



Week 5 - Metro Parks u6 - u9 Curriculum

Category: Technical: General
Skill: U9

Pro-Club: Nashville United Soccer Academy
Nashville United Soccer Academy, Nashville, United States of America

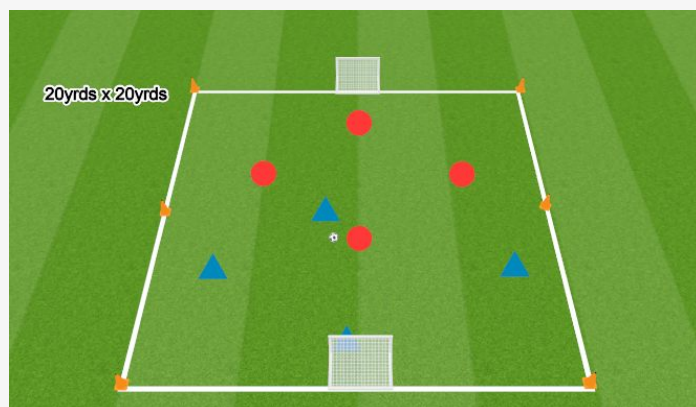
Description

Sessions are designed to keep players moving as much as possible. With a fun player centered approach, players should be guided and encouraged through the sessions.

Free play scrimmage - 10min

Start this play even if all players have not arrived yet. Players can be introduced to the scrimmage as they arrive. In this activity just let the players play. Encourage players to get involved and enjoy the free play learning environment.

- No Goalkeepers.
- Have multiple balls ready.
- Keep the game moving.
- Keep players moving.



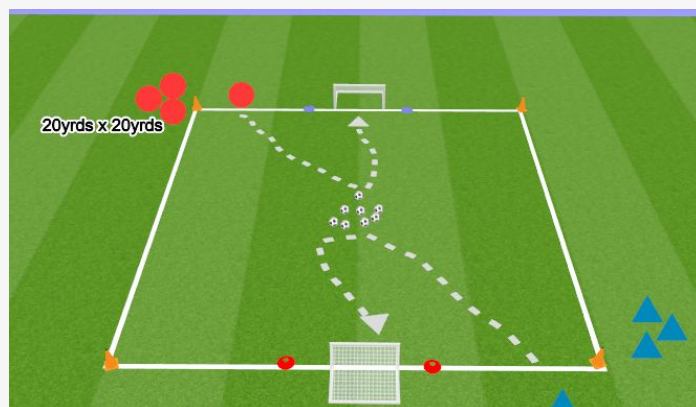
Hungry Hippos - 12 Min

Place as many soccer balls as you can find in the center of the field. One player at a time from each team sprints into the center, takes any ball and dribbles toward the goal (closest to their team) and shoots to score. Goalscorer then tags a teammate who sprints into the center to get a ball and repeat. It's a race. Team with most goals at the end wins.

- Use this activity to show field boundaries / where to score goals.
- Encourage teammates to create a chant and cheer teammates to score.
- Make sure every player gets a goal.
- Repeat the game.

Coaching points

Keep the ball close when dribbling (tiny touches).
Keep your head up.



Sharks and Minnows - 15 Min

Players can start this game without a ball. Quickly introduce a ball when players understand the general rules of the game.

Player in the middle is the shark.

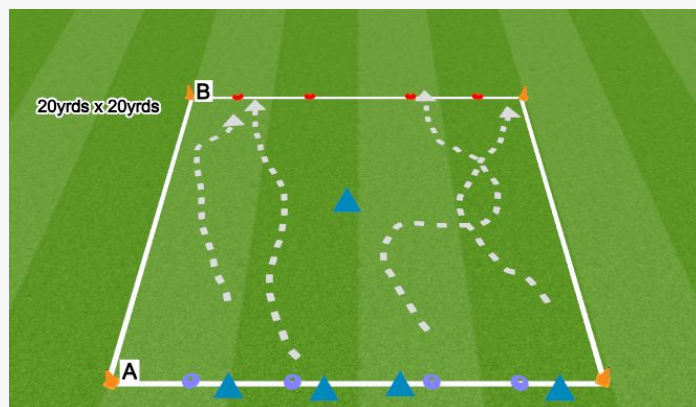
Endline "A" players are minnows.

When coach shouts "Go" the minnows try avoid getting tagged by the shark while reaching the opposite endline "B". If a minnow gets tagged, they become a shark too. On coaches command players repeat trying to reach each endline without getting tagged until there's only one minnow left.

- Use this game to teach/show soccer field boundaries.
- Minnow dribble the ball from end zone to end zone.
- Sharks only have a ball if its too easy for them to tag.

Coaching points

Keep the ball close.(Tiny touches).
Keep head up.
Speed.



Instructional scrimmage - 15 Min

Final play of the session is the instructional scrimmage phase. Teach simple components of the game such as boundaries, no hand balls, directional and involvement.

- No Goalkeepers.
- Have multiple balls ready.
- Keep the game moving.
- Keep players moving.

