

So, you're a coach! Here's what we need from you

- Teach these kids to love the game!
- Engage, encourage and enjoy!
- Be prepared, positive, professional and passionate!
- If you are having fun, they will too!
- Yes, it's that simple!



Tips to make your coaching career a success

- Never be on time! Always be early.
- Be organized and share responsibilities with another coach, delegate duties; your assistants are key!
- Have your session planned ahead of time! Use the session format in this guide to ensure a consistent, purposeful practice each and every time.
- Quickly get the players active!
- LOOK THE PART. BE A GREAT ROLE MODEL.

Objectives as a U9 Coach

- Develop a love for the game of soccer!
- Further development of soccer related ABC's as well as fundamental movement skills.
- Further develop running with the ball including dribbling and kicking the ball forward.
- Changing direction with the ball, turning with both feet and shielding the ball.
- Passing the ball- short range emphasis.
- Further development of cooperation with teammates.
- Introduction to basic shooting technique
- 1v1 attacking and defending.
- Create a positive environment where success can be achieved.

Understanding Your Players

- | | |
|---|---|
| <ul style="list-style-type: none"> • Improvement of co-ordination • Begins to display physical strength • Enjoyment of physical contact • Increased attention span • Enjoys doing well and being praised for it • Enjoys challenges | <ul style="list-style-type: none"> • Capable of problem solving. • Fear of embarrassment • Shows a need for peer and adult approval • Can become discouraged quickly when things don't work out |
|---|---|



Ball Manipulation



Commence each session by having all players dribbling throughout a 20*20 yard grid; each with their own ball. After 1-2 minutes have the players come in close for instructions. The variations are for ball manipulation are almost endless; adjust them to suit your players. Start simple and progress as the season continues. Demonstrate a move and have the players repeat. This is a great opportunity to discuss the 10 different surfaces of the feet: *inside, outside, laces, heels and soles on both feet.*

ENSURE THE PLAYERS ARE TOUCHING THE BALL! Challenge yourself to see how many touches you can get in.

You can add in all different movement patterns, sequences, turns and tricks to keep the activity new and exciting for the players. **Encourage the players to come up with their favorite move and demonstrate for the team!**

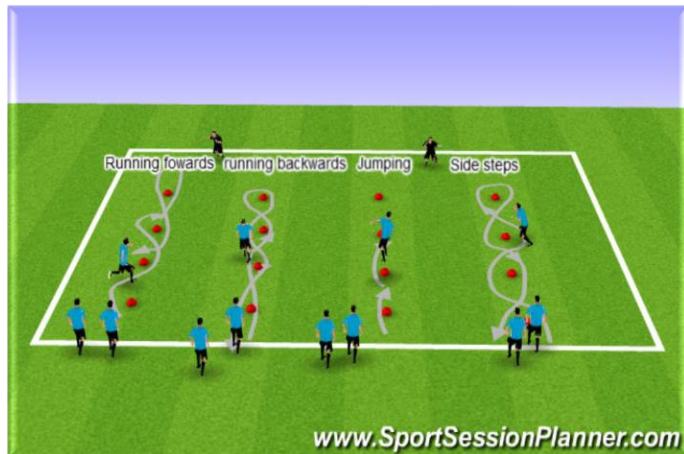
Some suggestions:

- ➊ Tapping the ball with the soles of the feet
- ➋ Jumping over the ball
- ➌ Running with the ball
- ➍ Dribble with the laces: slow down and push the ball lightly-left, right and alternate
- ➎ Kick, bounce, kick
- ➏ Sole drag backs: hopping between feet, move backwards, dragging the ball back, alternating between the sole of the shoes
- ➐ Changing direction with the ball.
- ➑ Change the tempo- slow to fast and fast to slow.
- ➒ Bouncing the ball
- ➓ Throwing the ball and catching it
- ➔ Dropping the ball to your feet
- ➕ Dropping the ball to your thighs
- ➖ Push the ball from side to side, right to left and back again
- ➗ Toe taps: hopping from one foot to the other, tapping the ball with the opposite foot each time
- ➘ Sole push: pushing the ball forward with the sole of the shoes
- ➙

