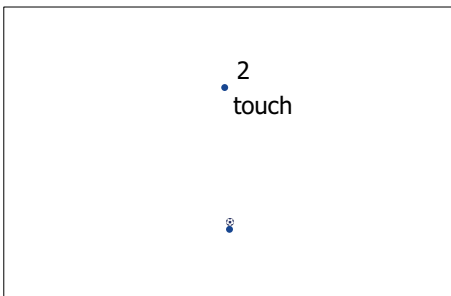


## JUGGLING U9



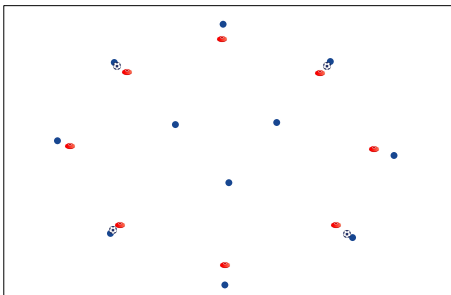
## PASSING

1 ball per 2 players, Rush partner passing (12 yards apart)

- 1 touch
- 2 touch
- Make it a game with points per pass
- Add creativity for fun (eg. first touch with knee, control-spin around-pass)

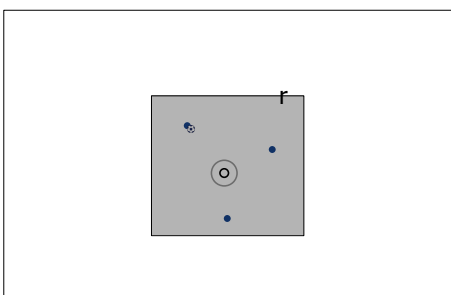
Coaching points:

1. Light on feet, bouncing after pass.
2. Toes should be up, creating a big surface.
3. Plant foot pointed at target.



## RECEIVING

Set up a good sized circle (maybe 30 yards diameter). Half the players on the outside are servers. Servers have a ball in hand. Workers move inside the grid going to different servers. When workers arrive at the server, (about 5-6 yards away), the server tosses a ball to the worker who controls and passes it back.



## 3 V 1

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



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## SHARKS AND MINNOMS

### Organization:

The teams lines up behind the cones, each player with a ball. One player is the shark and is positioned in the middle. The shark attempts to kick the ball out of the area. A player who has his/her ball kicked away then becomes a shark. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions and speed. Players that are sharks work on taking the ball away from minnows. Field size: 20 x 30 yards. Time: 10 min.

### Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.

## DRIBBLING

A 10 x 10 yard square. Players begin at one corner of the square, dribbling the ball in straight lines around the square. When players arrive at a cone, they circle cut (pelopina) around the cone (360 degree turn).

### Coaching points:

- Ball always under control
- Dribble fast in a straight line
- Get low when cutting
- How quick can you get around the cone?

## DRIBBLING RELAY RACES

Make teams small so they get lots of touches and there are short lines.

Set up cones so they can vary the skills (dribble around the far cone, tight circles around middle cone, dribble through close cones etc.)

### Coaching points:

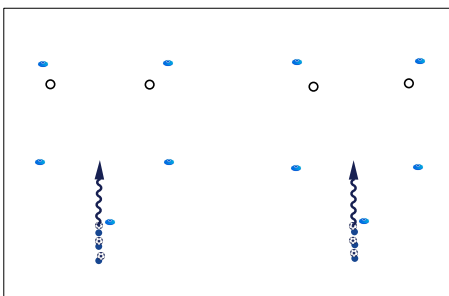
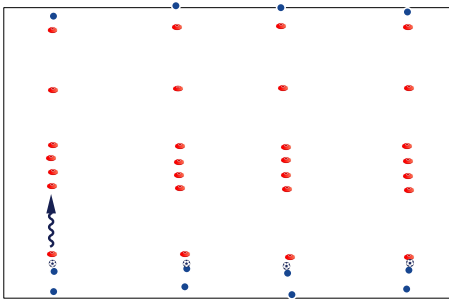
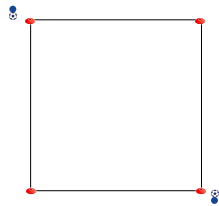
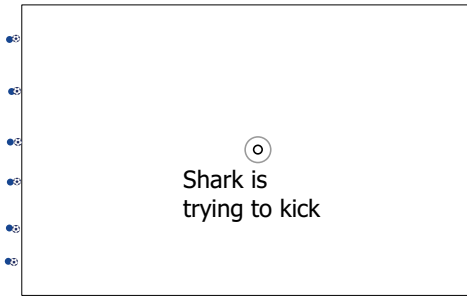
1. Break up races with coaching points.
2. Focus on good control
3. Keep eyes out in front
4. Push yourself to go fast

## 1 V 2 ONE DIRECTION

1 attacker and 2 defenders. Attacker tries to dribble to the other side of the grid. Defenders attempt to steal the ball.

### Coaching points:

First defender be patient, force attacker into covering defender.

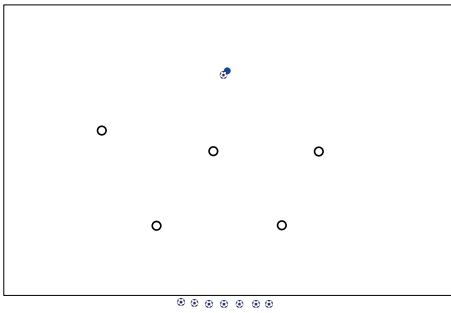




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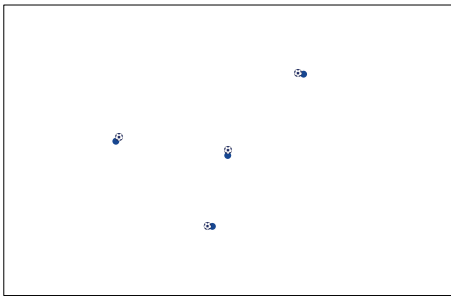
### PAC-MAN

**Organization:**

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

**Coaching points:**

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.

