

## Coaching Recommendations for U9 and U10.

### Practice Sessions

Have a balance between players learning the basic fundamentals and having fun.  
At this age group players should have a ball each or a ball between two.  
You will notice that the only opposed play at this age group is 1v1. It is important that players learn and master basic techniques at this age.  
50% of the practice must be on techniques.

### Passing.

Short Passes – Push pass

Players need to be able to pass the ball accurately and at the right speed over short distances.

Players need to be able to pass the ball with either foot.

Players need to be able to pass the ball with their instep.

Players need to learn how to play simple and to play the way they are facing.

Players must start to learn the chip pass and the volleyed pass.

Players must learn the following fundamentals of passing:

- Accuracy
- Speed/Pace
- Faking or disguising a pass
- The timing of the pass.

### Control.

Players need to be able to control the ball with either foot.

Players need to be able to control a ball with one foot and pass it with the other.

Players need to learn how to control a ball with their knee and chest.

Players must know the basic fundamentals of ball control:

- Getting their body behind the ball
- Assessing the flight of the ball
- Deciding which part of the body you are going to use to control the ball
- To be able to relax on contact
- Getting the ball out of their feet so they can get their head up
- They do not use their head to control a ball. They step back and take it on their chest.

### Dribbling.

All players must be encouraged to take risks when dribbling.

Players need to be comfortable dribbling a ball in small areas.

Players need to keep improving their tricks/moves.

Players need to keep improving their turns.

Players need to be able to dribble in and out of discs or gates at speed.

Players need to hone their skills in 1v1 situations.

Players must learn the basic fundamentals of dribbling:

- How to change pace/speed
- How to change of direction
- How to fake defenders
- You must encourage your players to dribble at speed.

### Defending.

Players need to be able to do the block tackle.

Players need to understand patience and delay when challenging for the ball in 1v1.

Players must understand the following basics of challenging for the ball:

- To get sideways to the ball
- To keep their eye on the ball
- To be patient and not dive in
- Good defenders stay on their feet

### Shooting.

Players need to be able to shoot correctly with either foot.

Players need to learn the importance of hitting the target.

Players need to understand the difference between power and finesse.

Players need to be able to do the basics of power shooting:

- Their plant foot goes next to the ball
- They strike the ball with their laces
- They need to get their head and knee over the ball
- They need to look at the target before shooting
- They need to concentrate on hitting the target
- They must follow in for rebounds

### Heading.

Heading is only to be introduced at the U10 age group. Do not focus on it as a full practice.

Players are to do basic heading.

Players need to have a ball each or a ball between two.

The ball is thrown or headed between two players.

Players must know the following basic points

- To keep their eye on the ball
- To use their forehead to head the ball
- To understand the ball will not hurt them.

### Flexibility

Stretching and cool downs must start to be introduced at this age level.

### Games

Game results are not recorded so therefore players have an opportunity to be able to learn the game and at the same time have fun.

Players should be given the opportunity to play in different positions.

Player should be given an equal amount of playing time as this is important for their development.

Make sure you do not favor certain players just for the sake of getting a result.

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