



U9 Skills

A) Dribbling

- 1) Review U8 moves

B) Passing/Receiving Technique

- 1) Strike the ball in the middle. The player should hit the ball with the inside of their foot (where the stripes or swoosh is). The player should have their toe up and heel down (locking the ankle) when striking the ball.
- 2) The player should point their belly button towards their target.
- 3) The player should look at their target.
- 4) The player should never stop the ball when receiving. His/her 1st touch should be to the side or away from pressure (the defender).

C) Strong on the Ball (shielding) - when shielding the ball from an opponent the player should stand between the ball and the opponent. He/she should have 1 hip pointing to the ball and 1 hip pointing towards the opponent.

D) Finishing - this is the technique of scoring. We must develop the players to be aggressive around the penalty area and to want to take the risk of shooting.

- Coaching Points:
- 1) Camera (Belly-button) pointed toward target
 - 2) Accuracy - strike the ball with the side of the foot
 - 3) Power - strike the ball with the instep (laces). Toe down heel up
 - 4) Strike the middle of the ball
 - 5) Follow through toward your target
 - 6) Run through the ball - do not stop and kick

E) Throw-in - At the moment of delivering the ball the thrower:

- faces the field of play
- has part of each foot either on the side line or on the ground outside the side line
- uses both hands
- delivers the ball from behind and over his/her head

F) Offside - A player is in an offside position if:

- He/she is nearer to his opponents goal line than both the ball and the second last opponent and in his opponents half of the field.

******* A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he/she is, in the opinion of the referee, involved in active play by:

- interfering with play.....or
- interfering with an opponent.....or
- gaining an advantage by being in that position

******* There is no offside offense if a player receives the ball directly from:

- a goal kick.....or
- a throw-in.....or
- a corner kick

G) Positions - all teams will play a 2-3-2 formation. Every player will play their favorite position and a different position each half. Teams must switch goalkeepers at half time.