

U9/U10 EXIT STANDARDS

Technical: Dribbling

Proficient in: Change Direction (Step, Hook, Cut and all surfaces)

Introduction to: Sole Moves

- Sole Drag
- Sole Across
- Sole Behind
- Sole Out
- Sole V
- Sole Roll
- Sole Inside

Introduction to: Attacking Moves

- In and Out
- Change Speed (Blow past)
- Scissor (Left/Right/Go)
- Now you see me, now you don't
- Sweep
- Step Over/Under
- Nutmeg/Tunnel

Introduction to: Shield Dribbling / Escape Dribbling

Technical: 1v1 Attack

Introduction to:

- Push By Player
- Change Speeds (Start/Stop)
- Slow/Medium/Fast

Technical: Passing

Proficient in: Push and Slip Passes

Introduction to:

- Weak foot Push and Slip Passes
- Laces and Distance Passes

Technical: Receiving

Introduction to: Receiving with all surfaces

- Receiving to yourself
- Receiving to a new space
- Receiving to turn
- Spin turns (outside and inside)

Introduction to: Receiving with disguise

- Out the back
- Let it roll

Technical: Shooting

Introduction to: Laces contact

Technical: Kicking

Introduction to:

- Smack the Ball / Laces
- Dead Balls, Moving Balls and Bouncing Balls
- Shooting, Serving, Clearing and Crossing

Set Piece Organization: Throw-in

Introduction to:

- Throwing Ball in properly (knowledge of the rules)
- Defending throw-in

Set Piece Organization: Corner Kicks and Kick Offs

Introduction to: Awareness at offensive and defensive organization

Set Piece Organization: Goal Kicks and Punts

Introduction to: Awareness at offensive and defensive organization

Tactical: 1v1 Defending

Introduction to:

- Pressure – close enough to touch the ball
- Battle For Ball
- Do Not Get Eliminated – stay in the play
- Do Not Foul

Tactical: Team Attacking

Introduction to:

- Team Shape
- Rows Created
- Roles On Restarts and set-pieces (corner kick, goal kick, throw-in, keeper punt, etc)

Tactical: Attacking Principles

Introduction to:

- Mobility
- Support
- Attacking Runs
- Speed
- Attack Goal
- Ball Movement
- Facing Field

Introduction to: Possession

Tactical: Defensive Principles:

Introduction to:

- Recover
- Pressure (close enough to touch ball) / Aggressiveness / Battle
- Chase
- Transition
- Cover
- Intercept
- Balance/Weak side Play
- Tracking
- Marking

Physical:

Introduction to:

- Balance and Agility
- Acceleration / Sprinting
- Reaction
- Back Pedaling
- Turning
- Jumping
- Lateral Movement

Psychosocial:

Introduction to:

- Focus
- Respect
- Enjoyment of playing soccer
- Effort
- Positive Self-esteem / Confidence