



Durango Youth Soccer Association U9 Player Standards

Characteristics of the U9 Player

- Lengthened attention span
- Skeletal system is still growing
- Prone to heat loss and related injuries. Players should be given longer breaks so they can fully recover
- Becoming better-rounded; they have a sense of 'me' and 'team'.
- Becoming more team orientated
- They now understand the concept of space and time
- They begin to think ahead. This allows for limited tactical instruction
- Improved co-ordination in fine motor skills. Players should be challenged with - more difficult techniques.
- Enjoy uniforms and team association
- Not always constantly in motion.
- Will hold still long enough for short explanations
- Psychologically becoming more firm and confident
- Physical and psychological development differences between boys/girls
- Some becoming serious about their play
- More inclined to WANT to play rather than TOLD to play

Focus of U9 Year

- 1) FUN & Competition
- 2) Build general comfort with the ball (basic touches such as foundations, toe taps, rollies, pulls, start/stop)—Individual player development
- 3) Build **equal comfort in both left and right side** for dribbling, turns (pull backs, chop, cut, drag behind), introductory moves (rummenigge, scissors, inside/outside rolls, stepover), control (foot, thigh, chest, head), and passing (inside, outside, chips, crosses)
- 4) Focus on 1v1, 2v1, 2v2 situations—everyone shares role of defending and attacking
- 5) Creativity within the game—"find the game"

U9 STANDARDS

TECHNICAL:

-Player should have the ability to handle ball with both feet and both hands (when applicable)

DribblingFootwork—

-Player should have the ability to use all parts of the foot (inside, outside, sole)

-Player should be able to change speed and direction (creativity)

-Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)

-Player should be able to perform figure 8's under control using both feet

-Player should be able to dribble out of trouble

-Player should be able to stop with the ball under control-either foot

Running with the Ball—

-Player should be able to push the ball away from the body under control with head up and accelerate with speed-either foot

Passing—

-Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of target.

-Players should be proficient in push pass

-Player should be able to pass with the inside and outside of both feet

Control/Receiving—

-Player should have a "soft" first touch

-Players should have body in line of ball, control the ball away from pressure, and be able to use different surfaces of body to receive and control ball.

Shooting—

-Players should be able to shoot with both feet

-Players should be able to properly shoot with both the inside of the foot and laces

Goal Keeping—

-Players should demonstrate proper hands and body positioning

-Players should be able to initiate basic ball distribution (throwing, rolling, - punting)

-Players should be able to have basic diving skills from the ready position

-Players should be able to collect the ball from the attacking players feet

Set Piece Organization—

-Players should be able to throw the ball in with proper technique.

TACTICAL:

- Introduction to simple 1v1 decisions and thinking for themselves.
- Players should have basic skills in 1v1 situations (D-closing in, breaking down, proper body position. O-good first touch, control, creating space by speed and/or moves and turns)

Defending—

- Players should be able to have the proper defensive stance
- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls

Attacking—

- Players should have the ability to maintain team shape during an attack
- Ability to occupy original “position” for restarts of game
- Players should be able to Create Space to Receive the Ball
- Players should have balance on field in relation to ball and teammates
- Players should be able to move forward on an attack and retreat when defending

Goalkeeping—

- Players should call for the ball when receiving
- Players should begin communicating with teammates during the game

PHYSICAL:

- Introduction to balance and agility, acceleration and sprinting, reaction, back - pedaling, turning, jumping, lateral movement
- Players should have basic coordination of movements with and without ball
- Players should have balance in relation to ball (forward, backward, side to side)

MENTAL:

- Players should have the enjoyment of playing soccer/FUN.
- Players should be able to respect coaches and teammates.
- Players should be able to positively interact with teammates during training sessions and matches
- Players should feel confident and comfortable with the ball while having a positive self-esteem



**“CORE 16” AVERAGE 25th% STANDARDS
U9 Year**

	BOYS	GIRLS
FOOT SPEED	39	41
QUICK TOUCH	41	38
JUGGLING-strong foot	3	2
JUGGLING-weak foot	2	2
JUGGLING-head	2	2
MASTER DRIBBLING-strong foot	8	7
MASTER DRIBBLING-weak foot	7	7
SHARP TURNS	8	9
ATTACK DRIBBLING	6	4
CONTROL PASSING-strong foot	5	4
CONTROL PASSING-weak foot	3	4
PERFECT PASSING-strong foot	4	4
PERFECT PASSING-weak foot	3	3
TOTAL CONTROL	2	2
POWER SPRINT	22	21
PURE STRIKE	2	2



**“CORE 16” AVERAGE 50th% STANDARDS
U9 Year**

	BOYS	GIRLS
FOOT SPEED	46	47
QUICK TOUCH	49	45
JUGGLING-strong foot	5	3
JUGGLING-weak foot	4	3
JUGGLING-head	4	3
MASTER DRIBBLING-strong foot	10	9
MASTER DRIBBLING-weak foot	9	8
SHARP TURNS	10	11
ATTACK DRIBBLING	7	6
CONTROL PASSING-strong foot	7	6
CONTROL PASSING-weak foot	5	5
PERFECT PASSING-strong foot	7	7
PERFECT PASSING-weak foot	6	5
TOTAL CONTROL	3	3
POWER SPRINT	24	23
PURE STRIKE	3	2



**“CORE 16” AVERAGE 75th% STANDARDS
U9 Year**

	BOYS	GIRLS
FOOT SPEED	52	53
QUICK TOUCH	56	52
JUGGLING-strong foot	7	4
JUGGLING-weak foot	5	3
JUGGLING-head	5	2
MASTER DRIBBLING-strong foot	11	10
MASTER DRIBBLING-weak foot	10	10
SHARP TURNS	13	13
ATTACK DRIBBLING	9	7
CONTROL PASSING-strong foot	9	8
CONTROL PASSING-weak foot	7	7
PERFECT PASSING-strong foot	10	9
PERFECT PASSING-weak foot	9	7
TOTAL CONTROL	3	5
POWER SPRINT	25	25
PURE STRIKE	4	3



**“CORE 16” AVERAGE 95th% STANDARDS
U9 Year**

	BOYS	GIRLS
FOOT SPEED	62	61
QUICK TOUCH	68	62
JUGGLING-strong foot	10	7
JUGGLING-weak foot	8	6
JUGGLING-head	7	4
MASTER DRIBBLING-strong foot	14	13
MASTER DRIBBLING-weak foot	13	12
SHARP TURNS	16	16
ATTACK DRIBBLING	11	10
CONTROL PASSING-strong foot	12	11
CONTROL PASSING-weak foot	10	9
PERFECT PASSING-strong foot	15	12
PERFECT PASSING-weak foot	14	11
TOTAL CONTROL	4	7
POWER SPRINT	30	28
PURE STRIKE	5	4

