

## 1. Ball Control and Moves for Elite Players

The most important and valuable skill we can provide our U9-U10 players is confidence on the ball. One common characteristic of elite players is that they want and love to have the ball at their feet, and have the ability to dribble with confidence using different surfaces, change directions with the ball and beat players 1v1. Think of the elite players in the world that you most love watching play (Messi, Ronaldo, Van Persie, Neymar, etc.) – their incredible magic with the ball and ability to beat players 1v1 are a key part of what makes them great and entertaining. We need to provide our players with tons of touches and repetitions with the ball at their feet to build this ability, confidence and love. We recommend spending 15-20 minutes per training session focused on this area. The core ball mastery techniques Rio Rapids SC wants you to instill in your players are:



### Basic Ball Control Techniques

Pendulums/Foundations - <http://www.youtube.com/watch?v=07lrS7lcm1E>

Rolls - [http://www.youtube.com/watch?v=\\_92IepfJteU](http://www.youtube.com/watch?v=_92IepfJteU)

Sole-Laces/Pull-Push - <http://www.youtube.com/watch?v=U4JOLr3x6lY>

Outside-Inside - <http://www.youtube.com/watch?v=t7UgW0WipFc> or  
[http://www.youtube.com/watch?v=nVnkvqDwd\\_o](http://www.youtube.com/watch?v=nVnkvqDwd_o)

Squash and Stand Still

V's - <http://www.youtube.com/watch?v=r-coC9aGD0M>

L's - [http://www.youtube.com/watch?v=CA65NxnyF\\_U](http://www.youtube.com/watch?v=CA65NxnyF_U) (starts at 2:08)

Activities to Train – see Lesson Plan

- 1) Grid Dribbling
- 2) Colorado Rapids Box
- 3) Relay to End Zones

### Change of Direction/180° Turns

Inside and Outside Cuts - <http://youtu.be/aQc2HVW0Ln4> or <http://www.youtube.com/watch?v=ku6SmhFP8p0>

Drag Back/Pull Back - <http://www.youtube.com/watch?v=YpuAC0whCY4>

Cryuff/Hook Turn - [http://www.youtube.com/watch?v=CA65NxnyF\\_U](http://www.youtube.com/watch?v=CA65NxnyF_U) (beginning of clip)

Squash and Turn/Step On - <http://www.youtube.com/watch?v=bHmqGUa5Dvk> (beginning of clip)

Reverse Step Over - [http://www.youtube.com/watch?v=c7jEelA6\\_94](http://www.youtube.com/watch?v=c7jEelA6_94) (start at 0:30)

Activities to Train – see Lesson Plan

- 1) Turn Line - [http://www.youtube.com/watch?v=9HHU0X\\_bBd0](http://www.youtube.com/watch?v=9HHU0X_bBd0) (beginning of clip)
- 2) Turn Square - [http://www.youtube.com/watch?v=9HHU0X\\_bBd0](http://www.youtube.com/watch?v=9HHU0X_bBd0) (starts at 0:42)
- 3) Turn Relay - [http://www.youtube.com/watch?v=c7jEelA6\\_94](http://www.youtube.com/watch?v=c7jEelA6_94) (starts at 0:45)
- 4) Change of Direction Square

### 1v1 Moves to Beat a Player

Scissors - <http://www.youtube.com/watch?v=sZSkJaLvLjk> (beginning of clip)

Double Scissors - <http://www.youtube.com/watch?v=sZSkJaLvLjk> (starts at 0:44)

Shoulder Drop/Side Step - <http://www.youtube.com/watch?v=IN21vorVLkc> (beginning of clip)

Step Over - <http://www.youtube.com/watch?v=QbcoY3keCpQ> (beginning of clip)

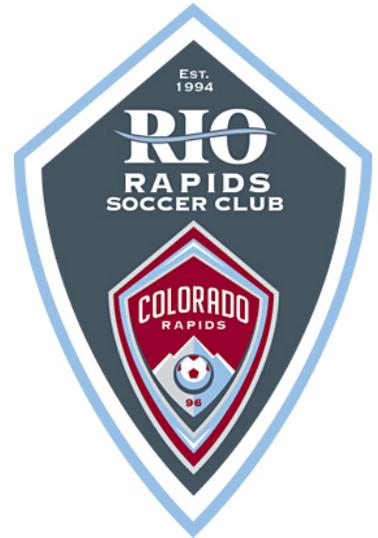
Matthews/Drag and Push - <http://www.youtube.com/watch?v=iutDzqdk95o> (beginning of clip)