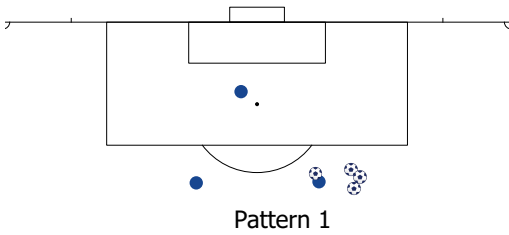


### JUGGLE TWICE AND DIFFERENT TRAPS

Player will juggle the ball twice and then look to trap the ball with different surfaces of the foot or parts of the body.

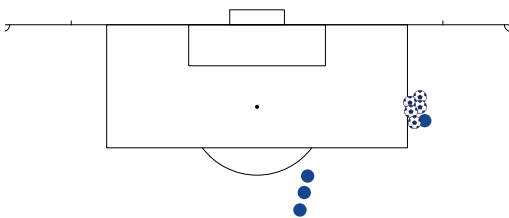
**Coaching points:**

Laces - as the ball is coming down, players hold out a 'dead foot', ankle is not locked, ball hits top of foot and down towards the toe. Inside of the foot - use big surface, cushion the ball. Sole of foot - after ball bounces, put foot over the ball and the ball bounce up against sole.



### PATTERNS WITH SHOT

Coach can change patterns. Keep it simple. Two touch.



### PASS/TROP/SHOT 5 IN A ROW

Phase A - Player A passes ball across to Player B who traps and shoots 5 times in a row.

Phase B - Player B has back to goal. Player A passes to Player B who traps with back foot, turns and shoots, 5 times in a row.

Phase C - Player A plays ball to Player B who plays back to A. A touches the ball to the side and shoots, 5 times in a row.

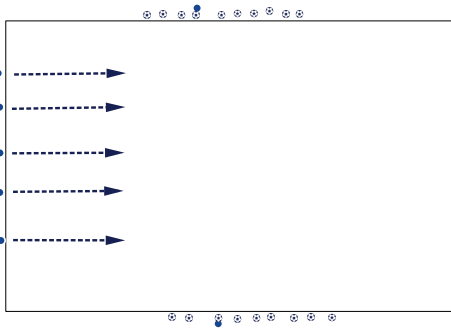
Phase D - Player A plays square ball, Player B touches and shoots, 5 times in a row.



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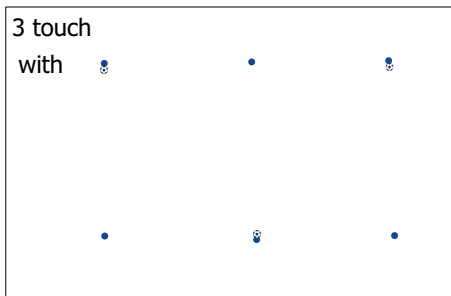
## TOP GUN

### Organization:

The game begins with two players on opposite sides of the grid. The rest of the players run from one side of the field to the other. Players with a ball attempt to hit the runners below the waist. If a player is hit, they become a shooter. The Top Gun is the sole surviving player. Field size: 20 x 30 yards. Time: 10 min.

### Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



## PASSING AND RECEIVING

Rush Partner passing - 1 ball between 2 players about 12 yards apart.

1 touch

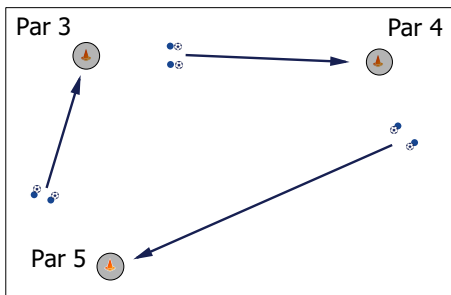
2 touch

3 touch with change of direction cuts

Make it fun and add challenges!

### Coaching points:

1. Light on feet, bouncing after pass.
2. Toes up to create a big surface "big big toe!"
3. Plant foot pointed at target.



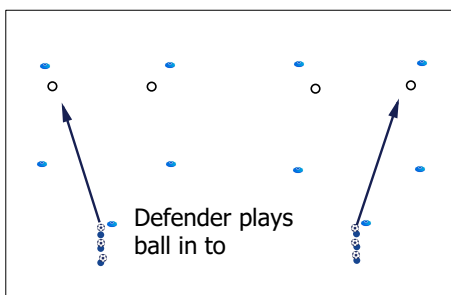
## GOLF

### Organization:

Coach sets up cones like a golf course. Coach determines if it is a Par 3, Par 4 or Par 5 depending on distance. The player with the lowest number of passes wins the hole or the game, depending on how you score it.

### Coaching points:

Talk to players about the weight of their pass. Which part of the foot to use in certain situations (farther distances - drive with the instep, closer distances - use the inside of the foot and finesse the ball). Be positive and have fun.



## 2 V 1 KEEP AWAY

2 attackers and 1 defender. Two attackers try to keep the ball away from the defender. If the defender wins the ball, they try to keep it.

### Coaching points:

Defenders should try and cut off the passing lane to the other attacker.

