, Defending, and Vision

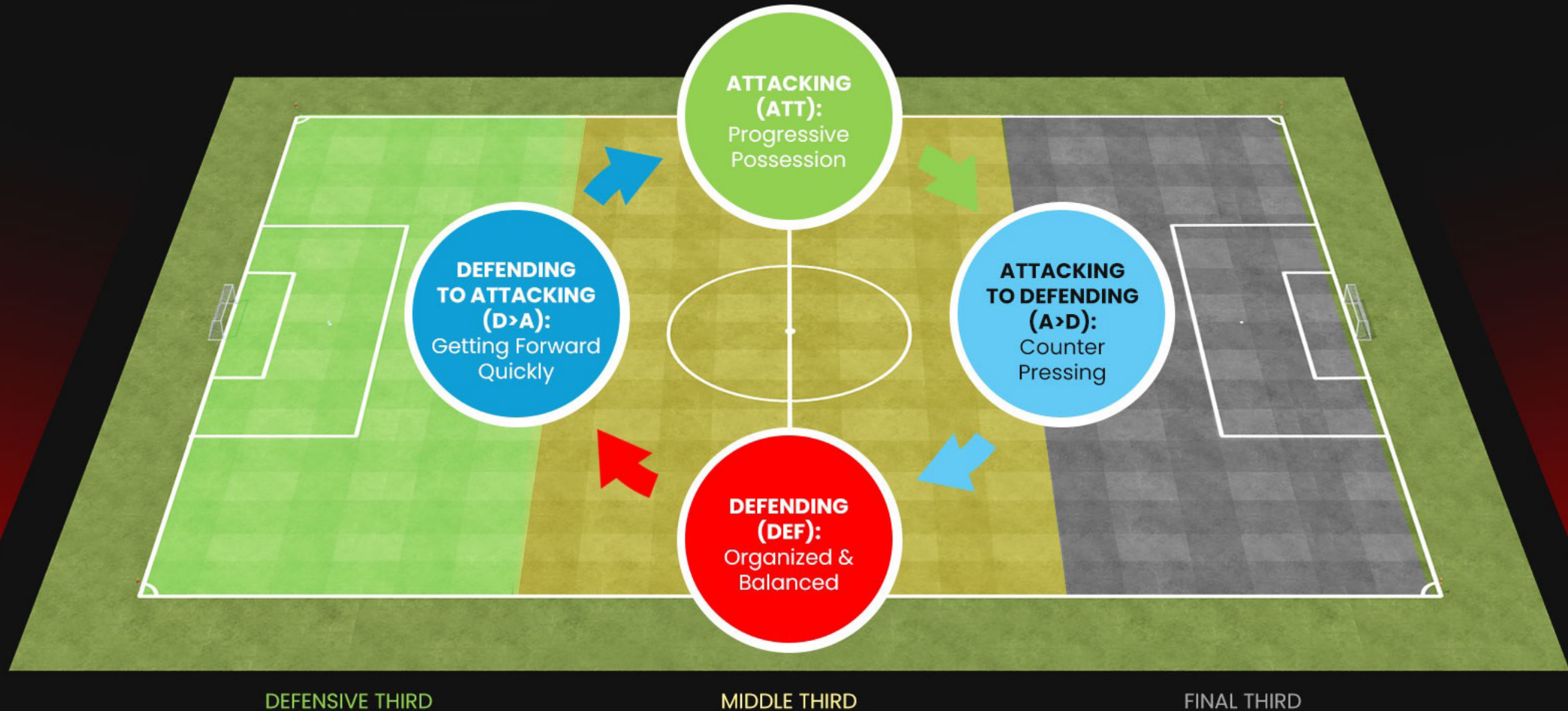
### **CHARACTER SKILLS**

Trustworthy, Confident, Motivated, Positive, Disciplined, Resilient, Hard Working