Activities to Train – see Lesson Plan

- 1) 1v1 Shadow Dribbling - <http://www.youtube.com/watch?v=mTm7C85IUeY> (start at 0:44)
- 2) Guarding the Gate
- 3) 1v1 Gauntlet
- 4) 4v4 to Lines

## 2. Recommended Systems of Play

As you know, in New Mexico U9 and U10 players play 6v6 including goalkeepers. The Rio Rapids SC Director of Coaching and Youth Academy Directors have reviewed and experimented with all of the possible 5-player systems of play. Based on the club's experiences, we are recommending that U9 and U10 teams play a system that includes one line of three players (3-2, 2-3 or 1-3-1). Our experience has been that systems with a line of three players make it much more likely that U9 and U10 players will play with width and depth in attack which are critical to player development. This also allows for the opportunity to have attacking players isolated out wide who can be encouraged to take opponents on 1v1.



## 3. Organization and Preparation for Goal Kicks and Goalkeeper Possession – see Diagram

## 4. Winning the Ball Back – see Lesson Plan

*Key coaching points: when you don't have a ball – go get one!, separate players from the ball, poking the ball away with front foot (introduction to tackling)*

- a) If You Don't Have a Ball Get One – separate players from the ball instead of just kicking it out
- b) Kamikaze Defending - win the ball as fast as you can, introduce front foot poke tackle
- c) 2 Grid Transition Game: when we lose the ball – emphasis on winning it back as soon as we can
- d) Team Knockout – how fast can you get all of the balls out of the game

## 5. Coaching within the Game – Things to Consider

How we as coaches communicate with players during the game has a significant impact on their development and learning opportunities. Two important ideas to maximize learning:

- a) Allowing players with the ball to make decisions and then providing feedback based on their decision vs. telling players what to do prior to them making the choice. Players learn best by trying out solutions on their own and learning from mistakes and successes. The game gives great feedback. If you make the decision for the player, someone will forever have to make the decision for the player. *Example: instead of telling a player to shoot, dribble or pass, allow them to choose and then provide feedback based on their choice.*
- b) Use guided questions within the game to get players off the ball to recognize certain situations and change their behavior/positioning vs. just telling them where to go. *Example: Defenders aren't staying connected to the team as the team goes to goal – ask the players in back where their teammates and the ball are. Ask them if they are close enough to them to be a part of the game.*

## U9-U10 Coaches Clinic - Basic Ball Control

Date : 8/Sep/2013

Duration : N/A

Session

Ball control/comfort. Introduce

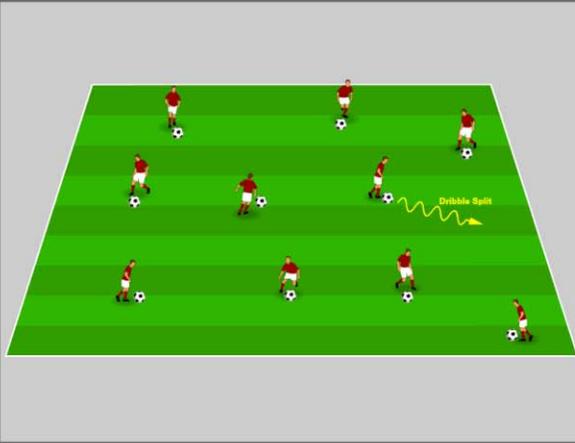
Time : N/A

Age/Level : U8 - U10

Objective:

dribbling surfaces/movements

### Grid Dribbling Activities



**Description :**

Every player with ball dribbling in a grid. Make competitive from start by telling players they lose a point if: ball stops moving, ball goes out, ball or player runs into another ball/ player.

Activities: Dribble tag - player gets a point for tagging the body part on another player while dribbling. Body part dribble - players stop ball with body part called out by coach. Musical balls - on coach command stop dribbling your ball and dribble another as fast as possible. Dribble split- point every time you can split two other players on the dribble.