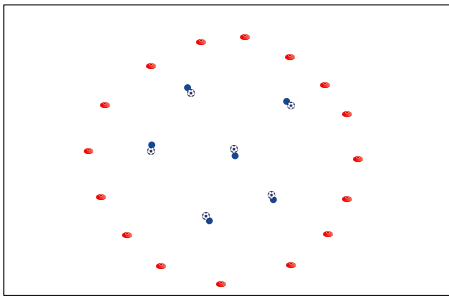


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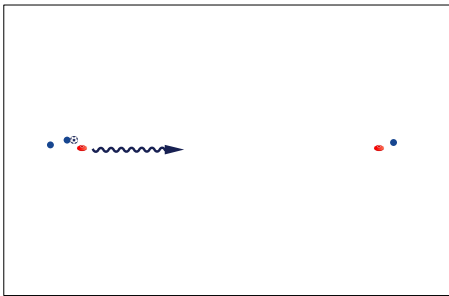


### JUGGLING CIRCLE

Foot catch, thigh catch, head catch etc. If the ball hits the ground, player must do an exercise to get back into the juggling circle.

Coaching points:

Ask players to be light on their feet and move like an athlete.

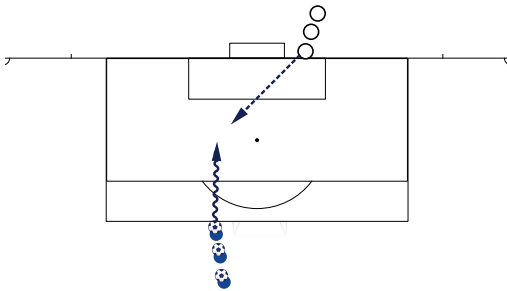


### IN 3S - DRIBBLE UP AND BACK

Two players on one cone, one player on another, 20 yards apart. One ball, player dribbles towards opposite cone while performing a specific skill.

Coaching points:

1. Right foot only
2. Left foot only
3. Rolling the ball with the sole of the foot
4. Running fast with the ball



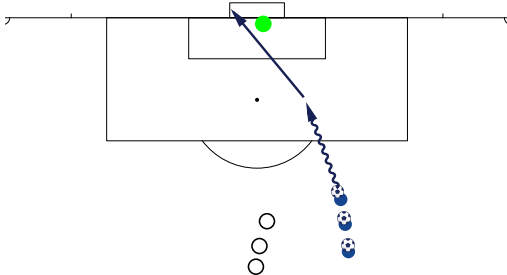
### 1 V 1 TWO GOALS

Half the team line up 22 yards from goal with a ball each (attackers). The other half line up beside the goal without a ball (defenders). Defender tries to stop the attacker from shooting on goal. When defender wins the ball, they become the attacker and roles are reversed and they tried to score on 2nd goal.

Coaching points:

Go win the ball, stay goal side, don't dive in, keep your feet moving.

Attackers dribble towards goal,  
1 v 1 with goalkeeper, and



### CARRYING 1 V 0 W/GKS || 1 V 1 CHASE

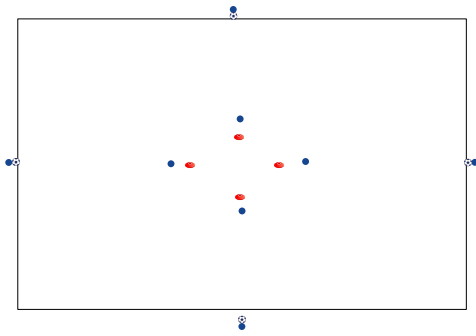
To begin, players start 25 yards from goal with a ball, and one at a time, they dribble towards goal for a 1 v 1 with the goalkeeper. Progression is half the players become defenders and line up alongside and chase the attacker once they play the ball forward.



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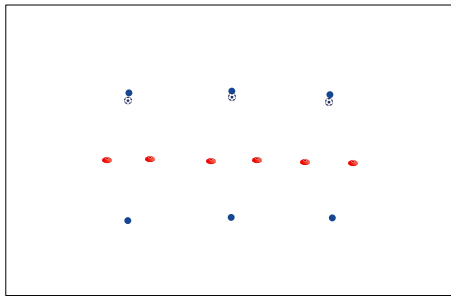
## 4 V 4 WINDOWS

### Organization:

Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles.

### Coaching points:

Move without the ball. Get in position to receive the ball. Work on passing technique.



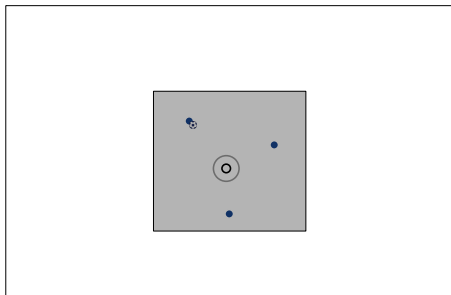
## GATE PASSING

### Organization:

Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min.

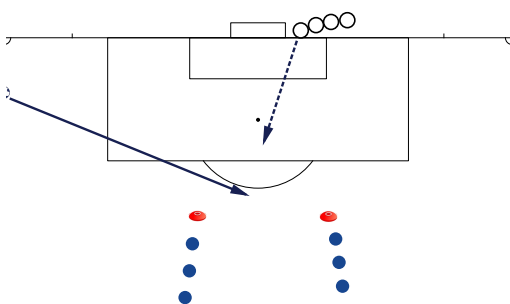
### Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



## 3 V 1

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



## 2 V 1 BIG GOALS

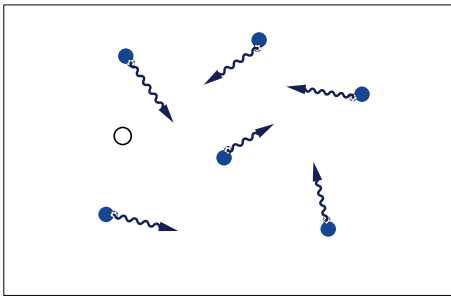
Two attacking lines on the outside of the box. One defending line to the side of the goal. Coach passes to one of the attackers, front of each line goes out and 1 defender comes out to try and prevent a shot.



