



CURRICULUM – U9 – SEASON PLAN					
OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
SCRIMMAGE: Efficiently occupy the space on the field. TACTICAL: Creating space to receive the ball and keep possession. TECHNICAL: Improve individual and collective soccer techniques. PHYSICAL: Develop speed, coordination, and balance with and without the ball. PSYCHOSOCIAL: Positive interaction with teammates during practice and games.	Sessions per week	2	Session Time	90'	
	Players per team	9-14	Game time	60'	
	Match	7v7			
	Coaching Philosophy Guidelines				
<ul style="list-style-type: none"> ✓ Focused on development over winning ✓ High quality sessions with at least 50% active time ✓ High expectations for discipline & effort ✓ Positive learning environment based on specific, truthful, positive feedback/praise. 					
Comments: <i>Team Specific Issues:</i> <i>Expected Ranking:</i> <i>MISC:</i>					

CONTENT							
TACTICAL		TECHNICAL		PSYCHOSOCIAL		PHYSICAL	
Attacking		1. Passing & Receiving	4	1. Motivation & Effort	5	1. Strength	
1. Attacking Principles	3	2. Running with the Ball	4	2. Self Confidence	4	2. Endurance	
2. Possession to Goal	2	3. Dribbling	5	3. Cooperation & Attitude	3	3. Speed	4
3. Transition		4. Turning	4	4. Decision & Determination	2	4. Flexibility & Mobility	2
4. Combination Play	2	5. Shooting	5	5. Competitiveness	2	5. Coordination & Balance	4
5. Switching Play		6. Ball Control	5	6. Concentration	2	6. Agility	4
6. Counter Attacking		7. Heading		7. Commitment		7. Basic Motor Skills	4
7. Playing Out From the Back	3	8. 1v1 Attacking	5	8. Self Control		8. Perception & Awareness	5
8. Finishing in the Final Third		9. Shielding the Ball	2	9. Communication			
Defending		10. Receiving to Turn	2	10. Respect & Discipline	5		
1. Defending Principles	2	11. Crossing & Finishing	2				
2. Zonal Defending	2	12. 1v1 Defending					
3. Pressing							
4. Retreat & Recovery	2						
5. Compactness							

5=High Priority
1=Low Priority