



Week 8 - Metro Parks u6 - u9 Curriculum

Category: Technical: Attacking skills
Skill: U9

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

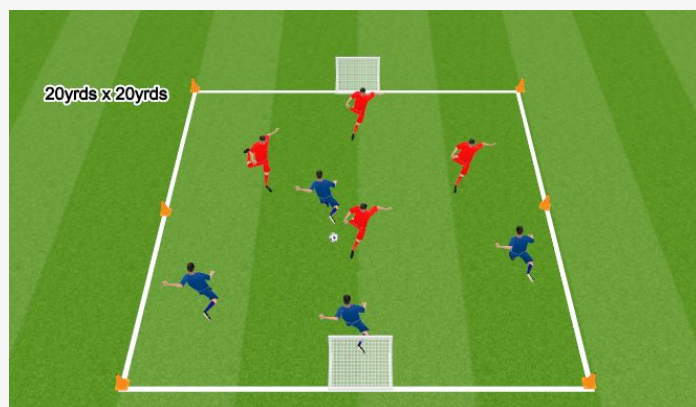
Description

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.



Technical Triangles (10 mins)

Instruction

12minutes

Start: Allow free dribbling to find space for 2 or 3 minutes.

Progression: Triangles should be used as targets for players to perform skills and dribbling techniques.

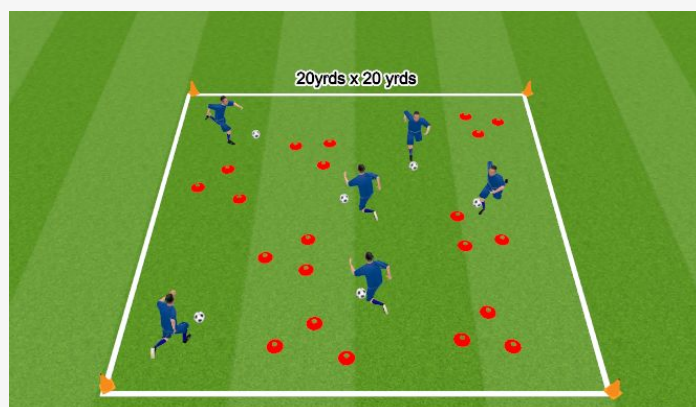
1. Enter triangle, perform drag back to exit.
2. Enter triangle, perform scissor to exit.
3. Enter triangle, perform inside cut to exit.

Challenge:

1. Set 20 second time limit to reach all triangles.
2. Don't perform same skill back-to-back.
3. Add passive defender to create scenarios.

Coaching Objective

- Keep all players moving.
- Allow players to explore dribbling skills.
- Encourage players to get into space.



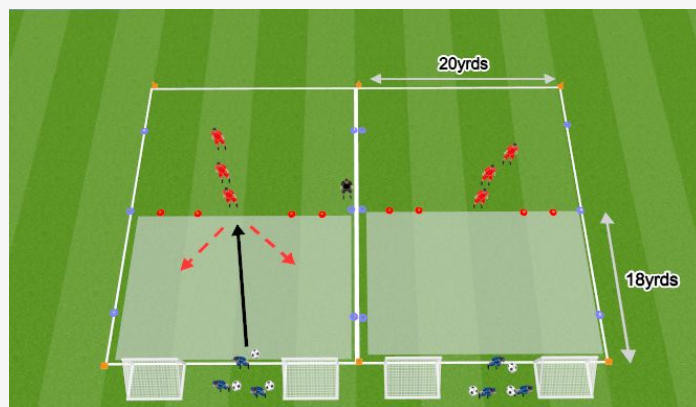
1v1 Attacking (20 mins)

Coaches should clearly explain the topic to the players before the activity begins.

2 working groups. Defender (A) passes to Attacker (B). Attacker (B) tries to score into the goals. Defender (A) tries to defend the goals, if defender wins the ball they try dribble through red gates.

Coaching points

Guided Discovery questions



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.