Agility, Balance and Co-ordination

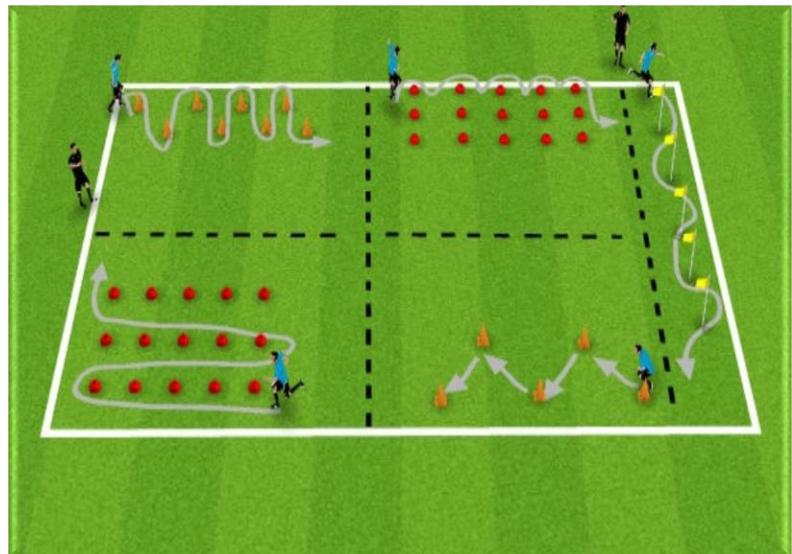
RELAY TIME

Arranging the players in equal lines. Have them all stand behind a row of cones. Each will take a turn through the cones, return and the next player will follow. Each session can focus on different movement skills and performing them in different directions. While this activity is played in relay style, it is important to ensure that the players are not trying to 'win' but rather are completing the exercises properly. Pick different combinations of the following or make up your own to work on each session.



- ➊ Running forward in a figure 8
- ➋ Hop through on both feet
- ➌ Side step in figure 8
- ➍ Crab crawl
- ➎ Monkey walk
- ➏ Running backward in a figure 8
- ➐ Hop through on right foot only/left foot only
- ➑ Jump side to side
- ➒ Jump directly over

OBSTACLE COURSE



A FEW MORE IDEA'S:

LEAP FROG Skip the cones and use the players! Have the players jump over each other to get to the other side of the playing area.

FOLLOW THE LEADER You can incorporate any movement skills you wish, from quick, tiny, fairy-feet to huge, angry, giant-feet! Have the kids take a turn leading the line and come up with their favorite move.

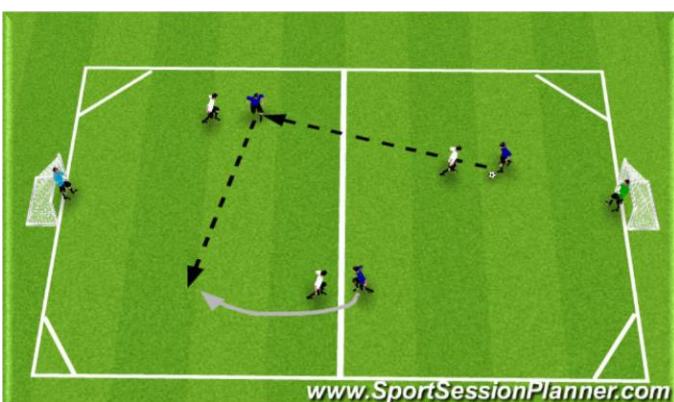
OVER UNDER In pairs of 2, have the players stand back to back; each pair with a ball. The first player will pass the ball up and over their head to the player behind, who will then pass back through the legs to the first player. Add a challenge and see how many passes each pair can do in a minute.

Fun Games

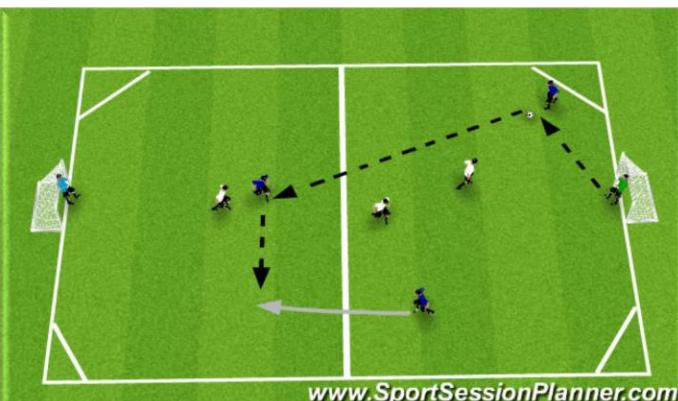
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- In the biggest area of the field the ball is played wide.
- Attacking movement comes way from the ball.



- The ball is played as far forward and wide as possible.
- Attacking runs are made centrally.



- Play is developed from the back.
- The attacking run is central.

Hex Field Game

Purpose

Works on defending in pairs and groups, attacking transition, passing combinations and shooting. Creates and increased challenge as the player approaches the goal. Players pick up their speed as they go forward.

Organization

Field is 30x25 with each corner coned off to create a hexagon. Use two big goals with keepers and 3 vs.3 on the field.

Directions

Play is a regular scrimmage on the modified field. The zoned off corner space is out of bounds.

Objectives & Tips

- Encourage players to increase their speed of play closer to goal as space diminishes.
- Encourage width in the development phase of an attack to challenge the defending team.



- Play a ball any time a goal is scored or a ball goes out of bounds.
 - Teams can look to the bumpers for support.

Six Goal Game

Purpose

Using multiple goals, encourages players to keep their heads up and be searching for scoring opportunities. Players work on dribbling to get to goal or identify when to change their direction.