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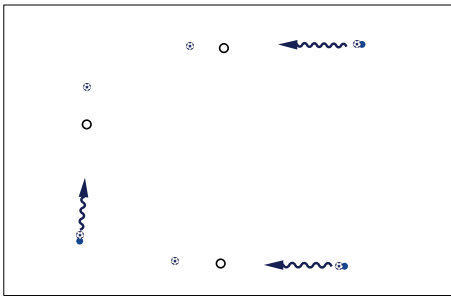
## DEFROST GAME

### Organization:

One player is Frosty. The other players dribble a ball within the grid. Frosty tags as many players as he/she can. A tagged player must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen then dribbles as before. Grid size: 30 x 15 yards. Time: 10 mins.

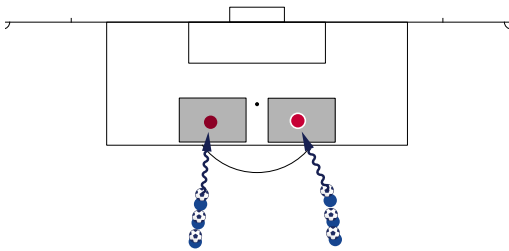
### Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)



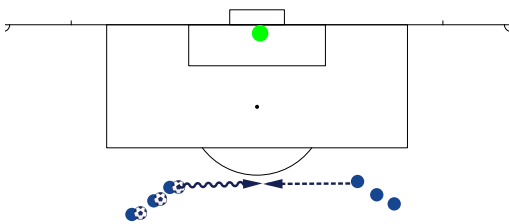
## 1 V 1 COMMON BALL

Partners play 1 v 1 where the goal is to hit another ball placed no more than 10 yards away. Points are scored if the player hits the target with their ball. Encourage players to dribble to score and not to shoot from long distance.



## FIGHT FREE 1 GRID

2 grids on each corner of the penalty area with one defender in each grid. Two attacking lines 7 yards outside the grid. Attackers dribble into the zone to create a 1 v 1 with the defender and must fight free and shoot while still in the grid. Time: 15 min



## TAKEOVER WITH SHOT

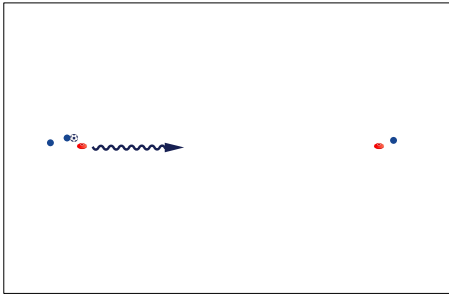
Two lines facing each other at the top of the penalty area, one line with balls. Player A dribbles towards player B who runs out and takes over the ball before a shot at goal.



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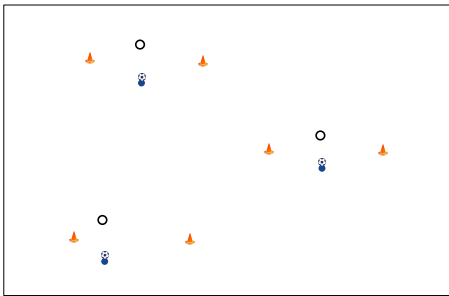
EQUIPMENT

**IN 35 - DRIBBLE UP AND BACK**

Two players on one cone, one player on another, 20 yards apart. One ball, player dribbles towards opposite cone while performing a specific skill.

Coaching points:

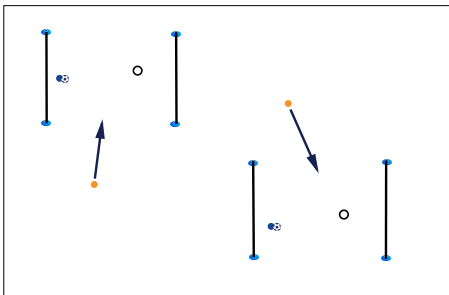
1. Right foot only
2. Left foot only
3. Rolling the ball with the sole of the foot
4. Running fast with the ball

**1V1 SHADOW**

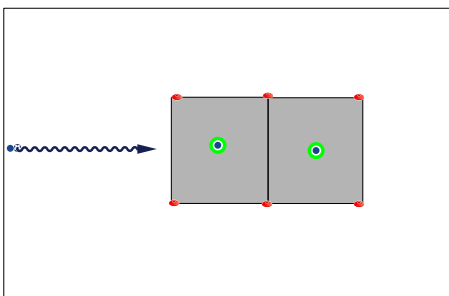
In twos, attackers dribble back and forth between two cones placed six yards apart. Defender must stay on their side of the line and "shadow" the attacker.

Coaching points:

Stay in front of the attacker.

**1 V 1 WITH FLOATERS**

Several grids 7 x 12 yards in which 1 v 1 line soccer is being played. There are two floaters who can float between grid to grid to create 2 v 1 with the player in possession. Points are scored when the ball is stopped on the opponent's end line. Play 2 min games.

**GAUNTLET**

Organization:

Players play 1 v 1 in each grid and try to make it through the channel without having their ball kicked away. The defender in each grid tries to win the ball and if they do, they switch places with the player they won the ball from. After a player dribbles through the first grid, the next player in line can go.

