

Best Practices

Coaching Guidelines for U9/10

Mission:

- Provide players an opportunity to play soccer
- To foster a love of the game of soccer
- Implement fundamentals (not positions)

Style of Play:

- Have Fun! - Attacking soccer!
- Make soccer decisions only - dribble, pass, shoot
- Aggressive defending

Practice Guidelines:

- Use Play - Practice -Play Model
 - Play 1 is 1v1, 2v2, or 3v3 games
 - Can be played in various game types - 2 goal, 4 goal, endlines, endzones, etc
 - Practice should be realistic to 7v7
 - Play 2 is 7v7 or smaller
- High Energy - Have Fun!
- NO LINES - NO LAPS - NO LECTURES
- Set up all of the activities before training begins
- Short quick transitions and water breaks (if needed)
- Training topics should mainly focus on attacking
- Positive Reinforcement, Guided Questions, and Key Words are the preferred coaching toolkit option

Game Guidelines:

- Games should be played 7v7 or smaller
- Play in a 2-3-1 or 3-2-1 formation
- Work towards 75% playing time for all players

Goals:

- Focus on technique
- Spacing, fundamentals
- Creativity
- Retention rates above 75% for next season

Coaching Points:

- Creativity is encouraged and celebrated
- Take players on, it's okay to be selfish
- Use both feet
- Dribbling Technique
- Spread out
- Support the attack
- Create Passing Options
- Passing Technique
- Create 1v1 and 2v1 situations
- Switching the point of the attack
- Shooting Technique
- Steal the ball
- Protect the goal