Organization

In a 25*35 yard grid, mark corners with cones. Create three goals, each measuring 2 yards wide, with cones on each end line. Divide players into three teams, each with a different coloured pinnie. Soccer balls are on the side, with you.

Directions

Teams will play 4v4 while one team is on the end lines acting as bumpers. Teams each play for 2 minutes before one team will switch with the bumpers. You are the ‘boss of the ball’ and will play in each ball.

Objectives & Tips

The players need to decide when they can dribble to penetrate to the goal or change directions to find another scoring option.

More than one ball can be played at a time. This will encourage more players to participate.

Switch it up! Have the bumpers act as gate keepers, stepping in and closing different gates at different times.



- Closing off gate with the bumpers will make this activity more challenging!

Fun Games

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- The player in possession identifies a clear passing channel between two opponents and has a clear sight of the target.
- An accurate and weighted inside of the foot pass is used to try to score.



- The defending team is effective in denying a clear channel to the targets.
- The player in possession decides to pass the ball and initiates a quick switch of the play.



- The defending team denies a clear channel to the targets, has the far side player marked.
- Play is switched, far side player moves into a position behind the target.
- If the pass/shot at the target misses the far side player is in position to collect the ball and keep the attack alive

Coconuts

Purpose

Improve passing combinations, attacking transition and defending in pairs and groups.

Passing along the ground between 5-15 yards. Receiving using the feet. Work on attacking and defending as an individual, pair and small group.

Organization

30 x 25 yard area. Set inside of the playing space, balls are placed on 3 cones at either end of the area to create 3 targets. The targets are 5 yards from each end line.

Directions

The objective of the game is to have players pass or dribble the game ball into a target knocking off the target ball. When successful reset the target and the play continues. Encouraged the players to use the playing space behind the targets when on attack.

Objectives & Tips

Encourage players to play forward or switch the play.

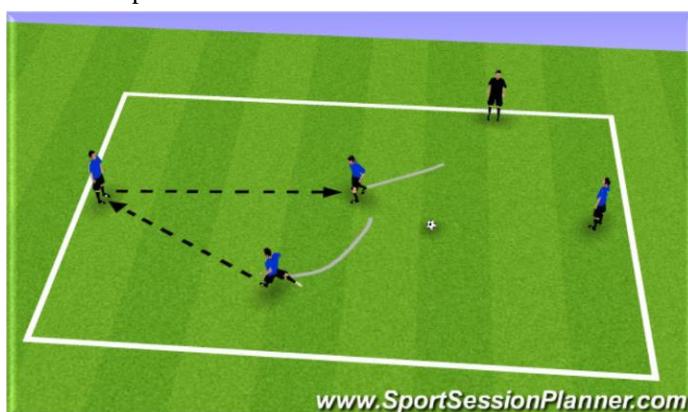
Remind players to use both the horizontal and vertical space that is available.



- ➊ The first pass is played into a central player.
- ➋ The passer moves off at an angle to receive the ball back.



- ➊ The central player makes a bending run wide and away.
- ➋ The first passer plays the ball to the runner and moves to the central position.



- ➊ The ball is played to the player at the opposite end of the space.
- ➋ The passer follows the pass.
- ➌ The entire sequence of four passes and four movements then resets the other way.

Knock and Move

Purpose

Works on passing and passing combinations.

Short passing along the ground 5-15 yards. Receiving the ball using the feet and mobility on and off the ground. Develops the passing and receiving technique as well as patterns of movement.

Organization

Use sets of 4 players 15-20 yards apart. Position one player between in the middle.

Directions

The activity is a 4 pass sequence, with 4 corresponding movements. Once the sequence is played it comes back the other way. The passing sequence involves four passes and four movements. The sequence goes back and forth and is continuous.

Objectives & Tips

- ➊ Have players play the way they face and turn without the ball.
- ➋ Make sure the spin movement of the middle player is wide, not long.

Fun Games

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- The player with the ball commits the opponent on the dribble.
- Other 3 attacking players employ width and mobility to get open.
- 4 white players establish a shape to stretch the 3 blue players.

Micro Soccer

Purpose

Encourages speed of play and positive transitions to attack. Works on passing combinations, defending in pairs and groups and shooting.

Organization

35 x 25 yard field with 5 yard end zones and small goals. Play is 4 vs. 4.