**Coaching Points :**

Ball under close control when near other players/opponents, bigger touches and faster when you have space. Head up and peeking at what is around you. Change speeds and direction.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/ small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside, V's, L's, etc.

### Colorado Rapids Box - Dribbling



**Description :**

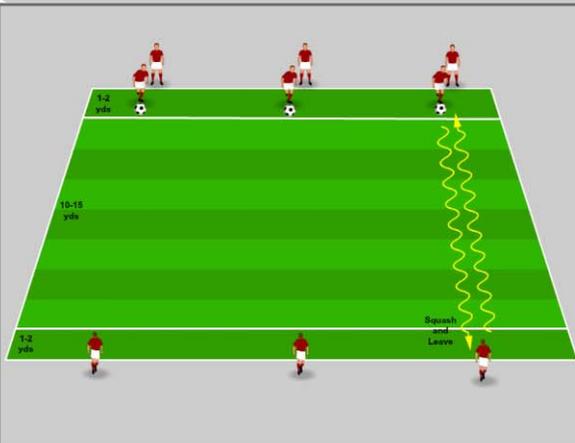
1. Dribble into box, 180 degree dribble turn (inside cut, outside cut, Cruyff), dribble back to next player in same line for takeover (right foot to right foot or left foot to left foot)
2. Dribble into box, 90 degree dribble turn (V or L), dribble out in new direction for takeover with next player in line on right or left
3. Dribble into box, squash and go, dribble out across grid to opposite line for takeover with next player

**Coaching Points :**

Bigger touches when farther from box, smaller touches as you get closer to box. Make sure body/hips go with ball on dribble turns. Accelerate out of turns for explosive change of direct.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/ small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside. 90 turns: V's, L's, 180 turns: inside/outside cuts, pull back, cruyff, squash and turn, etc.

### Dribble Relay to End Zones



**Description :**

Dribble relay race to end zones - groups of 3-5 players (maximizes repetitions/work-to-rest) Player starts with ball in one end zone, dribbles as fast as possible to other end, squashes ball in other end zone and teammate repeats. Player dribbling ball must fully stop it in end zone before teammate can start.

Set specific # of times each player must go for race. When team finishes, they sit down and yell done. Make competitive.

**Coaching Points :**

Big/long touches when farther from end zone, smaller and more controlled touches when you get close to end zone.

Touch types/sequences to introduce with both feet: dribble with laces/front of foot, outside of foot/small toe, sole of foot, rolls, sole-laces, outside-inside, various combinations, etc.

## U9-U10 Coaches Clinic - Dribble Turns

Date : 8/Sep/2013

Duration : N/A

Session

Improve ball control/comfort-introduce/

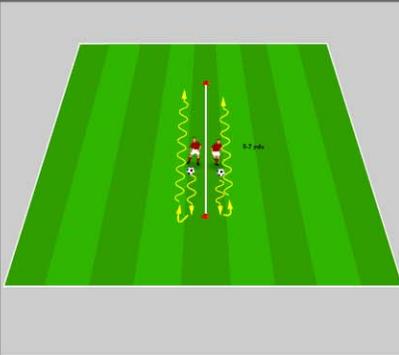
Time : N/A

Age/Level : U8 - U10

Objective:

improve dribble turns

### Dribble Turn Line



**Description :**

2 players with balls standing next to each other, facing same direction on opposite sides of line between 2 cones. They mirror each other with dribbling movement.

Dribble at speed with ball on foot that shields ball from teammate/opponent/.

Perform turn away from teammate/opponent to change direction.

Make competitive between players/groups - how many sequences in set time. Variations: vary foot and turns used, one player has ball and other shadows as defender.

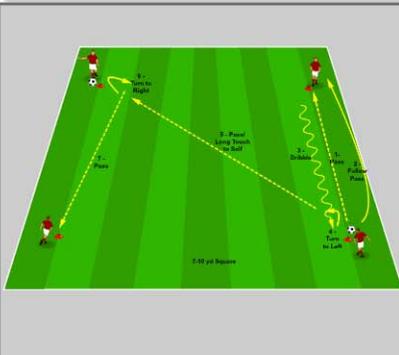
**Coaching Points :**

Introduce turns: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn.

