



## Week 7 - 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

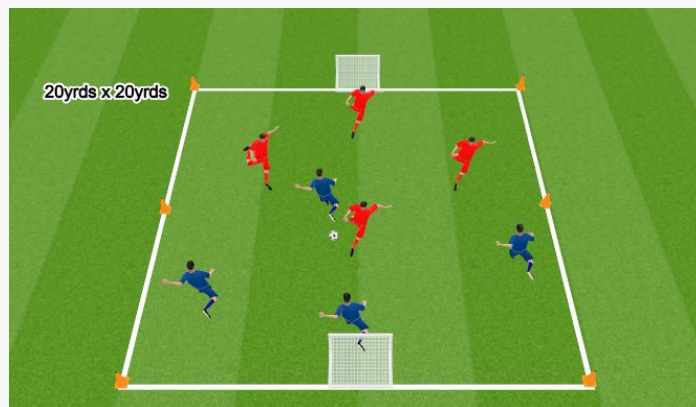
### Description

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.

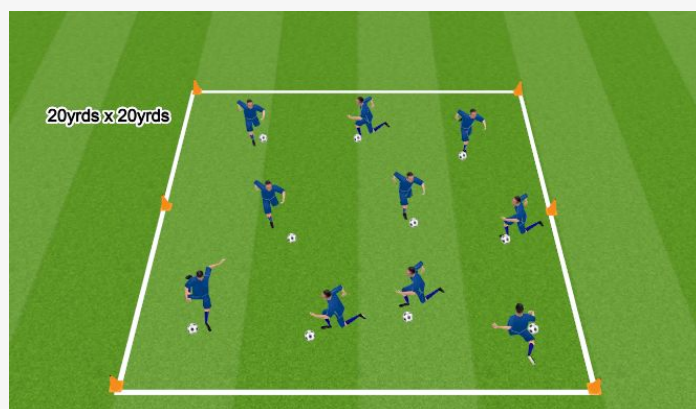
- No Goalkeepers.
- Have multiple balls ready.
- Keep the game moving.
- Keep players moving.



### Traffic Lights - 12 Min

Each player has a ball. First instruction is to keep dribbling around the defined area, always looking to dribble into the most space the player can see. The coach slowly explains and introduces different skills and commands.

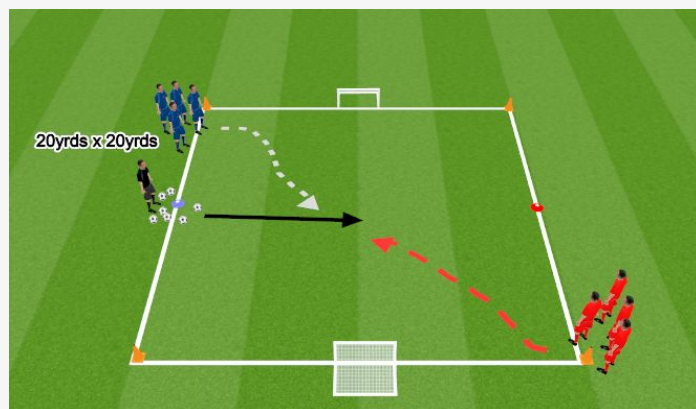
- Coach command RED LIGHT. This means all players stop and put their foot on the soccer ball.
- Coach command GREEN LIGHT. This means all players dribble at a jogging pace.
- Coach command YELLOW LIGHT. This means all players dribble at a really slow pace.
- Coach command U-TURN. This means all players perform a drag back or any turn.
- Coach command HIGHWAY. This means all players dribble as fast as possible.



### Intro to 1v1 - 15Min

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.
- Encourage players to dribble towards goal.
- Encourage to keep trying to win the ball back if they lose it.



## 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.