Directions

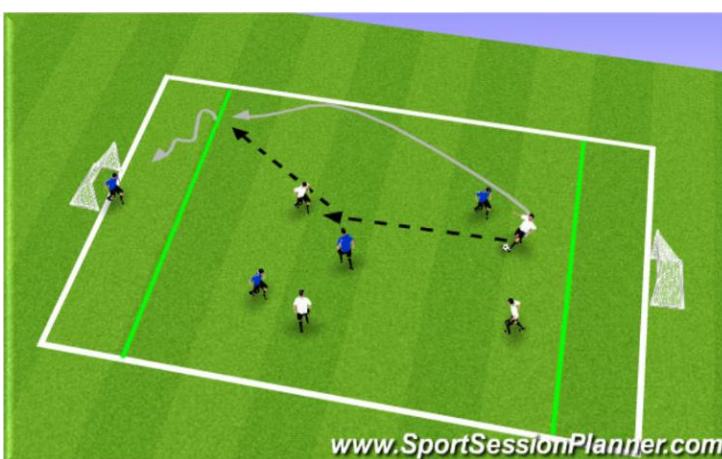
The game commences with the coach passing to one of the teams of 4. The defending team must drop one player back into the end zone, to leave 3 defenders against 4 attackers. When the ball is turned over, the team losing possession must drop a player into the defensive zone and the attacking team can attack at full strength – 4v3.



- The blue team's strike at goal is saved.
- White team quickly transition with an outlet pass.
- Simultaneously, one blue player immediately recovers to the goal.

Objectives & Tips

- Get players to play fast and positive in attacking transition.
- Have a good supply of balls so play is continuous and fast paced.



- The white team breaks down the well-organized defense.
- A give and go eliminates a blue opponent allowing the white player to get into the space behind.



- ➊ Blue player dribbles and shoots.
- ➋ White goalkeeper recovers ball.
- ➌ White shooter is ready to play.



- ➊ Blue player dribbles and shoots.
- ➋ White goalkeeper gives up a rebound.
- ➌ Blue player can finish rebound with one touch.



- ➊ A server plays the ball to the blue player.
- ➋ White goalkeeper retrieves the ball. +
- ➌ Immediately a server for white plays a ball forward.

Mirror Goal

Purpose

To encourage players to be direct to goal. The use of the Mirror Goal gives the players lots of opportunity to shoot at goal. It also allows for the efficient retrieval of balls and the opportunity for the coach to critically observe the players' technique.

Organization

Set up an appropriately sized goal using cones. 2 teams of 4 players, with a ball each are on either side of the goal. The distance from goal should be appropriate for their technical level of the players – start with 20 yards and then modify.

Directions

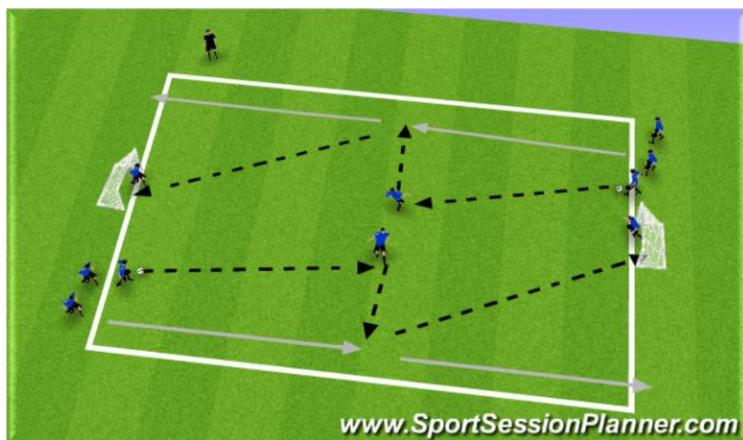
One team provides a goalkeeper. The first player from the opposing team dribbles the ball forward and shoots before a cone marking a designated distance from goal. After the shot the shooter moves forward to be in goal and receives a shot from the other direction. The outgoing keeper is responsible for retrieving the ball and returns to their team. The first player in line from the other side now.

Objectives & Tips

- ➊ Provide the players valuable repetition of striking a moving ball at goal
- ➋ Observe closely the position of the non-kicking foot and the head at the moment of impact as this will impact the strength and direction of the shot.

Fun Games

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- ➊ A pass made to a central targets is laid off to the outside.
- ➋ The shooter runs onto the ball.
- ➌ The shooter attempts to score near and far post.

Shooting Circle

Purpose

Works on passing combinations and attacking transition, as well as shooting. This activity creates shooting frequency. The types of shooting scenarios can be varied and the coach can observe closely to provide individual instruction.

Organization

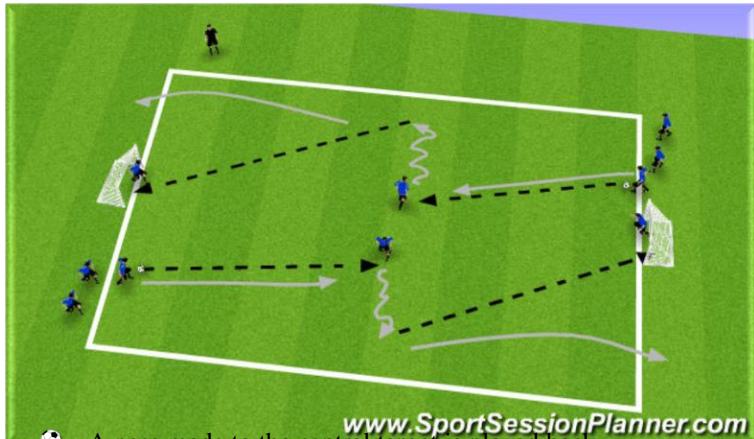
Use 2 big goals with keepers. The distance between goals should provide an appropriate challenge. Start with groups of players at each goal with plenty of balls.