### Dribble Turn Square



**Description :**

4 players each at the corner of a square - 2 players with ball at opposite corners

Player passes to teammate on same side of grid and follows pass - player receiving pass dribbles towards cone where pass came from. At cone uses inside of foot cut with right then takes long touch to diagonal cone.

At diagonal cone uses outside of foot cut with right then pass along side to teammate. Occurs simultaneously with two balls. Make competitive between groups - how many sequences in set time. Variations: vary foot and turns used.

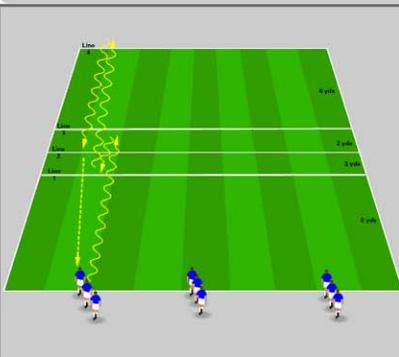
**Coaching Points :**

Introduce turns: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn. Use body/shoulder feints. Firmly weighted and accurate passes.

### Dribble Turn Relay



**Description :**

First player in line takes off on the dribble. When reaching space between Lines 2 and 3, uses outside foot cut to reverse direction. When reaching space between Lines 1 and 2, uses inside foot cut to reverse direction. When crossing line 4, uses drag back to reverse direction. Once crossing Line 3 - passes to next player on team. First group finishing a set number of repetitions with each player on team wins. Variations: change foot used for turns, vary type and sequence of turns used.

**Coaching Points :**

Proper technique for inside cut, outside cut, drag back and squash and turn.

Bigger touches when far from the line and smaller touches when you are getting ready to turn.

Knees bent and body low on turn.

Body goes with ball on turn.

Accelerate/explode out of turn.

### Change of Direction Square



**Description :**

3 or 4 players each with ball inside of 10-15 yard square

Designate one player as attacker and all other players as defenders to start

Attacker scores by dribbling ball into contact with one of the 4 cones

If a defender dribbles in between the attacker and a cone, the attacker must change direction and attack a different cone (until scoring or being redirected again)

Variation: defenders can only stop attackers by getting in their way

**Coaching Points :**

Introduce turns - 90 degree: V's, L's, etc and 180 degree: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn. Use body/shoulder feints.

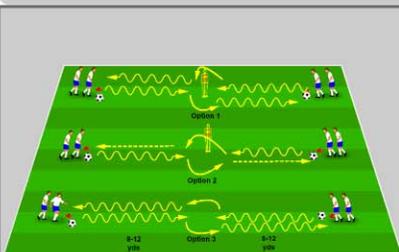
## U9-U10 Coaches Clinic - Taking Players on 1v1

Date : 8/Sep/2013  
Time : N/A

Duration : N/A  
Age/Level : U8 - U10

Session : 1v1 dribbling moves and mentality  
Objective :

### 1v1 Shadow Dribbling



**Description :**

1v1 shadow dribbling to beat a defender

\*each player in front of the line has a ball - players opposite each other begin dribbling at the mannequin at the same time and throw a 1v1 move to get past and behind defender

Variations: 1) after beating defender dribble to opposite line for takeover

2) after beating defender pass to opposite line

3) remove Mannequins and players throw moves to beat each other at same time

**Coaching Points :**

\*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender \*cut off defender with dribble when you beat them

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

\*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

### Guarding the Gate



**Description :**

1v1 to beat a player across a line - player with ball tries to dribble across line between two cones with ball under control (goal 5-8 yards wide)

\*defender can only move side-to-side on line - they may not leave line to tackle ball

\*if attacker scores goal they get to keep ball and go again, otherwise players switch roles

\*make game competitive by keeping score

Variation: use a ladder format where winners move up and losers move down

**Coaching Points :**

\*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

\*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

### 1v1 Gauntlet



**Description :**

1v1 to beat a player across a line - player with ball tries to beat players in consecutive grids

\*once a player beats a player and exits a grid, that defender rests

\*2nd and 3rd defenders wait at back of their grid until attacker successfully enters their grid

\*if a defender steals the ball the attacker - they switch places

Can anyone beat all 3 defenders? How many times can a player beat all 3 defenders?

