

Coaching Recommendations.

Age: U9 and U10.

Practice Sessions

There has to be a balance between players learning the basic fundamentals while at the same time having fun.

The important thing for these age groups is that each player has a ball during practices or a ball between two.

You will notice that there is hardly any opposed play at this age group, as this will be introduced at a later stage.

Passing.

Being able to pass the ball accurate and at the right speed over short distances.

Being able to pass the ball with either foot.

Being able to pass the ball with their instep.

Learning how to play simple and the way they are facing.

Know the fundamentals of passing:

Accuracy.

Speed/Pace.

Faking/Disguise.

Knowing when to pass the ball.

The plant foot and the contact with the kicking foot are important at this age.

Control.

Being able to control the ball with either foot.

Being able to control it with one foot and pass it with the other.

Knowing the fundamentals of ball control:

Get their body behind the ball.

Assess the flight of the ball.

Decide which part of the body you are going to use to control the ball.

Relax on contact.

Get the ball out of your feet.

Do not use your head to control a ball. Step back and take it on your chest.

Dribbling.

Being comfortable dribbling a ball in small areas.

Learning 3 or 4 tricks/moves to use.

Learning 3 or 4 turns to use.

Being able to dribble in and out of discs or gates.

Knowing the fundamentals of dribbling:

Change of pace/speed.

Change of direction.

Faking/Disguise.

You must encourage attackers to dribble at speed.

Defending.

Being able to use the block tackle.

Learning the basics of patience when challenging for the ball.

Knowing the basics of challenging for the ball:

Get sideways to the ball.

Keep their eye on the ball.

Do not dive in. Patience.

Stay on their feet.

Shooting.

Being able to shoot correctly.

Knowing the importance of hitting the target:

The plant foot goes next to the ball.

Strike the ball with the laces.

Get their head and knee over the ball.

Hit the target.

Heading.

Heading is to be introduced at U10. Do not focus as a full practice.

Players are to do basic heading. They will have a ball each or a ball between two.

Keep their eye on the ball.

Use their forehead to head the ball.

Games

The important thing for the players at this age group is that league results are not recorded.

The important thing is for the players to be able to perform the basic fundamentals in a game situation.

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

Equal amount of playing time is important.

Do not favor certain players just to get a result.

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