

U9

LEARNING TO TRAIN



WEST VANCOUVER SOCCER CLUB



What U9 Looks Like

- ❖ Teams play 7-side games (including goalkeeper)
- ❖ 1 game and 1 practice per week
- ❖ Size 4 Ball, 45 x 60 field
- ❖ Roster Size – to max of 13 players
- ❖ Duration of Game is 2 x 25 minutes
- ❖ Soccer should be fun for all participants
- ❖ Players learn the rules of the game
- ❖ Players learn to become good sports, respecting their team mates, opposition and officials
- ❖ Players learn to play in an environment with friends

Coaching Expectations

- ✓ CCC is mandatory for coaches
- ✓ On Girls' teams need to have a "carded" female either coaching or managing
- ✓ All players to be given equal playing time
- ✓ All players to be rotated through different positions
- ✓ U9 home teams are responsible for paying referees \$15 each at field. Reimbursement is via Age Group Coordinators.
- ✓ Focus should be on fun and safety
- ✓ No team should win a game by more than 5 goals
- ✓ If one team is short of players, the other team should lend some of theirs
- ✓ No coach is to stand behind the goal line
- ✓ All coaches need to process Criminal Record Check with WVPD – valid for 3 years
- ✓ All coaches need to complete Code of Conduct and Risk Management Forms

Technical Focus

Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce "crossing" and shooting while dribbling. Encourage sound nutritional choices.

Parental Expectations

- ✓ Don't encourage players to obsess on the score of the game.
- ✓ Give positive encouragement when cheering on the team.
- ✓ Refrain from giving technical instructions during the game. This is the coaches' job, ---players become confused when they hear different voices telling them what to do
- ✓ Never challenge the referee's decision, however bizarre it may seem.
- ✓ Players need to be at practices and games on time and with the proper equipment (i.e. uniform, shin pads, cleats, etc.)
- ✓ Players need to complete Code of Conduct (Athlete Agreement) and return to their coaches

Further Development – At this age level there is an "invitational" Plus Program available to players on Wednesdays. WVSC's Friday Academy sessions are also available on the Turf from 5:15 to 6:45.

Player Evaluation

All players are scouted at weekly games and based on those recommendations are invited via email to "invitational" U9 Plus Program. The only players that are selected are "impact" players. Recommended players are invited to Spring Development at the end of the U9 regular season.

Mark Your Calendar Free Clinics

**Boys & Girls U8 and U9
(all teams)**

**Saturday October 22nd
4-6 pm**

**Physical Literacy
Session**

**Boys & Girls U9
Saturday November 12th
4-6 pm**

Drop in Street Soccer

Looking Ahead – What U10 Looks Like – What's Different

Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins). Teams move to 7-side games, 2 x 25 minute halves.