Directions

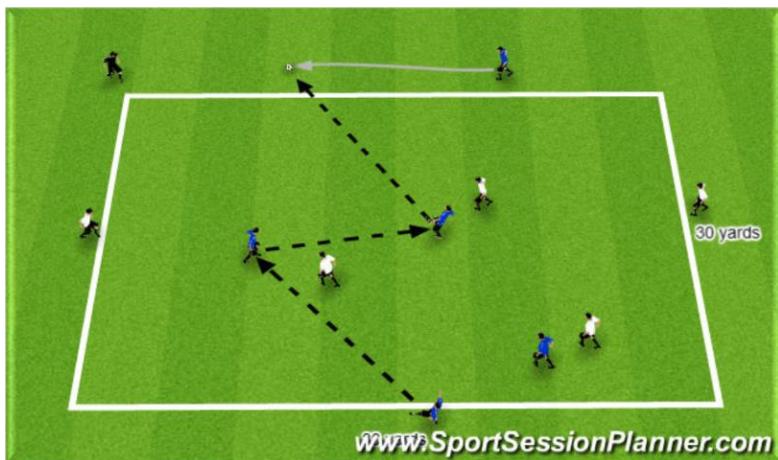
The ball is passed by the shooter to a target who lays it off for a shot. When the ball is dead the shooter becomes the target and the target retrieves the ball

Objectives & Tips

- ➊ Give the players repetitions for strikes at goal with a variety of service.
- ➋ Encourage players to take a look at the goalkeeper's position as they move, without the ball, on to the shot. Head over the ball for the shot.



- ➊ A pass made to the central target is played back.
- ➋ Shooter must collect ball and dribble before shot.



N.E.W.S.

Purpose

Works on passing combinations, attacking transition and defending in pairs and groups.

This activity helps players develop a rhythm and purpose in possession.

Organization

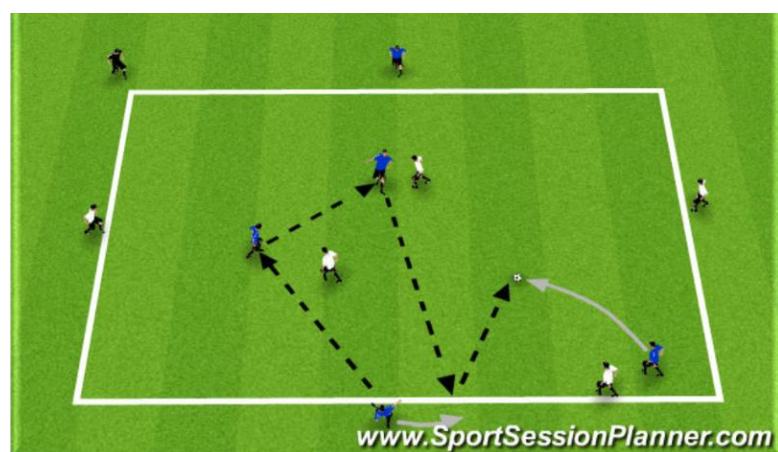
30 x30 yard square. Play is 3v3 in the area with a target player on two sides for each team (5v5). The target players are on opposite sides of the square.

Directions

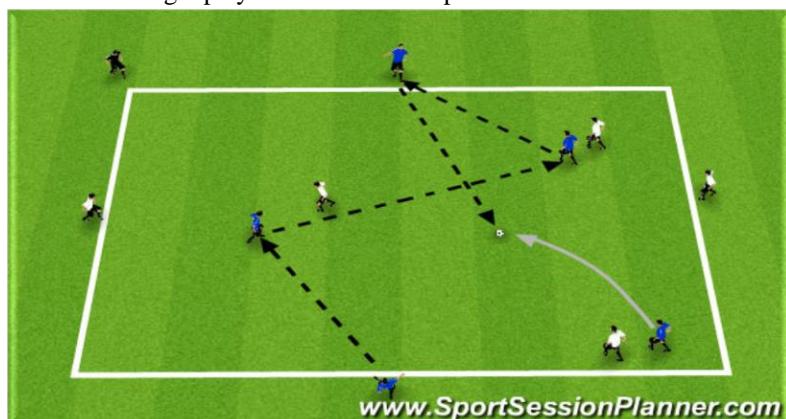
Each team seeks to maintain possession using their target players. The objective is to move across the square by combining passes and avoiding turning the ball over to the other team.

Objectives & Tips

- ➊ Encourage players to be positive in possession.
- ➋ observe the supporting movements of the target players.



