

YES 'THINK LESS, IMAGINE MORE' Curriculum For 9 to 12 Year Old Boys and Girls



YES RATIONALE WHEN COACHING A UNIT OR TEAM OF 9 to 12 YEAR OLDS

9 to 12 year old programs are based a 'Learning to Train' approach to soccer coaching. These programs looks to further develop fundamental movement skills while educating players in the five pillars of the game of soccer: technical, tactical, physical, psychological and social. Players will participate in a 70:30 training to competition ratio so that they can instantly apply new techniques in game related exercises. Understand at this age players progress at various rates, with this in mind coaching staff use a variety of coaching techniques to identify where the player is at in his/her own stage of development, where they want to go and design a personalized approach on how to get them there. A YES long term player development model (LTPD) include both learning (how player take in information) and teaching (what coaches teach players) objectives.

YES LEARNING OBJECTIVES

With a focus on 'TALENT IDENTIFICATION' there are a wide variety of weekly learning objectives when coaching 9 to 12 year olds (see below).

YES TEACHING OBJECTIVES

A teaching objective is to ensure all players can dribble and pass.

YES COMPONENTS OF PRACTICE

- 1) Warm-up(Aerobic-Mobility-Skill Specific)
- 2) Individual Player Technical Development
- 3) Function-Phase of Play-Condition Games
- 4) Small Sided Games to Full Sided Game
- 5) Warm-down (Mobility-Aerobic)

YES KEY COACHING METHODOLOGIES

- Points to reinforce: Elements in the activity and coaching from passive to active pressure.
- Methodology - Children at this age are able to digest technical information if it is presented in a clear, concise, simple manner. Intersperse technical content taught in grids with fun activities and small-sided games. Technical development of young players involves a number of keys:
 - Provide only one suggestion for improvement at a time.
 - Try to improve only one technique each practice.
 - Begin with a walk-through of each activity. Players must be successful in each stage before they can move on to the next stage.
 - Do not apply resistance through the introduction of opponents until players have mastered the activity in a non-pressured environment.
 - Apply resistance at first by adding a passive opponent. Then introduce active opponents and teammates. Encourage your players to practice their techniques in their home environments each day.

YES Weekly Learning Outcomes

| Week | Topic | Learning Objectives |
|------|---|---|
| 1. | 'Running With The Ball' to cover ground quickly | <ol style="list-style-type: none"> 1. Get the ball out of your feet. 2. Be on your toes as you receive the ball. 3. Keep your body between the ball out and away from the body. 4. The first touch should push the ball 2-3 feet in front of the receiver. Might need 2 touches at first: 1 to stop the ball or control the pass and 2 to get the ball out in front. 5. Head up between touches. 6. Cover the ground as quickly as possible. 7. Use the laces of the foot to make contact with the ball. 8. Get the ball out in front of you so you can run after it. 9. Players should be creating space in the area so that teammates can exploit the space on the flanks. 10. Get the ball wide. Look to steal as much ground before switching the ball back to the center of the field. |
| 2. | 'Running With The Ball' to cover ground quickly | <ol style="list-style-type: none"> 1. Use the inside and outside of feet to turn away from defenders. 2. Change direction of the play by turning with the ball. 3. Try to receive the ball with the outside of foot and play it out in front. 4. Attack by running at and past defenders. 5. Pass on the run by using the outside of your foot. 6. Get the ball out in front as you run. 7. Control the ball in front of you so you can run onto it. 8. Run straight using only a few touches. 9. Touch the ball forward with the foot closest to the ball so you don't disrupt your stride. 10. When turning, get low and speed up out of the turn. |