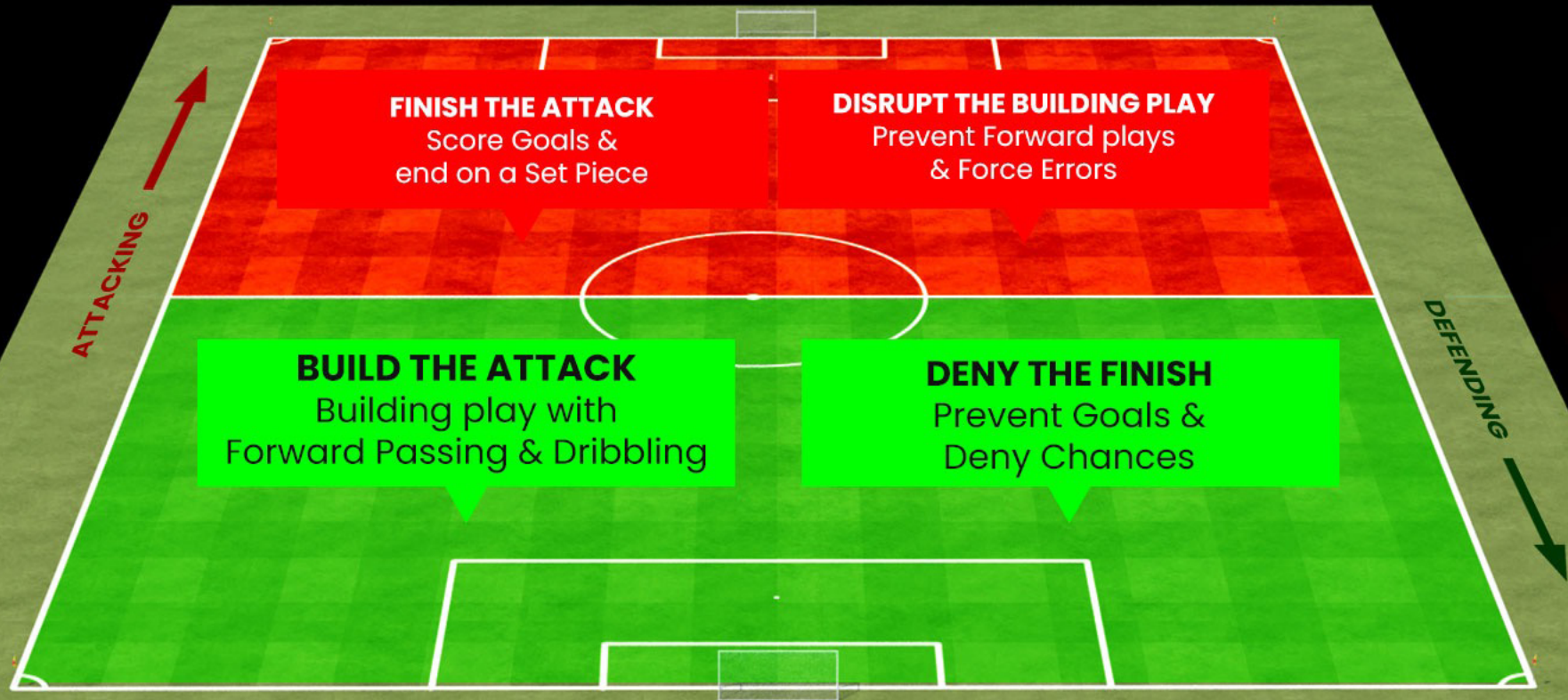
### **SOCCER IQ**

Game Sense & Understanding, Ability to Read the Game, Decision-Making Skills, Problem Solving of the Changing Game Play, Strategic Player