- ➊ The white team defends well.
- ➋ The target player moves well in support of the ball.
- ➌ The target players involved multiple times.



- ➊ Off the ball, an inside player anticipates and moves to receive.
- ➋ An immediate pass from the second target player maintains possession.

Fun Games

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- ⚽ 3 v 3 with goalkeepers.
- ⚽ Player immediately penetrates on the dribble.
- ⚽ The decision to dribble is a good one.

Subs Up

Purpose

Works on passing combinations, attacking transition, defending in pairs and groups, as well as shooting

To encourage players to react quickly to transition moments of the game.

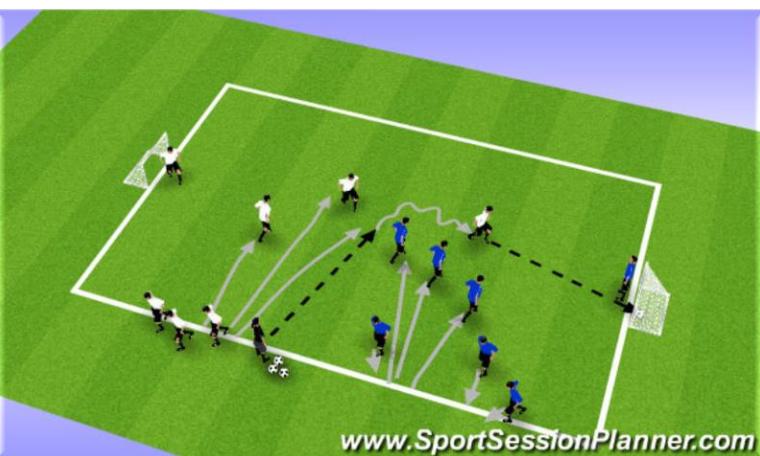
Organization

25 x 20 yard area with a goal at each end. Players are split into 2 teams with a goalkeeper for each team. Play 3 vs. 3 with extra players for both teams on the side of the field.

Directions

Every time the ball goes out of play the coach serves in another ball. After a number of repetitions the coach calls “subs up” and all players must exchange with teammates. The players and the teams that react the quickest will have the opportunity to score as the opponent is transitioning into defence. Players will be engaged and ready to switch in on the coach’s command.

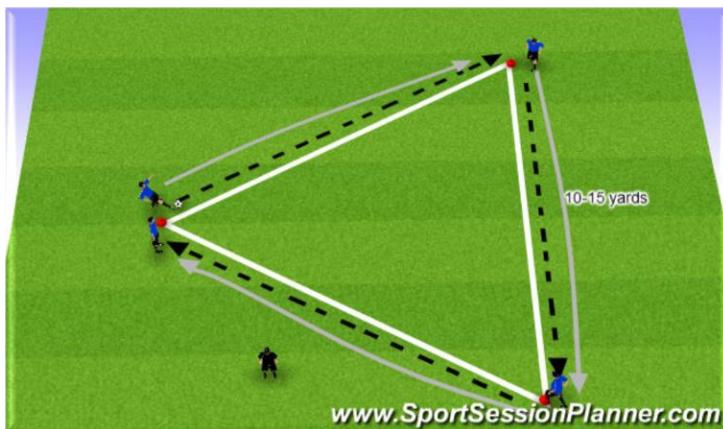
Objectives & Tips



- ⚽ The coach calls for all players to sub out.
- ⚽ One player in white has responded quickest.
- ⚽ The urgency to get in is good and scores.



- ⚽ The coach plays in a 50/50 ball.
- ⚽ The white player immediately plays a penetrating forward pass.
- ⚽ The decision to pass quickly is a good one.



Triangle Technical Warm Up

Purpose

Works on passing combinations. Physically activates players in a technical pattern warm up, that focuses on passing, receiving and movement with the ball.

Organization

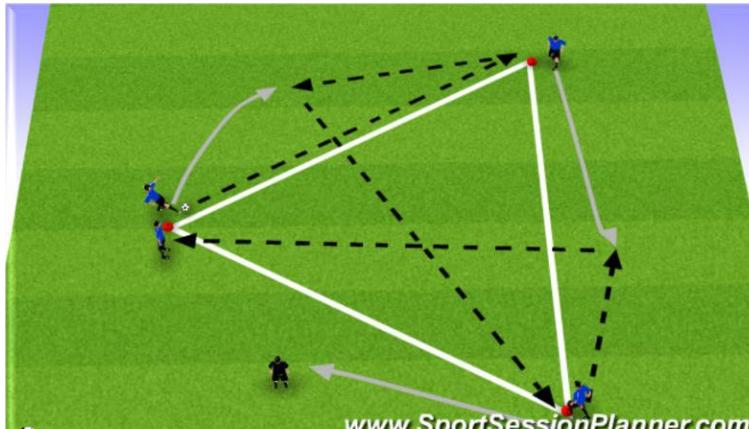
3 cones, 10-15 yards apart, make an equilateral triangle. At 2 of the cones there is a player and at one cone there are 2 players. Play commences from the cone with 2 players

Directions

The warm up activity has a series of prescribed progressions of passing and movement. To begin, players pass to the outside of the triangle in a clockwise direction. The pass should be firm and along the ground. Once a rhythm has been established, the coach can introduce passing combinations, such as a give and go or overlap.

