



Player Development Topics U9/10



February- May Individual Technical Training

Ball familiarization
Dribbling for possession
Dribbling to beat a player
Dribbling for speed
Receiving
Receiving in the Air
Passing- Long and short
Shooting
Defending

April – May Functional Team Training

Playing in and around the back
Getting players forward
Positioning of forwards
Working with wide players
Making the first Diamond
Total Team shape
Changing the point of attack- Switching fields
Corners
Throw ins

May- August

Technical Training maintenance
Speed of play