

Modified 9v9 CURRICULUM

Expectations ~ Methodologies ~ Player
Development ~ Style of Play ~ Lessons



About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U9 and U10 teams that play 9v9 soccer. Players on these teams will be nine to eleven years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are transitioning from a smaller (7v7) format to a slightly larger field with larger goals and no more "build-out line, and (3) referees.

The second half of this document is a quick resource for coaches to plan effective practices that will help their players improve.

Questions about this document and/or 9v9 soccer within RYSC can be directed to 9v9@rosevillesoccer.com .



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CLUB PHILOSOPHY

Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



ROSEVILLE COACHES:

- Adhere to Club Expectations for General Conduct, Trainings & Game Day
- Leverage Club-Provided Methodologies and Methods for Training and Coaching
- Receive Resources from the Club to Facilitate Player Development
- Understand & Coach to Roseville's Style of Play
- Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



9v9: Remember These Players' Ages

- **Fun with the ball & team** – These young players want to enjoy the game but they are also taking it more serious. Balance technical instruction with fun, competition, and encouragement.
- **Motor skills** – Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control but also, improve the speed of these activities
- **New structure** – The 9v9 field size introduces two more players. Help players understand the full game, but also how to create 1v1 and 2v1 situations throughout the field.
- **Emphasize player intelligence** – Encourage awareness and thinking about the game so that players improve themselves.
- **Communication is key** – By communicating with each other throughout a practice and game, players help to coach themselves and improve one another.



MOMENTS & PRINCIPLES OF THE GAME:

Moments of the Game: 'WE' and 'THEY' ~ Areas of
the Field



MOMENTS & PRINCIPLES

In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring



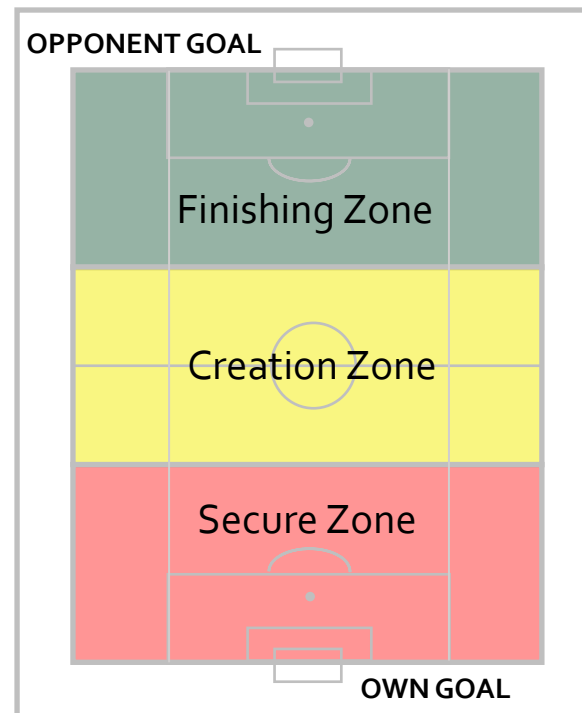
Moments & Principles: 'WE' & THEY Area

WE HAVE THE BALL

9v9 and 11v11

THEY HAVE THE BALL

- Definition:** Possession of the ball in the final third near the opponent's goal
 - Aim:** Score goals and create chances
- Definition:** Possession of the ball in the middle third of the field
 - Aim:** To advance into the finishing zone while keeping the ball
- Definition:** Possession of the ball in the third near our goal
 - Aim:** To advance into the creation or finishing zone while keeping the ball



- Definition:** Opponent possession of the ball in their secure zone
 - Aim:** Win the ball back, prevent the opponent from advancing
- Definition:** Opponent in possession of the ball in their creation zone
 - Aim:** Win the ball back, prevent the opponent from advancing to the finishing zone
- Definition:** Possession of the ball in the third near our own goal
 - Aim:** Win the ball back and prevent the opponent from creating chances or scoring goals

