



U9/U10 Curriculum Summary

| Technical | Tactical | Fitness | Psychology | Practice Tips |
|---|---|---|---|---|
| <p>Objectives: General Technical skill development and comfort on the ball.</p> <p>Turning Moves:</p> <ul style="list-style-type: none"> • Inside/Outside Cuts • Hook turn • U-turn • Step Over • Combination of turns <p>Attacking Moves:</p> <ul style="list-style-type: none"> • Scissors • Side step • Step over • Combination of moves <p>Control and Receiving:</p> <ul style="list-style-type: none"> • Ground Control • Aerial Control <p>Passing:</p> <ul style="list-style-type: none"> • Inside of foot • Instep • Outside of foot <p>Dribbling/ Running with the ball:</p> <ul style="list-style-type: none"> • Close control • Change direction/pace • Use of both feet • “head up” <p>Shooting:</p> <ul style="list-style-type: none"> • Striking the ball with the laces. <p>Defending:</p> <ul style="list-style-type: none"> • Basic defensive stance • Goal-side and recovery. | <p>Objective: Confidence to use skills in a game.</p> <p>Individual Offensive tactics:</p> <ul style="list-style-type: none"> • Running/Dribbling with the ball • 1v1 attacking moves <p>Individual defensive tactics:</p> <ul style="list-style-type: none"> • 1v1 defending • Work rate <p>Small group attacking:</p> <ul style="list-style-type: none"> • 2v1 attacking options <p>Small group defending:</p> <ul style="list-style-type: none"> • 2v1 defending • 2v2 defending <p>Small Sided Games:</p> <ul style="list-style-type: none"> • 2v2, 3v3, 4v4. • Emphasis on dribbling, running with the ball, basic passing and support play. (depending on the game set up and theme) <p>Formations</p> <ul style="list-style-type: none"> • Learn how to play and adapt to different formations for 7v7 games. | <p>Objective: Improve player’s general level of fitness.</p> <p>Endurance</p> <ul style="list-style-type: none"> • 1v1 activities • 2v2 activities • 4v4 games <p>Co-Ordination</p> <ul style="list-style-type: none"> • Running activities • Balance and agility | <p>Objective: Ensure players are trained in a positive environment.</p> <p>Fun</p> <p>Concentration</p> <p>Co-operation</p> <p>Sportsmanship</p> <p>Basic rules</p> | <p>It is the responsibility of every player to improve their own individual techniques.</p> <p>The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p>Practice individual techniques:</p> <ul style="list-style-type: none"> • Turning moves • Attacking moves • Juggling <p><i>Players with good 1v1 skills can make a difference in a game.</i></p> <p style="text-align: center;">REPEAT MOVES OVER AND OVER AGAIN.</p> |