

Tri-City United

U9/U10 Development Standards

Learning to Train Phase



Skills:

- Dribbling to penetrate (big touches, pinkie toe)
- Dribbling to find space (small and big touches, inside/outside/pinkie toe)
- Dribbling to change speed and direction (inside/outside/sole)
- Dribbling moves (scissor, step over, lunge)
- Passing - inside dominant/inside non-dominant foot
- Passing - instep (laces) dominant and non-dominant foot
- Receiving across body with the inside of both feet
- Receiving bouncing balls with feet and air balls with thigh/chest
- Turning with sole of foot
- Pressure defender speed of approach, body shape, patience
- Crossing
- Finishing

Decision Making:

- Dribbling to beat an opponent (1v1)
- Dribbling to commit an opponent to create space (2v1)
- Finding space (2v1)
- Wall pass (2v1)
- Creating space (2v1)
- Recognition of where to go (where do I take my first touch?)
- Role of first/pressure defender (force opponent)
- Introduce role of second/cover defender (2v2 and 3v2)
- Shape—width and depth
- Introduce basic systems of play and numbering system
- Introduce simple set plays
- Recognition of transitional moments

Psychology

- Working in groups of 3-4 players
- Sportsmanship—Winning and losing gracefully
- Creativity
- Sustained focus on task
- Cooperative competition (working together towards a goal)

Fitness

- Balance/Coordination/Agility
- Consistent concepts of warmup and cool down

Training Standards:

- Pool training by ability level
- Realistic and Experiential (game-like)
- 80 sessions per year
- 2-3 times per week
- Majority of training 2-4 players per ball
- No activities of more than 10 per ball
- 1 hour and 15 minutes per session is ideal

Game Standards:

- 7v7 to goals with Goalkeepers
- 10-15 friendlies per year
- 15-20 games per year
- No tournaments would be ideal—not feasible in our geographic region.
- Local league (within an hour drive)
- Jamestown, Grand Forks, Fergus Falls