How many defenders does each attacker beat?

**Coaching Points :**

\*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender \*cut off defender with dribble when you beat them

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

\*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

### 4v4 to Lines



**Description :**

4v4 to lines - players score by dribbling the ball and stopping it on the endlines

When a goal is scored - opposing team gets ball, can dribble in to start but may not score on the line the ball was just scored on until ball changes possession

Variations - each team scores to:

1) any of the 4 lines 2) 2 lines - adjacent sideline/endline, 3) 1 line - opposite endlines

2) may only pass backwards when playing to one line

**Coaching Points :**

\*Look for openings to attack a line on the dribble

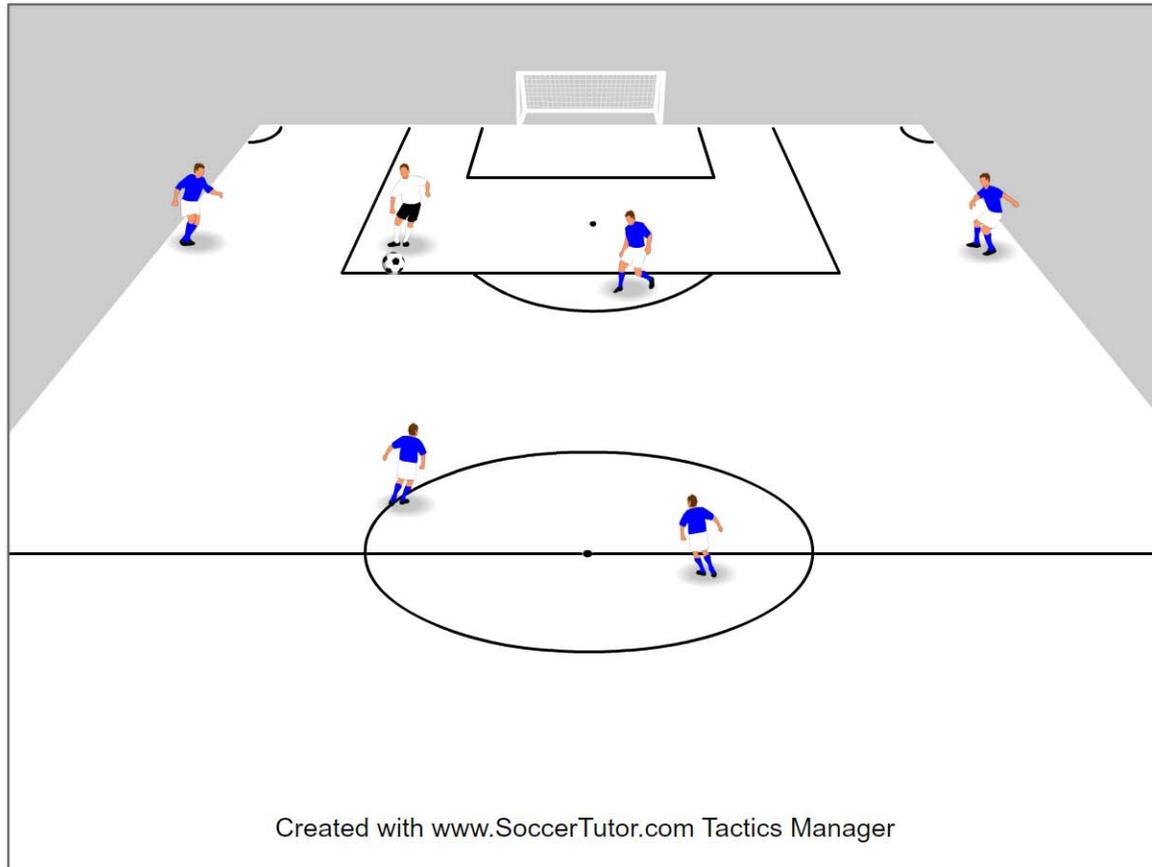
\*Big touches when you have space or are far from line, smaller touches near defender/line