Objectives

- ➊ Get the players passing and moving with purpose.
- ➋ Encourage/demand technical sharpness as the activity is unopposed.



- ➊ The ball is passed to the outside of the cone.
- ➋ The receiver passes the ball back.
- ➌ The ball is passed across the triangle.

Fun Games

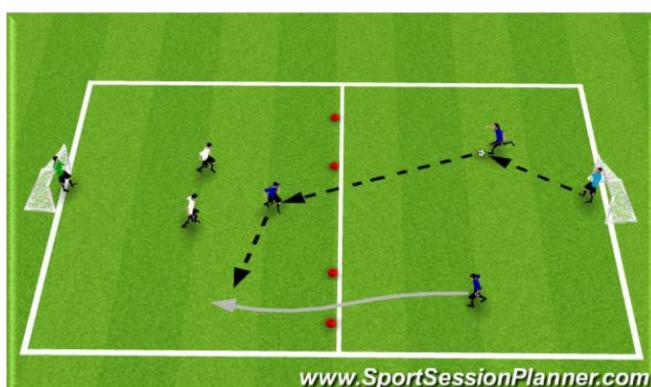
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- ➊ White commits blue on the dribble.
- ➋ The pass forward is followed by a wide run



- ➊ Blue penetrates on the dribble.
- ➋ The blue target checks to the back post.



- ➊ The ball is played forward to the target.
- ➋ The third player moves off the ball to support.

Wide Gate Game

Purpose

Works on passing combinations, attacking transition, as well as defending in pairs and groups. This activity encourages players to support passes they play forward. It reinforces the importance of width and mobility in the attack.

Organization

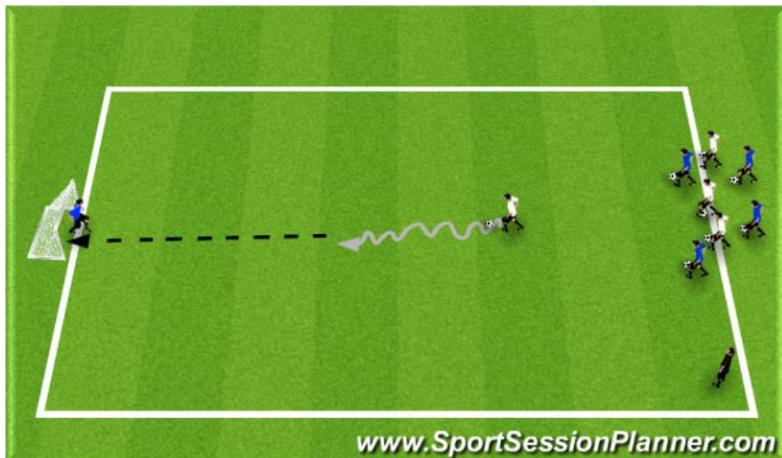
Field is 30x25 with wide gates on the half way line. Two small goals with keepers and 3 vs.3 on the field.

Directions

In each half there is a 2 vs. 1 advantage to the team defending that end. When the ball is play forward to the lone target one of the deeper players must support by running forward through the gates.

Objectives

- ➊ To have effective defending at the point of the ball to allow for effective team defense.
- ➋ make sure your vision takes in all members of the defending team and can assess their positions.



Numbers up to Goal

Purpose

Works on passing combinations, attacking transition, defending in pairs and groups as well as shooting. Encourages players to be direct to goal and to identify a numbers up situation.

Organization

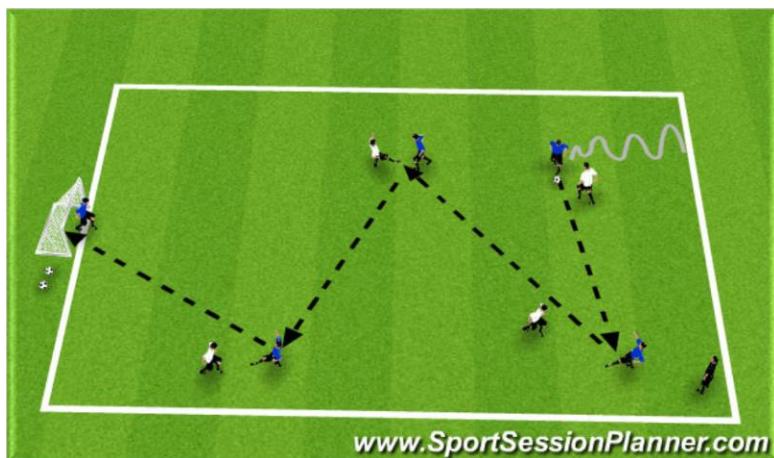
30 x 25 yards with 1 goal. A goalkeeper and 2 teams of 4 players. Supply of balls and 2 sets of pinnies.