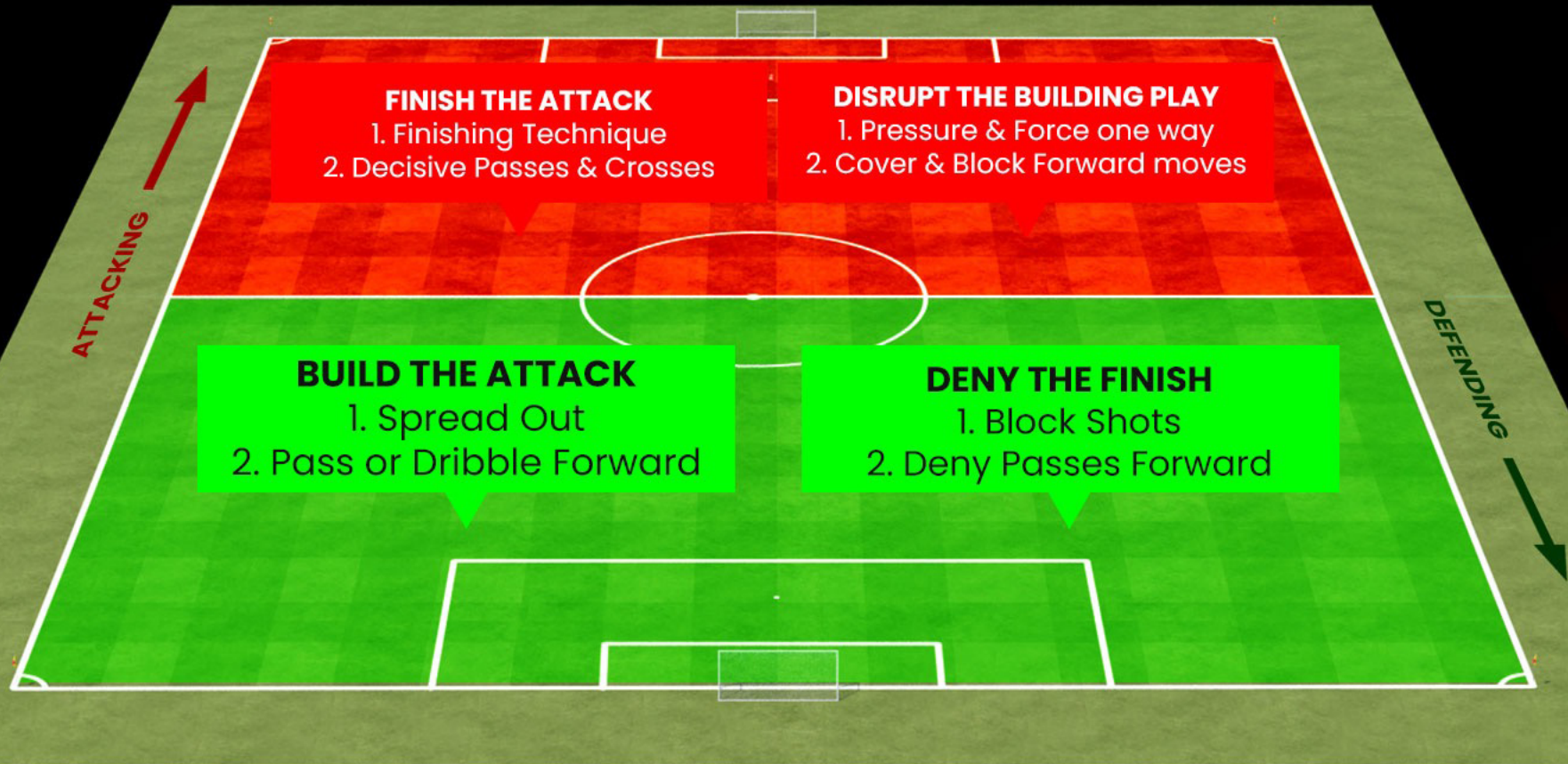
# MOMENTS OF THE GAME



# PHASES OF GAME FOR U9-U12



# TEAM TACTICAL PRINCIPLES FOR U9-U12





# COACHING BEHAVIOR

**TECHNICAL ACTIVITY** - High energy, direct, specific instruction to bring out the behavior.

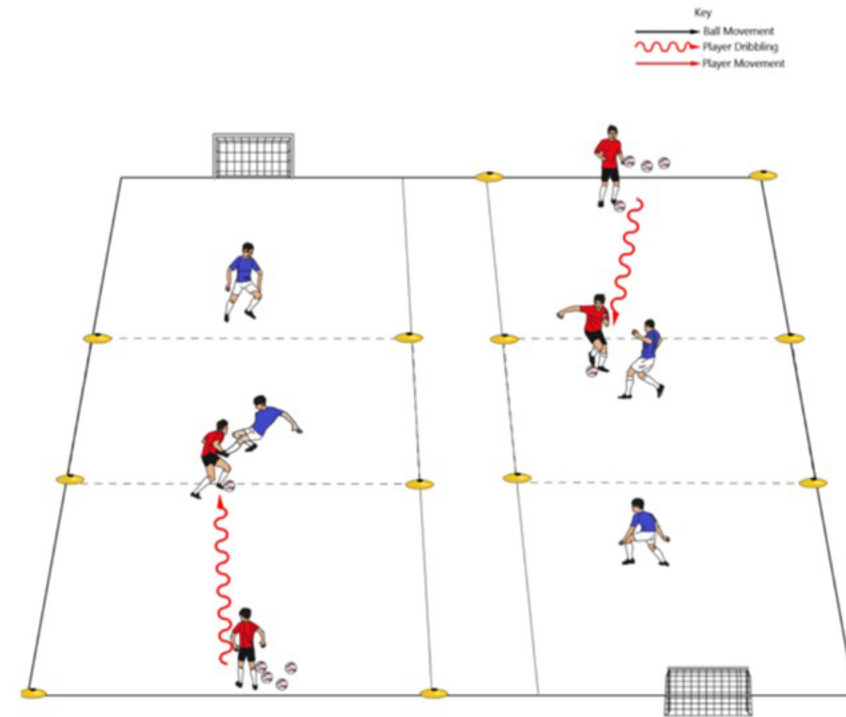
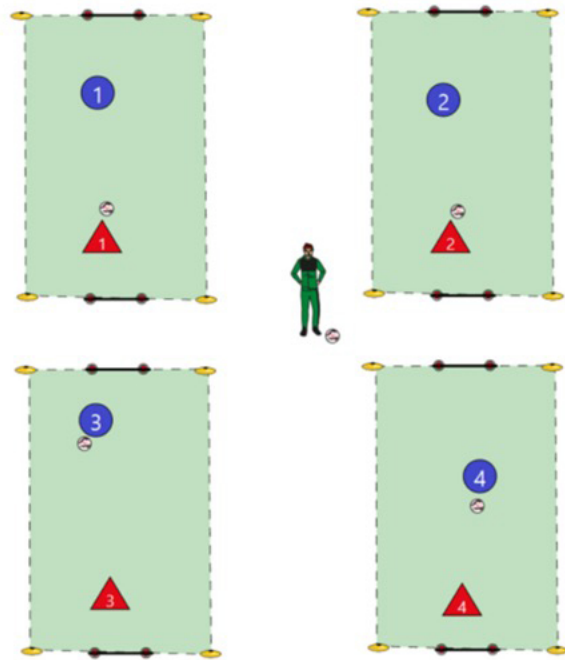
**SMALL SIDED GAME** - Helicopter approach, mixed use of guided discovery questions and direct feedback

**MATCH SIMULATION** - Allow the players to showcase their learning and have fun!



# U9-U12 SIMPLE TO COMPLEX

- Simple session designs to promote development
- Caters to a wide range of players
- Ability to build upon week to week to challenge our players
- Progressions to accelerate the development process on any given session



# U9 – U12 TEACHING METHODS

Simple to Complex Methods

**Technical Activities** – Develop ball mastery and comfort under pressure to prepare players for the demands of the game

**Small Sided Games** – Focus on the specific scenarios players will see in a game such as 3v2 in front of a goal

**Match Simulation** – Replicate the match in a 11v11 environment with all rules in place to prepare for game days.



# EXPECTATION OF OUR COACH

## SIX TASKS OF A COACH

### Leadership & Role Model

- A. Demonstrator
- B. Communicator

### Lead the Team

- A. Assess the Team's Performance

### Lead the Player

- A. Provide feedback

### Coaching Training Sessions

- A. Structure of the Sessions