\*Change direction to escape defenders and attack open line (inside and outside of foot cuts)

\*Take defenders on 1v1 if they don't have help/cover \*1v1 mentality to take players on

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

Goal Kick and GK Possession Shape - U9-U10 6v6



<b>Date:</b>	12/Sep/2012	<b>Measurement:</b>	Half a Pitch
<b>Time:</b>	N/A:N/A	<b>Players:</b>	11
<b>Duration:</b>	N/A	<b>Level/Age Group:</b>	U8 - U10

**Description:** 1/2 field - 6 players to start/add 5 players on defending team  
 3 player options for short pass - 2 near sideline at edge of penalty box, 1 inside D at top of box  
 2 long passing options  
 When the ball goes over the endline for a goal kick or the GK gains possession, the GK grabs the ball as quickly as possible, runs to the edge of the penalty box near an open player, sets the ball, quickly plays a short pass to them, and recovers to front of the goal

**Objective:** Shape and decision making for goal kicks and GK possession

**Coaching Points:** GK takes all goal kicks  
 Play short quickly when at least one of those options is open  
 Play long if all 3 short options are marked

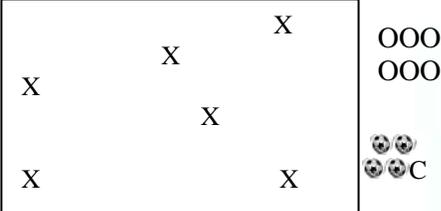
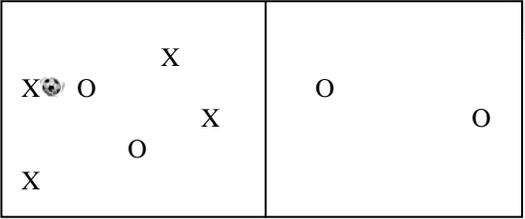
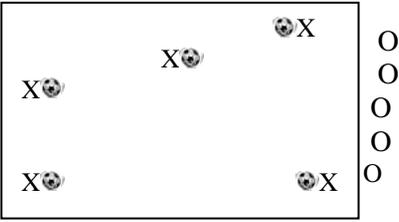
**Progression:** Shadow train 6 players on the team  
 Add defending team that must shoot within 3 passes when they win the ball

Name: Ray Nause

Team: Rio Rapids SC U9-U10 Coaches Clinic

Topic: Emphasis on Winning the Ball Back

Date: 9/8/13

Diagram	Activity Description	Coaching Points
<p><b>Warmup</b> If You Don't Have a Ball Get One</p>	<p>all players in an appropriately sized grid – half of the players have a ball – whoever has a ball when coach calls stop wins, ball out is gone</p>	<p><u>Emphasis on winning the ball back</u> *be aggressive, and get a ball as fast as you can *separate the attacker from the ball – don't just kick it away *use your arm to own your space</p>
<p><b>6v2 Kamikaze Defending</b></p> 	<p>15 x 25 yard grid *one team of 6 inside grid-other in pairs outside * coach passes ball in and one defending pair enters and must get the ball out of the grid as fast as possible *once ball is out – coach plays in new ball and next pair must get ball out *pair (or team) allowing fewest passes wins</p>	<p><i>All of the above plus:</i> *be aggressive and get ball out as fast as you can *introduce front foot poke tackle *work together with your partner – where might next pass go?</p>
<p><b>4v1+ Transition Game</b></p> 	<p>4v1 in two 15 x 15 grids (2 groups) * two teams of 4 begin on their half of the grid * coach plays ball into one side, and 1 opposing defender can cross to win ball back * every 4 passes another defender can enter *get a point every time you can win the ball and get it to the other side</p>	<p><i>All of the above plus:</i> *player who lost ball should try to win it back right away *attempting to win it back with numbers up immediately after you lose it – prevent ball from switching sides</p>
<p><b>Team Knockout</b></p> 	<p>25 x 35 yard grid *one team inside grid – each with a ball * defending team starts outside *how long does it take for defending team to get all balls out of grid *attacking players can work together once the ball they possess is out *team with shortest time to get all balls out wins</p>	<p><i>All of the above plus:</i> *focus on immediate defensive pressure and working as a team to win soccer balls</p>