Outside Left Center Channel Outside Right



Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
OUR HALF	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
THEIR HALF	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
PLAY FROM BACK	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> Make it big Create triangles <p>Look forward first</p> <p>Go forward when possible</p>	ATTACK	<p>Play the early ball where there is space behind the defense</p> <p>Using either a cross, through ball, or combination when there is space behind the defensive line</p> <p>Go forward with numbers</p> <p>Recognize and use the 2v1 (stage 2) or 1v1 Create numerical superiority</p> <ul style="list-style-type: none"> Dribbling Movement off the ball Passing (ball movement)
POSSESSION	<p>Look forward first</p> <p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	SCORE	<p>Occupation in front of the goal</p> <p>Collective movement to occupy the spaces (near post, far post, penalty spot, space behind defenders, edge of box) Finishing</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p>



Tactical Principles: THEY have the ball

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

THEY	AIM	THEY	AIM
DENY PLAY FROM BACK	<p>Make it small</p> <p>Closest player applies pressure on the ball Teammates create cover</p> <p>Force them where you want them to play</p>	DENY ATTACK	<p>Press the player with the ball Teammates cover Prevent or defend chances created from:</p> <ul style="list-style-type: none"> Crosses Through balls Combination play Individual action (1v1) <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>
DENY POSSESSION	<p>Press the player with the ball Teammates cover Prevent them from playing forward</p> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>	DENY SCORING	<p>Block the shot</p> <ul style="list-style-type: none"> Clear it if needed Goalkeeping Shots / Crosses / Through-balls / 1V1



Tactical Principles: Transition We to They

Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> • The closest player needs to put pressure on the ball • Pressure from the right direction (force the attacker to go where you want them to) • Other players recognizing how this pressure affects their positioning (pressure, cover, balance) <p>All principles in relation to space, time, teammates, opponents, & the ball</p>		<p>Look/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> • Skip players • Looking forward first • Dribble or pass to go forward • Orientation, overview speed <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> • Create Triangles • Create as many triangles as possible • Beat anticipated immediate pressure from opponent <p>All principles in relation to space, time, numbers, & the ball</p>



STYLE OF PLAY

Team-Based ~ Intelligence ~ Possession ~
Dynamic Attack ~ High-Pressure Defense



FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic
Attack

High-
Pressure
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



9v9: Style of Play Elements to Emphasize

Coaches of 9v9 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Emphasize overlapping runs, the opportunities this can create, and the required defensive coverage that results.
- **Intelligence** – Dynamic decision-making that assesses in real-time how the game is unfolding on offense, defense, and in transition. WE + THEY.
- **Possession** – Understanding how a player's position and reposition dynamically unfolds.
- **Dynamic Attack** – Players are encouraged to explore creativity, be adaptive to teammates' and opponents' spontaneity, and act on full-field vision.
- **High-Pressure Defense** – Offensive players learn to rapidly recover as “defenders,” with team shifting to deny opponents outlets.



Learn to TRAIN



U11 & U12 / 9v9 – Boys & Girls: Season Plan

Playing Together – working with 2-3 players towards a line

- Move to 9v9
- Continued mastery of the ball - may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG - team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY - WE get SMALL, shape, pressure, cover
- WE to THEY - get it back where we lost it, defensive shape, setting a defensive line



Learn to TRAIN



9v9: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim win, but not at any cost. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



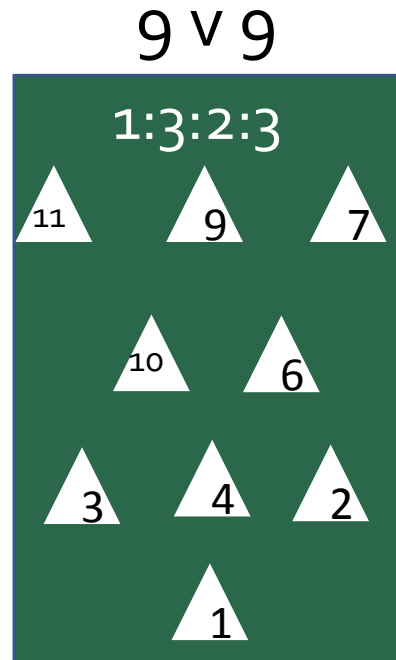
Style of Play: Key Qualities – by age group

