

# RIO RAPIDS SOCCER CLUB

## U9 Age Group Objectives

<b>Objectives</b>	<b>Technical</b>	Improve individual and collective basic soccer technique - both feet
	<b>Physical</b>	Develop speed, change of pace, coordination and balance with and without ball
	<b>Psycho-Social</b>	Motivation/love of the game. Positive interaction with team mates
	<b>Tactical</b>	Individual tactical decisions with and without the ball
		Attacking and defending principles - small group - 1v1, 2v1, 2v2
Rules of the game - offside rule, throw-ins		
Basic understanding of team shape		
<b>Organization</b>	<b>Players per team</b>	9 to 11 (max roster size of 14)
	<b>Player to ball ratio</b>	3:1
	<b>Training to game ratio</b>	3:1
	<b>Session time</b>	75 minutes maximum
	<b>Game format</b>	7v7
	<b>Session structure</b>	Technical warm-up activity related to phase/theme/principle - 15 minutes
		Whole activity focused on phase/theme/principle - 20 minutes
		Part activity focused on phase/theme/principle - 20 minutes
		Small sided game focused on phase/theme/principle - 20 minutes
<b>Recommended minimum playing time</b>	50%	
<b>Recommended playing positions</b>	Positional rotation	
<b>Recommended min. coaching license</b>	Premier: National Youth & D License; Academy: YM 1 & E License; Team: YM 1 & F License	
<b>Outcomes</b>	<b>Players will be capable of:</b>	2-3 moves to beat a defender
		2-3 moves to turn away from defender
		Making decisions on dribbling vs running with ball
		Making decisions on when to pass vs when to shoot
		Making decision on when to turn vs when to beat defender
		Being able to shield ball from other players
		Spatial awareness (spreading out) - basic team shape
		1v1, 2v1, 2v2 concepts
		Pressuring the ball when the opposition has the ball
		Juggling from hands

