

Rio Rapids SC – U9-U12 Curriculum

Ball Mastery – Topics 1-4

1) 1v1 to Maintain Possession	
Who	Player on/in possession of the ball
What	Player keeping possession of ball
Where	Anywhere
When	Player on the ball is defended
Why	To solve defensive pressure and buy time to maintain possession of the ball
Cover Week Beginning	

2) Turning/Changing Direction with the Ball	
Who	Player on/in possession of the ball
What	Player turning/changing direction with the ball on the dribble
Where	Anywhere
When	Player on the ball is defended
Why	To solve defensive pressure/create space and maintain possession of the ball
Cover Week Beginning	

3) Running with the Ball	
Who	Player on/in possession of the ball
What	Taking space with the ball at speed
Where	Anywhere
When	Large open spaces in front of the ball
Why	To attack space and advance the ball
Cover Week Beginning	

4) 1v1 to Beat an Opponent	
Who	Player on/in possession of the ball
What	Dribbling to get past a defender
Where	Attacking and midfield thirds
When	Facing an isolated defender
Why	To penetrate and create goal scoring opportunities
Cover Week Beginning	

Passing and Receiving – Topics 5-8

5) Short Passing and Receiving	
Who	Player on/in possession of the ball
What	First touch and passing
Where	Anywhere
When	Team is in possession
Why	To advance, penetrate or create a scoring chance
Cover Week Beginning	

6) Receiving to Face Forward	
Who	Player receiving a pass
What	Facing forward when receiving the ball
Where	Anywhere
When	Whenever possible
Why	To be an attacking threat
Cover Week Beginning	

Team _____ Age Group _____ Coach _____ Date _____

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7) Long Passing and Receiving	
Who	Player passing and receiving the ball
What	Ball striking, receiving the ball out of the air
Where	Anywhere
When	Team is in possession
Why	To advance or penetrate over longer distances
Cover Week Beginning	

8) Combination Play / 2v1's	
Who	Players on and near the ball
What	Players working together to get past a defender
Where	Anywhere
When	Team is in possession with numbers up around the ball
Why	To advance, penetrate or create a scoring chance
Cover Week Beginning	

Finishing / Shooting – Topics 9-10

9) Close Range Finishing	
Who	Team in possession
What	Creating and finishing scoring chances near goal – including crossing and finishing
Where	Near the goal
When	Whenever possible
Why	To score goals
Cover Week Beginning	

10) Long Range Finishing	
Who	Team in possession
What	Creating and finishing scoring chances farther from goal
Where	Within scoring range but further from goal
When	Whenever possible
Why	To score goals
Cover Week Beginning	

Defending – Topics 11-12

11) 1v1 Defending	
Who	Defending player nearest the ball
What	Preventing the player with ball from advancing / attempt to win the ball
Where	Anywhere
When	Opponent has possession
Why	Preventing the player with ball from advancing / attempt to win the ball
Cover Week Beginning	

12) Defending in Pairs / Small Group Defending	
Who	Defending players near the ball
What	Preventing the player with ball from advancing / attempt to win the ball
Where	Anywhere
When	Opponent has possession
Why	Preventing the player with ball from advancing / attempt to win the ball
Cover Week Beginning	

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