Technique	U8-U10	U11-U13	U14-U19
Ball comfort – ball manipulation – touch	x	x	x
Shooting	x	x	x
Receive/open/pass with 2 feet (short and long)	x	x	x
Defending a player or the ball	x	x	x
Protects the ball (shielding)-turning	x	x	x
Running with the ball-change of direction	x	x	x
Passing – short, medium distance	x	x	x
Passing – long distance		x	x
Receive-1st touch opening up right/left	x	x	x
Defend the ball or man 1v1 THEY	x	x	x
Beat a man 1v1 WE	x	x	x
Insight	U8-U10	U11-U13	U14-U19
Decision making on and off the ball		x	x
Decision making on the ball (passing/dribbling/shooting choice)	x	x	x
Decision making off the ball (when/where/how to move off the ball)		x	x
Decision Making In WE	x	x	x
Decision Making In THEY	x	x	x
Speed of thought and action (on and off the ball)		x	x
Speed of thought (how quickly can they come to their decision)		x	x
Speed of action (do they execute their action at the right speed)		x	x
Decision Making In Transition		x	x
Positioning & repositioning in relation to situation (s)	x	x	x
Creativity	x	x	x
Reading of Options	x	x	x
Belief in the Style of Play		X	x
Shares The Ball		x	x

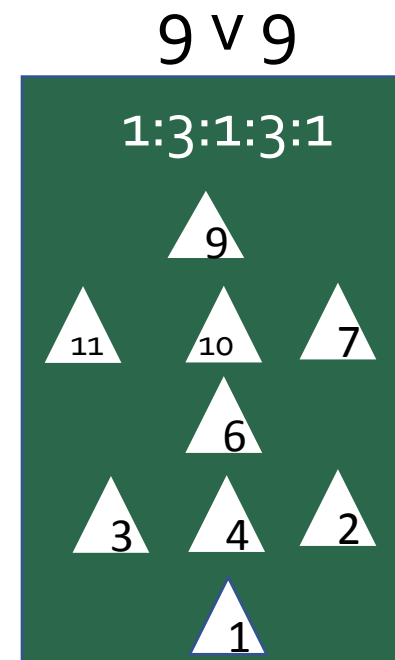
Personality	U8-U10	U11-U13	U14-U19
Perseverance		x	x
Continues on when facing adversity & challenges	x	x	x
Emotional stability		x	x
Accountability		x	x
Coachable	x	x	x
Listens and implements feedback in training and games	x	x	x
Is involved and engaged in training sessions and exercises	x	x	x
Responsibility		x	x
Accepts responsibility for their own actions	x	x	x
Mental Toughness		x	x
Creates (helps create) a personal development plan and development goals			x
Organizes and manages their performance environment			x
Effort & Intensity	x	x	x
Social-works well with others	x	x	x
Communication – coaches teammates	x	x	x
Movement without the ball (can create and use space)		x	x
Team Spirit	x	x	x
Adaptability			x
Speed & Agility	U8-U10	U11-U13	U14-U19
Coordination/agility		x	x
Endurance		x	x
Uses their body effectively		x	x
Power/speed (quickness)		x	x
Cardio Fitness	x	x	x



Systems of Play / Modified Game Formations



- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack



- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker

Formations should be played to ensure consistency and tactical understanding as the game size expands. Players at these stages should be rotated into all positions to maximize a greater understanding of the tactical impact of player positioning and player responsibilities.



9v9 TRAINING RESOURCES

The activities that follow can be used at 9v9 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

Each session explains the activity, highlights objectives, and provides coaches guiding questions they can ask players to facilitate soccer development.



