

Dakota Alliance Soccer Club

Training Program for U9's – U10's

TRAINING REGIMEN AND GUIDELINES

Focus is on "Individual Technical and Tactical Skills"

HIGH PRIORITY

1. *Individual technical skills (Ball mastery)*
2. *Individual attacking and defending skills*

LOW PRIORITY

1. *Team results*
2. *Positional play*

TECHNICAL

- Foot skills introduced – demonstrate the different surfaces of the foot and what can be accomplished using those surfaces.
- Focus on passing, receiving, dribbling and shooting with consistent instruction on technical aspects ---- Demonstrate the skill – Break the skill down – Demonstrate the skill
- Introduce heading – differentiate between offensive and defensive heading
- Individual attacking – emphasize change of direction and change of speed
- Individual defending (footwork, tackling)
- Introduce touch restrictions (3 touch play, 2 touch play)

TACTICAL

- **1 v. 1** Attacking - Taking players on and shielding the ball
- **1 v. 1** Defending – “Pressure”
- Combination play – (1-2's / take-over)
- Movement off the ball – (Support)

GENERAL CHARACTERISTICS

- Peer pressure becomes a factor in relationships
- Players begin to embrace competition and want to play
- Identity with a team becomes important

GENERAL PHYSICAL CHARACTERISTICS

- Players' balance and coordination becomes more enhanced (less falling down)
- Players can begin to perform more complex skills

GOALS AND EXPECTATIONS

1. *EVERY session should be fun, motivating, competitive and involve “transition”*
2. *Making every player technically confident on the ball with both feet.*
3. *Players are encouraged to get as many touches on the ball as possible.*
4. *One session in three should be dedicated to 1v.1 or 2v.2.*
5. *Every training session should include some type of ‘homework’ for players to perform.*