Coaching points:

Encourage defenders to get in front of the ball, challenge and win the ball. Stay 4:1 on the positive to instructional comment throughout the session.

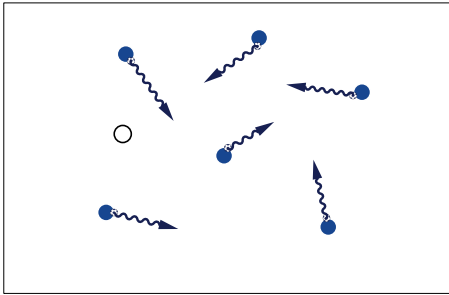


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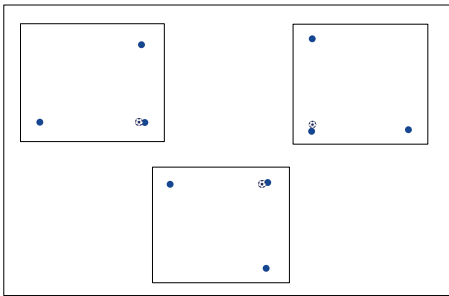
### DEFROST GAME

**Organization:**

One player is Frosty. The other players dribble a ball within the grid. Frosty tags as many players as he/she can. A tagged player must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen then dribbles as before. Grid size: 30 x 15 yards. Time: 10 mins.

**Coaching points:**

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)



### 3 V 0 BOX PASSING

**Organization:**

10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options.

**Coaching points:**

Pass and move. Have fun.



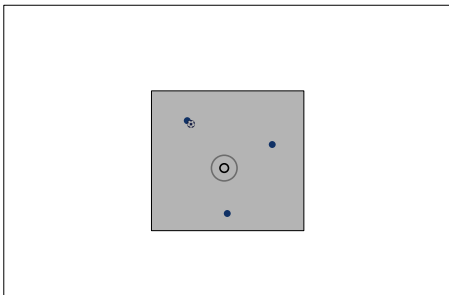
### 3 V 0 TO GOAL

**Organization:**

Players going to goal with no pressure, working on scoring. They must pass the ball a minimum of 3 times.

**Coaching points:**

Encourage players to score as quickly as possible. Each player must touch the ball before a goal can be scored.



### 3 V 1

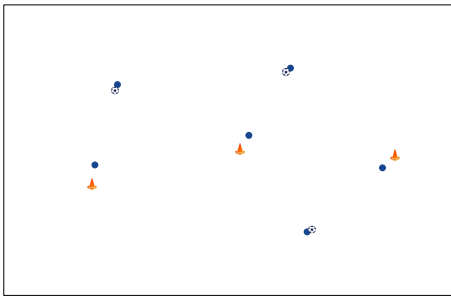
In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



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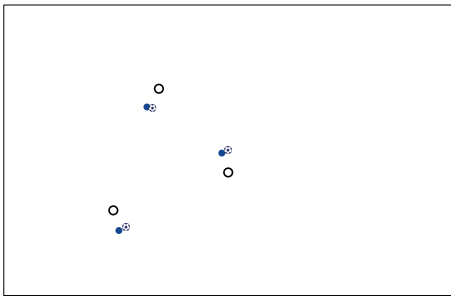
## FORTRESS

### Organization:

Have players pair up, one with a ball and the other with a tall cone. The player with the ball tries to knock over or hit the cone while the other has to defend it (fortress). After 30-90 seconds, switch roles. Time: 10 mins.

### Coaching points:

Player with ball must work on deception, change of direction and weight, timing and accuracy of passes/shots. Stay 4:1 on the positive to instructional comment throughout the session.



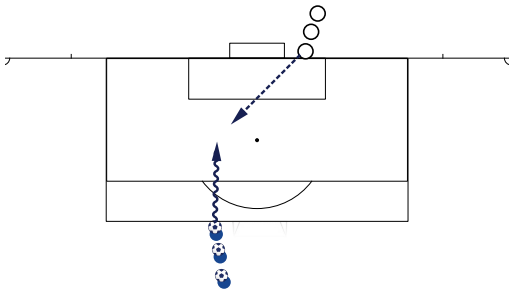
## SHIELDING

### Organization:

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

### Coaching points:

Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

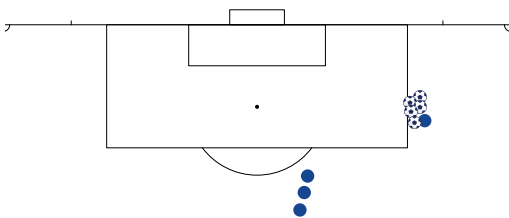


## 1 V 1 TWO GOALS

Half the team line up 22 yards from goal with a ball each (attackers). The other half line up beside the goal without a ball (defenders). Defender tries to stop the attacker from shooting on goal. When defender wins the ball, they become the attacker and roles are reversed and they tried to score on 2nd goal.

### Coaching points:

Go win the ball, stay goal side, don't dive in, keep your feet moving.



## PASS/TROP/SHOT 5 IN A ROW

Phase A - Player A passes ball across to Player B who traps and shoots 5 times in a row.

Phase B - Player B has back to goal. Player A passes to Player B who traps with back foot, turns and shoots, 5 times in a row.

Phase C - Player A plays ball to Player B who plays back to A. A touches the ball to the side and shoots, 5 times in a row.