ONE TRAINING METHOD

STAGE 1: Technical Warm Up

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first phase, players engage in small-sided games with the primary focus on having fun. It is important that the technical warm up are led by the players and facilitated by the coaches. During this first *warm-up* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

STAGE 2: Core Activity / PRACTICE

In the second phase, players are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the Core Activity/*Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition. *Practice* activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.

STAGE 3: Scrimmage/ Reinforce Core Lesson

The final stage of is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *scrimmage* phase is to encourage players to express themselves and demonstrate what they learned during the Core Activity/*Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application, the coach is able to check each player's understanding and ability to execute the goal of the training session. This also is a time for 'teaching moments', quick freeze moments where Q&A can be done to correct a tactical decision or technical execution.



Week 1

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve scoring goals #1

PLAYER ACTIONS Shoot, Pass or Dribble forward, Create a 2v1 or 1v1

KEY QUALITIES Make decisions, Take initiative, Optimal technical abilities

PRINCIPAL:ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy –**Receiving:** Body position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

Typical Flow of practice

Technical Warm- up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v5 to goal - two counter goals

MOMENT: WE have the ball

OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?

ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.



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Week 2

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve Scoring Goals # 2

PLAYER ACTIONS Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1

KEY QUALITIES Read the game, Be proactive, Optimal technical abilities

PRINCIPAL:ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

Typical Flow of practice

Technical Warm- up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v5 to goal

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

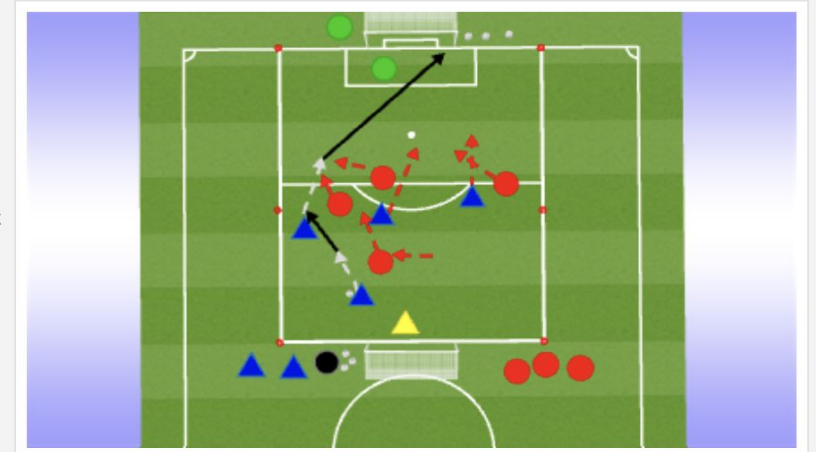
ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 1 midfielder. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.



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Week 3

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals # 1

PLAYER ACTIONS Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

KEY QUALITIES Read the game, Take initiative, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v4 to goal & 2 small goals

MOMENT: THEY have the ball

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it SMALL, Pressure, Cover & Balance.

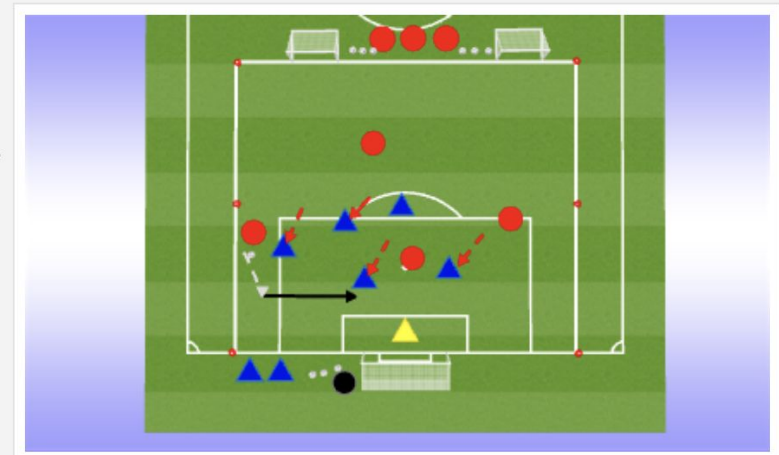
ORGANIZATION: In our secure zone of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.