- B. Transitions
- C. Instructive-Corrective-Encouraging

### Coaching Games

- A. Coaching with the Flow

### Managing Performance Environment

- A. Administrator
- B. Works with Parents



# SYSTEMS OF PLAY

U9-U12

**7V7** - Our two systems to promote individual development (1-2-3-2 or a 1-3-2-1)

**9V9** - Our two systems to promote individual development (1-3-2-3 or a 1-3-3-2)

Each player will experience every position or line of the team throughout the season

Learning to play within a team / line of players

Players develop identity playing various roles such as enjoying scoring goals or denying goals, creating goals, etc.

ATTACKING  
SYSTEMS OF PLAY



**7 V 7**

**9 V 9**



DEFENDING  
SYSTEMS OF PLAY

# SAMPLE WEEK PLAN U9-U10

Each group trains 2-3x per week (2 Mandatory Sessions)

1 match on the weekend

Coach follows curriculum to promote development and meet the needs of the team

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SCHEDULE	TRAIN	OFF	TRAIN	OFF	TRAIN (OPTIONAL)	OFF	GAME
FUNCTION	DEFENDING		ATTACKING		SKILLS		ATTACKING

# SAMPLE WEEK PLAN U11+

Each group trains 3x per week

1 match on the weekend

Coach follows curriculum to promote development and meet the needs of the team

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SCHEDULE	OFF	TRAIN	OFF	TRAIN	TRAIN	OFF	GAME
FUNCTION		DEFENDING		ATTACKING	SKILLS		ATTACKING

PLAY

GROW

LEAD





[#PlayGrowLead](#)