


# U9

## Week 5 Training Curriculum

Topic: **Control/Receiving/Passing**



<p><b>10min Warm-Up:</b></p> <p>Passing Gates</p>	<p><b>Objective:</b></p> <p>Players pair up in groups of 2 with 1 ball per group. Coach sets out multiple pairs of cones (approx 20-25) separated about 1 yard from each other in a 20-yard x 20-yard area. These cones act as gates in which players must <i>pass</i> a ball through to earn points.</p> <p>Players must dribble the ball with a <i>minimum</i> of 5 touches before passing it through a gate to their teammate. Teams can only pass through a gate 1 consecutive time. Teams cannot pass through a gate that is already occupied by another team.</p> <p>Variations: 1) Use both feet when passing. 2) Players cannot stop the ball to pass. 3) No goal if it hits a cone. 4) Team that earns 30pts first wins.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Instruct players to find the open space and use the whole area/grid for dribbling/passing.</li> <li>• Instruct proper passing technique with <b>inside</b> part of foot.</li> <li>• <b>Encourage/Challenge</b> players to keep the ball moving and not stop it when passing and receiving a ball.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p>Passing Circle</p>	<p><b>Objective:</b></p> <p>Draw a 30-35yd diameter circle with about 6-8 cones randomly centered in the middle. Working in sets of 3, about 1/3 of the players start in the middle without a ball while the rest of the team with balls spread out around the circle. The players on the outside of the circle serve a ball to a player on the inside. Those players on the interior of the circle have to control the ball and then return the ball to the server on the outside of the circle.</p> <p>Once they return the ball, they must <b>JOG</b> back to the middle to touch a cone with their hand. After touching a cone, they must change direction and <b>RUN</b> to receive another ball from outside servers. Outside players cannot serve a ball unless the inside player calls out their name. After 2 minutes, change players.</p>  <p>Variations: 1) Two-touch passing. 2) One-touch passing.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet at all times.</li> <li>• All passes must be with <b>inside</b> of foot and on the <b>ground</b> and <b>no more than 4yds away</b>.</li> <li>• Outside servers should be on their toes at all times ready to pass a ball.</li> <li>• Inside players should keep their head up to avoid collisions and to look for the open servers.</li> <li>• <b>Encourage/Challenge</b> players to change speed and direction when touching a cone in the middle.</li> <li>• <b>Encourage/Challenge</b> players to keep their head up at all times especially prior to passing the ball.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p>4v4 or 5v5 with or without goal keepers</p>	<p><b>Objective:</b></p> <p>Set up 2 teams to scrimmage. Allow players to return balls into play using kick-ins or throw-ins.</p> <p><i>Encourage players to spread out and use the entire field. This will put them in the best position to dribble the ball to space.</i></p> <p><b>Passing/Receiving Variation:</b> After several minutes of play, restrict players to goals scored off passes only.</p> <p><b>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</b></p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.</li> <li>• Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?"</li> <li>• <b>Encourage/Challenge</b> players to dribble and pass and not simply kick the ball away when no opposing player is applying pressure.</li> </ul>