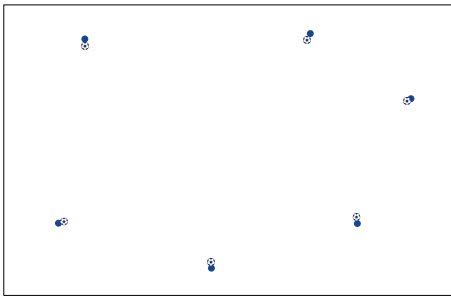
Phase D - Player A plays square ball, Player B touches and shoots, 5 times in a row.



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### CRAZY BOX DRIBBLING (ENTROPY)

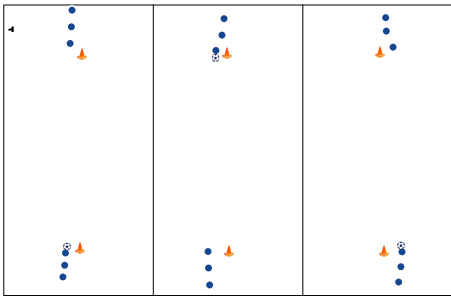
**Organization:**

Players dribble within a limited area, demonstrating all dribbling techniques. Players must avoid each other. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

**Coaching points:**

Keep the ball under control, use all surfaces of the foot, demonstrate footwork skills, dribble with head up, find space, change direction and speed. Stay positive with the players.

### Exercise



### 2 LINES PASS/PASS & RUN TO OPPOSITE LINE/TAKEOVER/WAL

**L PASS**

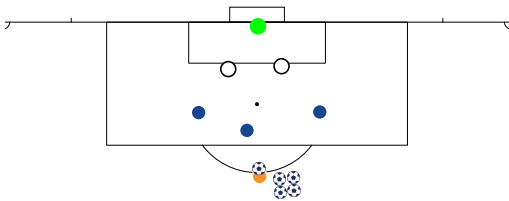
Lines are facing each other about 15 yards apart.

**Coaching points:**

A) Player who has just passed the ball runs directly at the player receiving the ball, only to force the first touch into space (not to steal the ball). Use inside of foot, toe up, ankle locked. Come and meet the ball.

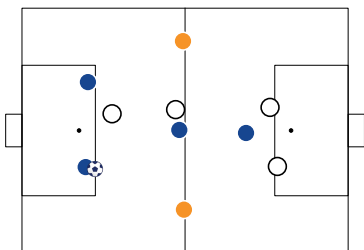
B) Dribble towards opposite line and perform a takeover.

C) Pass to the opposite line and perform a wall pass with the first player in line.



### 3 V 2 IN THE BOX

3 attackers v 2 defenders in the penalty area. Coach at the top of the area with plenty of footballs. Encourage shooting technique, laces v side of the foot.



### 4 V 4 + 2

**Organization:**

Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards. Time: 30 mins.

**Coaching points:**

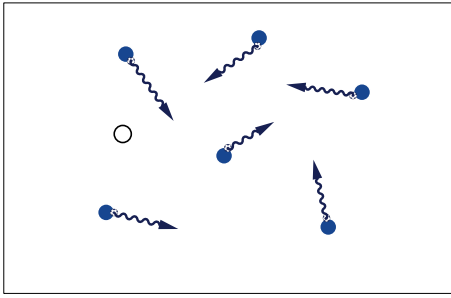
Encourage players to pass, find the extra players and play the game. Become fan of the players.



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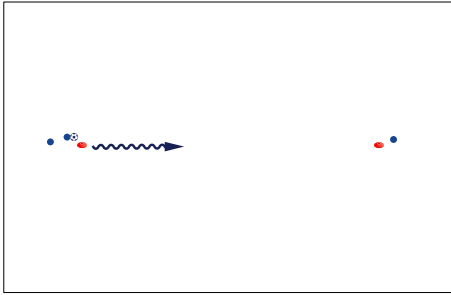
### DRIBBLE TAG

**Organization:**

Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5 mins.

**Coaching points:**

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)

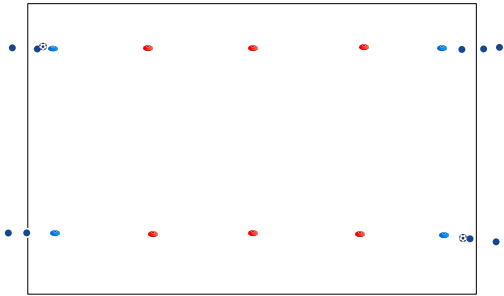


### IN 3S - DRIBBLE UP AND BACK

Two players on one cone, one player on another, 20 yards apart. One ball, player dribbles towards opposite cone while performing a specific skill.

**Coaching points:**

1. Right foot only
2. Left foot only
3. Rolling the ball with the sole of the foot
4. Running fast with the ball



### DRIBBLING CONES

3-4 players in each line.

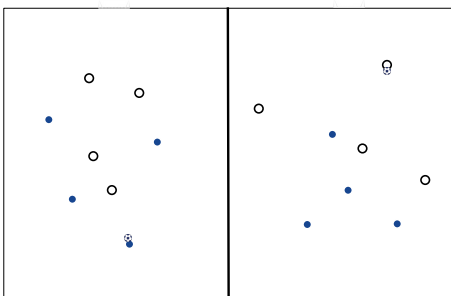
Dribble through the cones 3 times each:

- right foot only
- left foot only
- inside/outside right/left

One player at end cone to receive ball from dribbling player

**Coaching points:**

Control your touch



### PLAYING

2 game fields set up.

Max 4 v 4 - use neutral players if needed.