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Week 4

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals # 2

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent

KEY QUALITIES: Make decisions, Be proactive, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position

Typical Flow of practice

Technical Warm- up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 15 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 15 min

CORE ACTIVITY: 6v5 to regular goals

OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In our secure zone of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Pressure, Help and Double.

GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.



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Week 5

Description

MOMENT: WE have the ball

AREA: Creative & Secure Zone

GOAL: Improve the build up from our Secure Zone in order to move the ball into the Creative Zone # 1

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options

KEY QUALITIES: Read the game, Take initiative, Demonstrate Focus

PRINCIPAL: Build Up From Back

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v5 to goal and dribbling gates

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

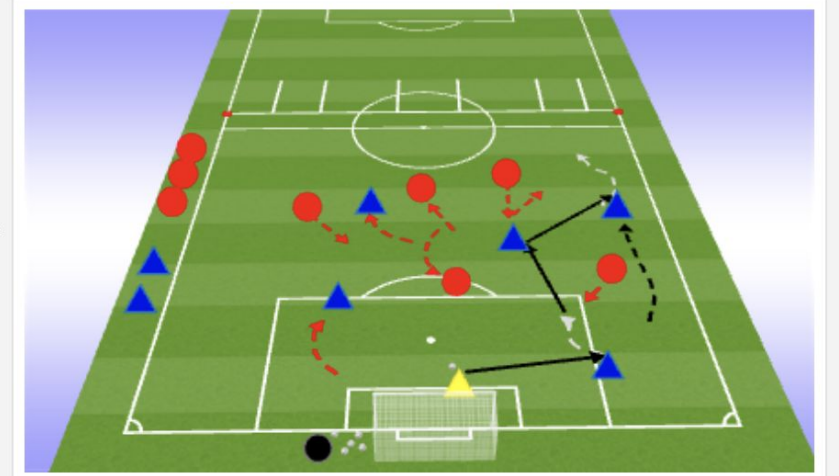
ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers, and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game are in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving, and passing.

KEYWORDS: Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.



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Week 6

Description

MOMENT: WE have the ball

AREA: Creative & Secure Zone

GOAL: Improve the build up from our Secure Zone in order to move the ball into the Creative Zone #2

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack

KEY QUALITIES: Read the game, Take initiative, Optimal technical abilities

PRINCIPAL: Build Up From Back

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

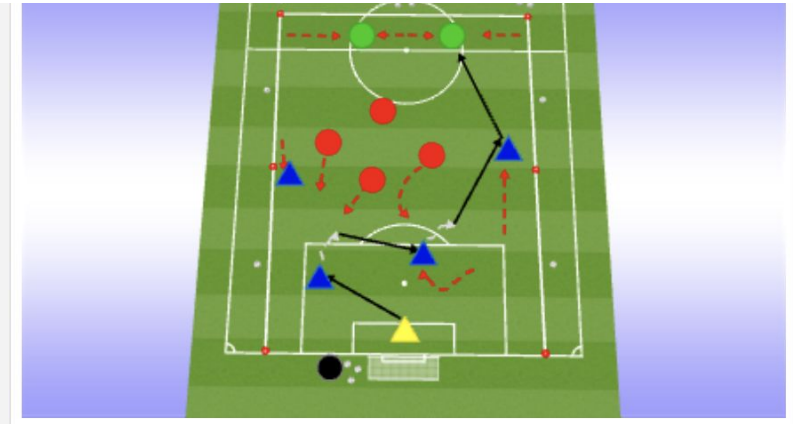
ORGANIZATION: In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option?

ANSWERS: 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.



