



Ages 9-10 Victor Soccer Club

Player Development Season Training Plan

What technical skills should I be teaching my players?

When do I start teaching tactics to my team?

What goals are realistic for my players to achieve by the end of the season?

These are some of the biggest questions youth soccer coaches are confronted with at the start of a new season. Planning your training sessions for the week and for the entire season will help you deliver a more efficient training session on a consistent level. Properly preparing a training session will give the coach greater confidence with the players and a better understanding of how to adapt the exercises to the team's and players' needs on the field. Every team and every player has different ability levels and it is extremely important that your practices and training exercises meet the needs of the players at their particular age groups. A good coach is a good planner and I hope both you and your players will benefit from the materials I have put together for you to use!

ORGANIZATION			
Sessions Per Week	1-2	Session Time	60 min
Players Per Team	12-14	Game Time	2x25 min
Structure of Training Session		Aspects That Will Help With The Organization Of The Practice	
Warm Up	15	Space – Keep the organization simple. Set your drills up ahead of time Time – Let the practice flow, make coaching points at the right time Rules – Use different rules to adapt the practices, make the exercises age appropriate Number of players – Practices should progress from smaller to bigger groups	
Technical	20		
Small Sided Game	15		
Scrimmage	20		
Cool Down	5		

Ages 9-10 Season Objectives & Goals

Scrimmage	Efficiently occupy the spaces on the field
Tactical	Creating space to receive the ball and keep possession
Technical	Improve individual and collective basic soccer techniques
Physical	Develop speed, coordination and balance with and without the ball
Psychosocial	Positive interaction with teammates during the game

BY THE END OF THE SEASON THE PLAYER MUST BE CAPABLE OF:

Basic skills in 1v1 situations
Balance in relation to the ball (forwards, backwards and side to side)
Basic coordinated movements with and without the ball

Ages 9-10 Training Topic Chart

Using the training topics below will provide you with a better idea of what skills should be taught for this age group. The numbers will designate the importance of coaching/teaching the different technical aspects of the game. For example, a number 5 in passing and receiving means that this element is extremely important to train at this age group.

Emphasis Key: 5 = very high, 4 = high, 3 = mid

Five (5)

Passing & Receiving

Shooting

Ball Control/Touch

1v1 Attacking

Four (4)

Running with the Ball

Turning

Dribbling

Three (3)

Shielding