| | | |
|-----|--|--|
| 3. | 'Dribbling' to beat an opponent & 'Turning'. | <ol style="list-style-type: none"> 1. Try to use both feet when dribbling to keep on line. 2. Look for an opportunity to get over the line while the defender is tackling. 3. Use a scissors and inside out move to beat the defender. 4. Make sure the fake fools the player. 5. It is better to go slow then speed away after a good fake. 6. Close control. 7. Head up whenever possible. 8. Change of pace in change of direction. 9. Encourage feints and dummies. 10. Push the ball to the side and accelerate into space behind defender. |
| 4. | 'Dribbling' to beat an opponent & 'Turning'. | <ol style="list-style-type: none"> 1. When the defender gets alongside you, turn and go in a different direction. 2. Make space, then explode away. 3. Shield the ball and move into space away from defender. 4. Attack the space to the sides of the defenders. 5. Use your change of pace and change of direction to out play your opponent. 6. Encourage players to take on defenders at every opportunity. 7. Look for switching of the direction of play in the above progression. 8. Are the players away from the ball taking the initiative to create space? 9. When you get the chance to dribble the ball, you take it. 10. Once in the opponents half, commit defenders by using fakes and turns. |
| 5. | 'Passing and Ball Control' | <ol style="list-style-type: none"> 1. Control with the first touch. 2. Slightly angled approach to the ball. 3. The ankle of kicking foot should be locked, toe pointed out. 4. Contact should be made by the instep through the middle of the ball. 5. Keep head steady. 6. Pass the ball to a player in a better position than you. 7. Try to receive the ball sideways on. 8. Control the ball with your hand, then pass quickly. 9. Pass then move again. 10. As the ball approached, you think about where it will go next. |
| 6. | 'Passing and Ball Control' | <ol style="list-style-type: none"> 1. Establish a balanced position before making contact with the ball. 2. Make eye contact before you pass to an outfield play. 3. Attackers should look to pass with accuracy, timing, disguise, and correct pace. 4. Players should disguise their intentions so that defenders are wrong footed. 5. Call for the ball when you are in space to receive the pass. 6. Quality of the first touch to create a new angle for safe passes. 7. Know the moment of transition and react-from attack to defense. 8. Keep the head over the ball. 9. Strike through the middle or top half of the ball. 10. Follow through at the target. |
| 7. | Shooting & 1 v 1 Attacking' | <ol style="list-style-type: none"> 1. Strike through the middle or top of the ball. 2. Head down and over the ball for contact. 3. Follow through with momentum at the target. 4. Be ready for the ball as it comes towards you. 5. Look at the position of the goalkeeper. 6. Prepare your body. 7. Keep ball low. 8. Strike the ball with the laces. 9. Strike the ball through and around defender. 10. Work the ball around the area to take defender out of the play. |
| 8. | 'Shooting & 1 v 1 Attacking' | <ol style="list-style-type: none"> 1. Follow your shot. 2. Keep the shot low.. 3. Look up to assess the shooting target. 4. Create a shooting angle which prevents the defender from getting his body between the goal and the ball. 5. Shoot on sight. 6. The supporting players should time their runs. 7. Attackers should get a firm touch to redirect the ball on goal. 8. Shoot through and around player. 9. Keep the ball low. 10. As a team, spread out wide and deep. |
| 9. | '1 v 1 Defending and Heading' | <ol style="list-style-type: none"> 1. In defense, try to get between the ball and goal. 2. React quickly when there is a change in possession. 3. Shield the ball by getting your body between the defender and the ball. 4. Make contact with the ball with the forehead. 5. Use the upper body to produce power. 6. Keep your eyes on the ball and your head. 7. Head the ball down on goal away from the keeper. 8. Approach the ball so you are facing it head on. 9. Redirect the ball towards the goal. 10. Try to pass to someone in a better position than you. |
| 10. | '1 v 1 Defending and Heading' | <ol style="list-style-type: none"> 1. The primary defender must adopt a position that blocks the attacker's route to goal and down the touchline. 2. The covering defender must communicate information to the primary defender. 3. The 2 defenders work together by moving up or dropping back to cover each other. 4. The defense should focus on pressure, balance, and support. 5. Head the ball down toward the center. 6. Use diving headers for more power. 7. Get as many defenders back goal side of the ball. 8. The closer your opponent is to the goal, the closer you are to them. 9. Try to pass to someone in a better position than you. 10. React quickly when there is a change in possession. |

YES SESSION PLANNER



| | | | |
|-----------------------|--|-------------------------|--|
| Age Group- | | Equipment Needs- | |
| Ability Level- | | | |

| WARM-UP/ACTIVATOR TECHNICAL DEVELOPMENT/ SKILL BUILDING CONDITIONED GAMES/ SMALL SIDED GAMES WARM-DOWN | Objective of the Practice Session- | | | | |
|--|------------------------------------|-----------------|------------------------|------|--|
| | Outline & Progressions | Coaching Points | Organizational Diagram | Min. | |
| | 1) | | | | |
| | 2) | | | | |
| | 3) | | | | |
| | 4) | | | | |
| 5) | | | | | |