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Week 7

Description

MOMENT: THEY have the ball

AREA: Creative Zone

GOAL: Improve preventing the opponent from building up in 'their Secure Zone'

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance

KEY QUALITIES: Make decisions, Focus, Optimal physical abilities

PRINCIPAL: Deny Build Up & Deny Possession

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:**Distance, body position

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v7 to goals and two targets

OBJECTIVE: To regain the ball in the Creative Zone

PLAYER ACTIONS: Protect the goal, Create Transition moment by stealing the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Pressure and Help.

GUIDED QUESTIONS: 1. Who and how should we be preventing the forward pass? 2. When is a good time to pressure the attacker with the ball? 3. Who should help the pressing defender?

ANSWERS: 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide cover and balance.



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Week 8

Description

MOMENT: THEY have the ball

AREA: Creative & Secure Zone

GOAL: Improve preventing the opponent from building up and creating scoring chances in our Secure Zone

PLAYER ACTIONS Protect the goal, Pressure, Cover & Balance, Make and Keep it Small

KEY QUALITIES Read the game, Be Pro-active, Focus

PRINCIPAL: Deny Possession

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v5 to regular goals

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.



Week 9

Description

MOMENT: WE have the ball

AREA: Creative & Finishing Zone

GOAL: Improve the build up in the Creative and Finishing Zone in order to create scoring chances #1

PLAYER ACTIONS Pass or dribble forward, Spread out (GO BIG), Support the attack, Create a 2v1 or 1v1

KEY QUALITIES Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to goal - two counter goals

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out (GO BIG), Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the Secure and Finishing Zone of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide (Go BIG), Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.



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Week 10

Description

MOMENT: WE have the ball

AREA: Creative & Finishing Zone

GOAL: Improve the build up in the Creative and Finishing Zone in order to create scoring chances #2

PLAYER ACTIONS Pass or dribble forward, Spread out (GO BIG), Create a 2v1 or 1v1, Change the attack

KEY QUALITIES Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy

– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to goal and end zone

OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out (GO BIG), Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score by dribbling or passing to a teammate running into the end zone. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out (GO BIG) - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.



Week 11

Description

MOMENT: THEY have the ball

AREA: Finishing Zone

GOAL: Improve preventing the opponent from building up in the Secure Zone

PLAYER ACTIONS Pressure, cover and balance, Get and make it compact/'Small', Create Transition Moment

KEY QUALITIES Understand the game, Focus, Take initiative

PRINCIPALS: DENY POSSESSION/DENY BUILD UP

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to Goal & Two Counter Goal

OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

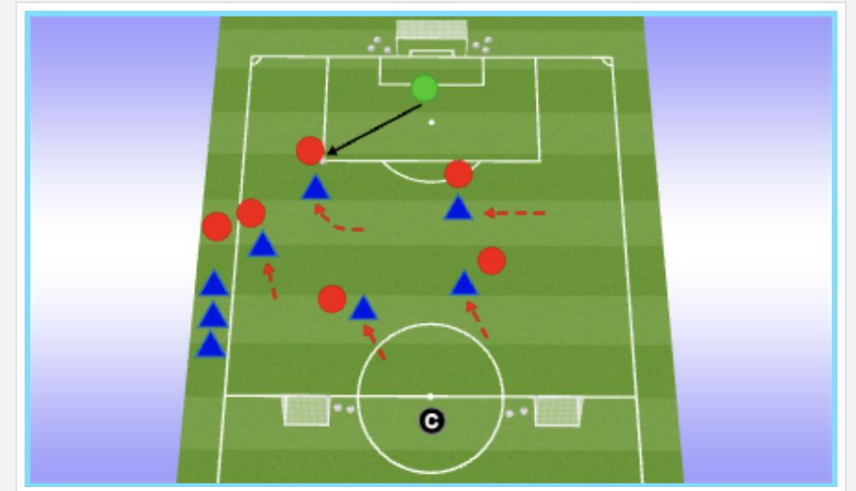
PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.



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Any and all questions and related to the curriculum should be directed to the Technical Director or your age appropriate Director of Coaching.

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