


Westfield Soccer Association's Age Based Priority Outline
U9/U10 - The dawn of tactics. "Me, my ball and my partner"

| | | | |
|--|--|--|---|
| Explanation | Learning to train | |  |
| | <p>These young players are very eager to learn. As a coach you should take advantage of the opportunity and build on the basic technical and tactical concepts the players have worked on already. The game itself should be central to all technical training. Players in this age group start to move from how (technique) to when, where, with whom and against whom (skills-tactics). The technical development of the players is still the #1 priority. Continue to build the player before the team.</p> | | |
| Focus in training | Technically U9-U10 | | Tactically |
| | <ol style="list-style-type: none"> 1. Continue to focus on technical topics worked on before starting travel. 2. Dribbling - running with ball - change direction 3. Dribbling - Keep the ball away from the defender 4. Feints to beat the defender 5. Passing inside and outside foot - short distance 6. Receiving ground balls instep and outside foot (body behind ball) 7. Receiving the ball side ways on 8. Experiment with receiving a bouncing ball 9. Shooting - Learn to drive a ball 10. Juggling | | <p>1v1 attacking - feints/shielding</p> <p>A - Opponent beside you B - Opponent coming at you in an angle C - Opponent in front of you D - Opponent behind you</p> <p>1v1 defending - pressure/ block tackling 2v1 and 2v2 attacking skills Understanding of the rules of the game</p> |
| Age Appropriate Priorities - U9 | Priorities at U9 | | |
| | <ol style="list-style-type: none"> 1. Team shape - width and depth 2. Decisions on the ball - 1st attacker 3. Support of the ball - 2nd attacker 4. 1v1 defending (1st defender) 5. Introduce players to the role of the goal player <p><i>Include basic goal player training in your practice curriculum and learn to use the goal player as a field player</i></p> | <p>Divide of players over the field in possession of the ball</p> <p>1v1 attacking - Capable and comfortable taking players on</p> <p>Supporting angle,distance and open to the field</p> <p>Applying pressure on the ball</p> | |

Westfield Soccer Association's Age Based Priority Outline

U9/U10 - The dawn of tactics. "Me, my ball and my partner"

| Age Appropriate Priorities - U10 | Priorities at U10 | |
|-------------------------------------|--|--|
| | 1. Team shape - width and depth | Divide of players over the field in possession of the ball |
| | 2. Continue to work on the role of 1st and 2nd attacker | Decisions made on and of the ball |
| | 3. Introduction players to combination plays | Wall pass/overlap/take over |
| | 4. 1v1 and small group 2v1/2v2 defending - 2nd defender | Pressure and cover - supporting defender - small group tactics |
| | 5. Understand the role of the goal player | |
| | Players in the goal are comfortable in the goal to use both their hands and feet | |