



Coaching Curriculum

Chicago Fire Juniors | 9 to 12 Year Olds

Training Priorities

Develop players love for the game

Emphasize soccer specific technical skills, develop through correct repetition (with and without pressure) through Small Sided Games (SSG)

Introduce basic elements of small group tactics (i.e. 2v1, 2v2).

TECHNICAL

1. Dribbling; change of direction, close control; fakes/moves to beat opponents and shielding
2. Passing: Short sharp passing, instep drive, the chip pass, crossing
3. Receiving : ground, bouncing, and air balls with instep (cushion) and sole inside-outside of foot, thigh and chest control
4. Shooting; with laces, inside and outside of foot, volley and heading to score - placement versus power
5. Goalkeepers: footwork, distribution, low dives
6. Technical/Tactical Training: develop basic patterns of play - 5v0, 5v3, 6v4)

TACTICAL

1. Implement defense and attack principles via small sided games
2. Defending: pressure and covering defender, basic defense concepts
3. Attacking: basic passing patterns, combinations (wall pass)
4. Passing / Possession: Supporting angles, showing for the ball, movement off the ball, timing of runs
5. Technical / Tactical: Training: combination of technical skills in game related functional activities to goal (3v2, 4v3, 5v3 situations)
6. Game related Implement basic systems of play. Rotate players through different positions

PHYSICAL

1. All activities should involve regular contact with the ball
2. Continue to develop ABCs of movement Education
3. Continue to develop speed, flexibility, power and endurance through fun games
4. Warm-up should involve dynamic stretching, Cool Down can incorporate some static stretching but try to use the ball. Both are mandatory.
5. Basic core stability and strength development
6. Flexibility training
7. Basic body awareness

PSYCHOLOGICAL

1. Introduction to mental concepts: concentration levels, confidence, and emotional control, intrinsic motivation
2. Understanding of the role and link between practice and game performance
3. Sportsmanship: winning and losing gracefully
4. Goal setting (short term) on performance and homework related technical skills (i.e. juggling etc.)

PERSONAL

1. Character development
2. Accept discipline and structure
3. Understand the relationship between effort and outcome
4. Interpersonal skills and learning to work in a team environment
5. Positive communication
6. Parental support
7. Commitment to improve/ achieve goals
8. Personal responsibility and character development
9. Homework: Dedication to training outside practice

Low Emphasis Training Priorities

Winning/team results - Performance and improvement comes first at this stage

Team tactical development and specific positioning - We can give them an introduction but should avoid having 'set' positions for the players