Directions

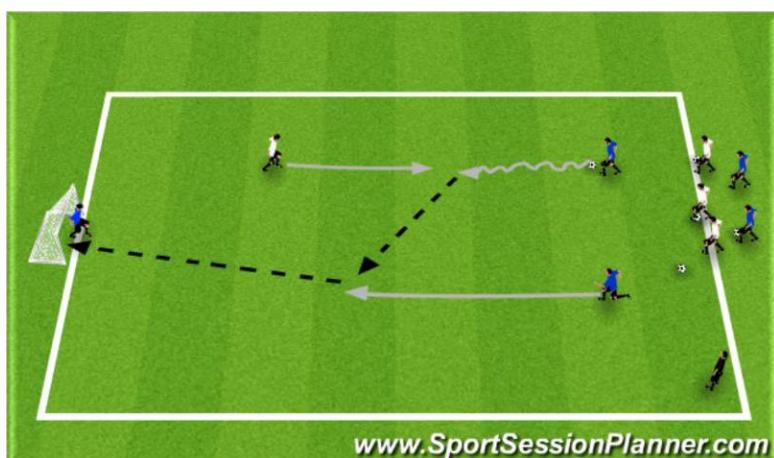
Play begins with 1 attacker v goalkeeper. Whatever the outcome, the attacking player becomes a defender. 2 attackers set off from the cones and attempt to score past the defender and goalkeeper. The defender steps off the field and re-joins the line. As before, once the ball is won by the defenders or a goal is scored, the 2 attackers now transition to being the defenders against the next 3 attacking players. The next progression is 4v3 and the final progression is 4v4. If the defenders win the ball they should return it to the coach as a counter option. Restart the game, switching out the goalkeeper.

Objectives

- Encourage players to play incisively and quickly to goal.
- Encourage each new attack to begin immediately after the ball goes dead.



- Attacker on the ball commits the defender.
- 2nd attacker receives a pass for a shot at goal.



- The game progresses to a 4 vs. 4.
- The attacking team pass and move to create a shot.

Injury Information

Pocket CONCUSSION RECOGNITION TOOL

To help identify concussion in children, youth and adults



RECOGNIZE & REMOVE

Concussion should be suspected if **one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness

Lying motionless on ground/Slow to get up

Unsteady on feet/Balance problems or falling over/Incoordination

Grabbing/Clutching of head

Dazed, blank or vacant look

Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

"At what venue are we at today?"

"Which half is it now?"

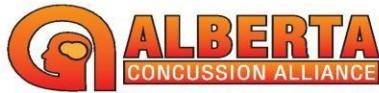
"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

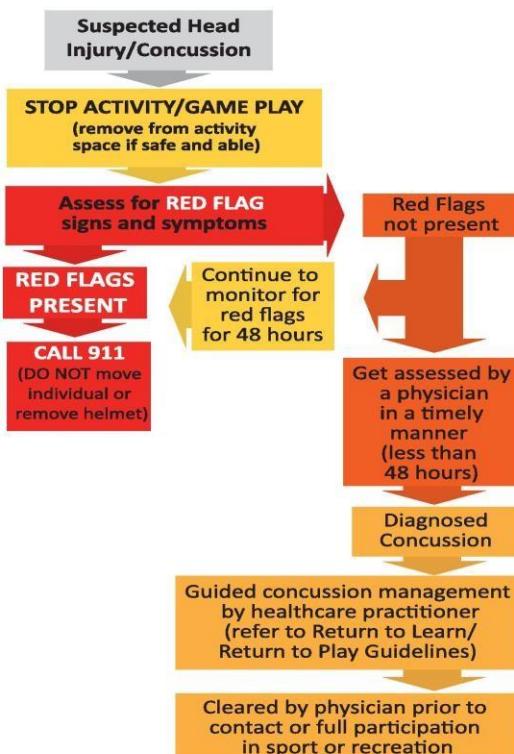
Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.



Sport Medicine Council of Alberta
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www.sportmedab.ca

Concussion Action Plan (CAP)



- If at any time it is suspected that an individual has sustained a concussion, immediately stop all activity. Do not move the individual.
- ACA defines suspected concussion as the recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is behaving unusually that may be a result of concussion. Please note that concussions can occur from an impact to the head, face, body or no impact at all.
- Concussion may happen in organized sport, unorganized sport, physical education classes, recreational activities. Symptoms can be delayed up to 48 hours.
- When concussion symptoms are present, the injured individual should not take any medication.
- When monitoring the individual, look for red flag and concussion symptoms, as well as symptom severity.

Produced in Partnership with:



Providing the progressive developmental framework that will help coaches and players reach their full potential.