**Coaching points:**

1. Get flying!
2. Not here for long so attack, take players on 1 v 1, get to goal, shoot, have fun!

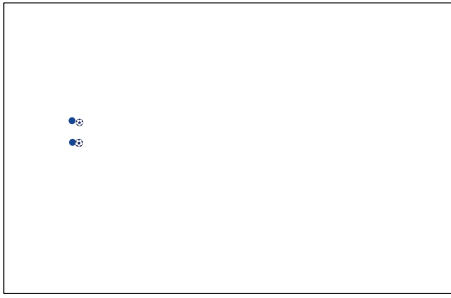


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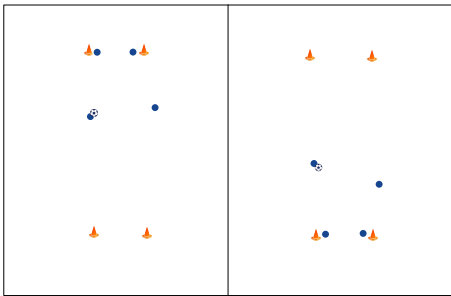
## MARBLES

### Organization:

1st player passes the ball out. 2nd player passes their ball out to try and hit the 1st player's ball. Alternate, trying to hit the other player's ball. One point for a hit. First player to 10 points wins.

### Coaching points:

Weight, timing and accuracy of passes. Laugh and have fun with the players.



## 2 V 2 COMPETITION SCORING IN SMALL GOAL

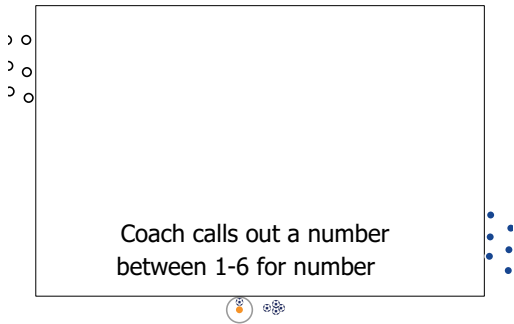
The team not in possession are GKs and must stand on the end line. Team with the ball are free to move wherever they choose. Player picks up ball with their hands and tosses it to their partner who tries to head past the GKs to score a goal. GKs cannot use their hands, only their feet to save. A point is scored if the ball goes between the cones under the head.

### Coaching points:

Make it a competition.

Praise players for good heading technique.

Ask players to get power by snapping through their waist.



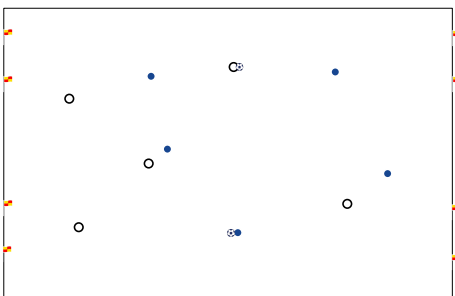
## 6 V 6 LINE SOCCER

### Organization:

Coach serves a ball and calls out a number between 1-6, that is the number of players who come out for each team. First team to dribble across the opposite line is awarded a point.

### Coaching points:

Encourage players to dribble at opponents to beat them. Encourage players to challenge to win the ball.



## 4 GOAL GAME ON COMMON END LINE WITH 2 BALLS

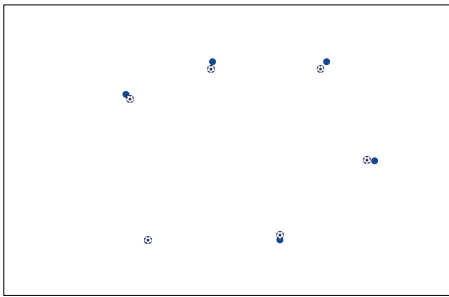
Dribble through the gate to score a point. 2 balls in play.



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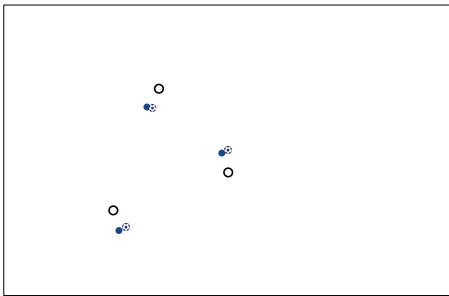
## KNOCKOUT

### Organization:

Players dribble in a box and must control their own ball at the same time as trying to kick other players' balls from the box. A player whose ball is kicked out of the box must juggle 5 times to return to the box. Field size: 20 x 30 yards. Time: 10 min.

### Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.



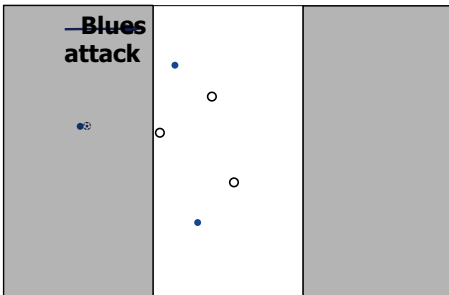
## SHIELDING

### Organization:

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

### Coaching points:

Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

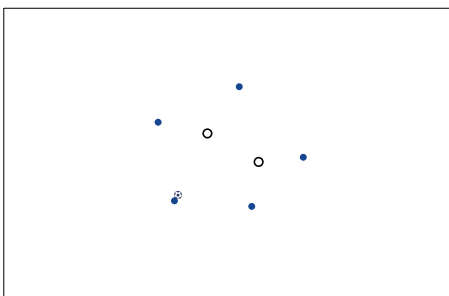


## ZONE GAME

20 x 30 yards with 7 yard end zone at each end. Teams score a point by passing to a team mate in the end zone they are attacking. Player can be inside the zone when the ball is played or can meet the ball in the zone.

