



## Week 6 - Metro Parks u6 - u9 Curriculum

Category: Technical: Defensive skills  
Skill: U9

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

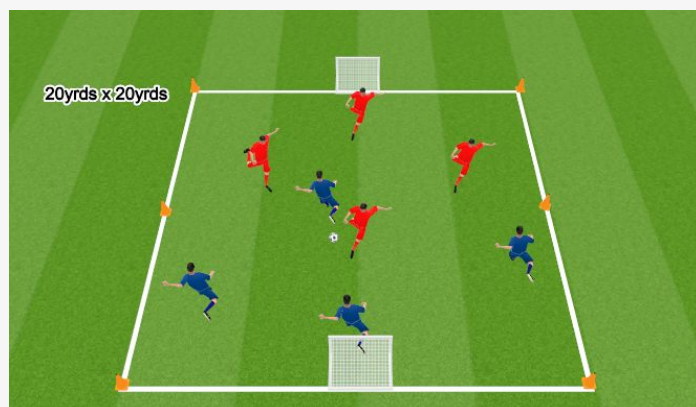
### Description

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.

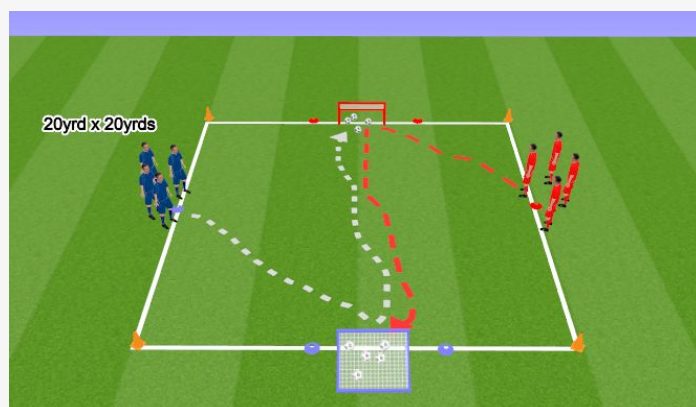


### Goals Galore - 10 Min

Place all the balls equally in both goals. Two teams set up on the center sidelines.

One Blue player runs toward the Blue goal, gets a ball and dribbles toward the Red goal and scores. Simultaneously one Red player runs towards the Red goal to get a ball and dribble toward the Blue goal to score. Keep it continuous so players can score multiple goals. After 5 minutes stop the game and count each teams balls in the goal. Repeat the game. You can end with a game where every player goes at the same time, keep it continuous for 2 minutes.

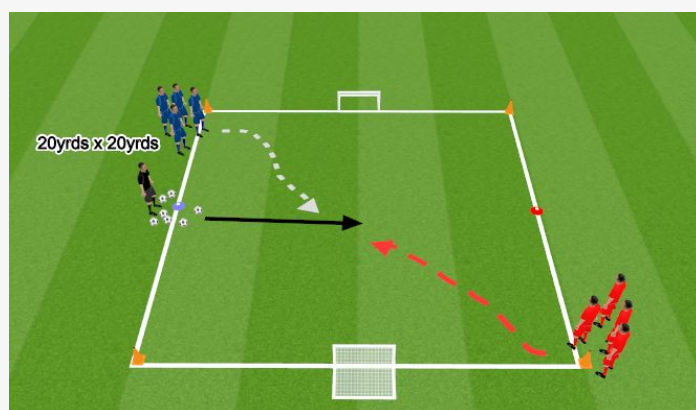
- Encourage players to run as fast as they can.
- Keep the ball close with tiny touches.



### Intro to 1v1 (20 mins)

Coach serves the ball into the middle of the field. One player from each team comes onto the field to try and win the ball. The player who wins the ball can score in any goal. The player who does not initially win the ball tries to steal it and can score in any goal. Continuous Attack v Defender. Put a one or two minute time limit for each 1v1. Coach can have two 1v1s happening on the same field at the same time depending on group control and ability levels.

- Encourage eagerness to win the ball.
- Keep pressure on until you win the ball.
- Encourage regaining possession if you lose the ball.



## 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. Add in defensive coaching points from previous activity.

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