### Coaching points:

Proper technique and weight of pass. Play to where the team mate will be. Movement into the end zone. Make it a tournament.



## 5 V 2 RONDO

Five attackers form a circle around two defenders and play keep away. Unlimited touches. Attacker who loses the ball, becomes a new defender. 10 consecutive passes without a defender touching the ball = defenders stay in the middle.

### Coaching points:

Passing technique is correct; inside of foot, ankle locked, toes above ankle. Players off the ball must move to support the player with the ball.

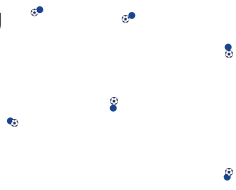


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## 1. Dribbling



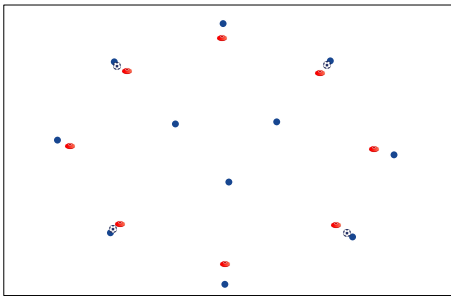
### FOOTWORK 1,2,3,4

#### Organisation:

Dribbling, Foundation, Left foot, Right foot. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min.

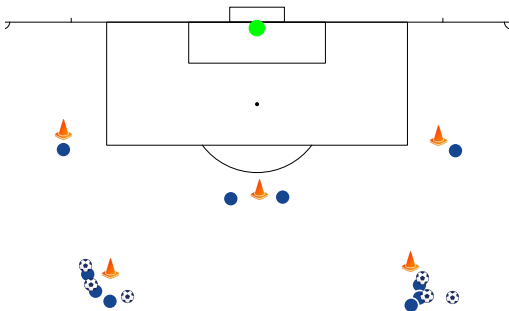
#### Coaching points:

Dribbling - using any part of the foot to move the ball around, Foundation - tapping the ball between your feet. Left foot - dribbling with the ball using only the left foot, Right foot - dribbling with the ball using only the right foot. Dribble with your head up, if possible. Gradually increase speed. Laugh and have fun with the players.

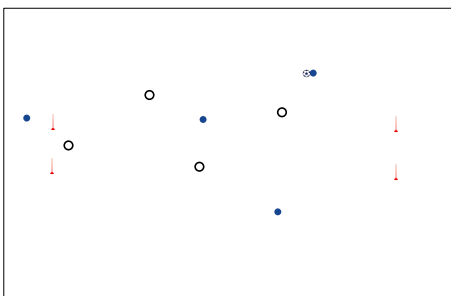


### RECEIVING

Set up a good sized circle (maybe 30 yards diameter). Half the players on the outside are servers. Servers have a ball in hand. Workers move inside the grid going to different servers. When workers arrive at the server, (about 5-6 yards away), the server tosses a ball to the worker who controls and passes it back.



### CROSS OVERLAP



### HOCKEY STYLE GAME

#### Organization:

Players are allowed behind the goal but can only score from the front. Play 4 v 4. 30 x 40 yard grid.

#### Coaching points:

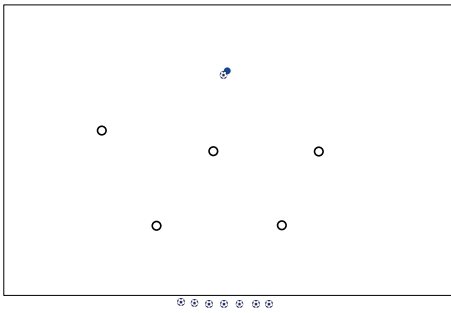
Encourage players to pass and play the game.



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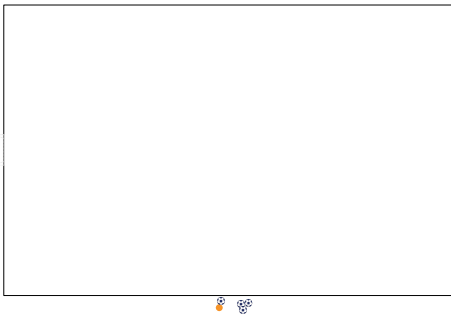
## PAC-MAN

### Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

### Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.

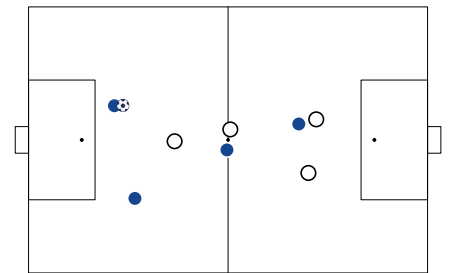


## 1V1TWO BIG GOALS

Field size is 36 x 44 yards. Half the players are in one corner and the other half are in the opposite corner. Coach is in the middle with footballs. 1 v 1 to the big goals. Play until a goal or ball goes out of play.

### Coaching points:

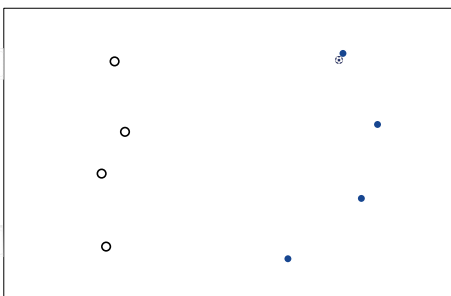
Must try and beat the defender before shooting. Emphasis on good shooting technique. Encourage placement before power.



## 4V4

### Coaching points:

Encourage players to use their teammates and play the game.



## FOUR GOAL GAME

### Organization:

Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min.

### Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.



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