



Learn to Train- U9 to 12

Physical – This is an optimal window for trainability of speed, flexibility and skills.

Technical – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.

Tactical – Developing environment awareness and encouraging decision making – simple combinations, marking and running into space.

Mental – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.





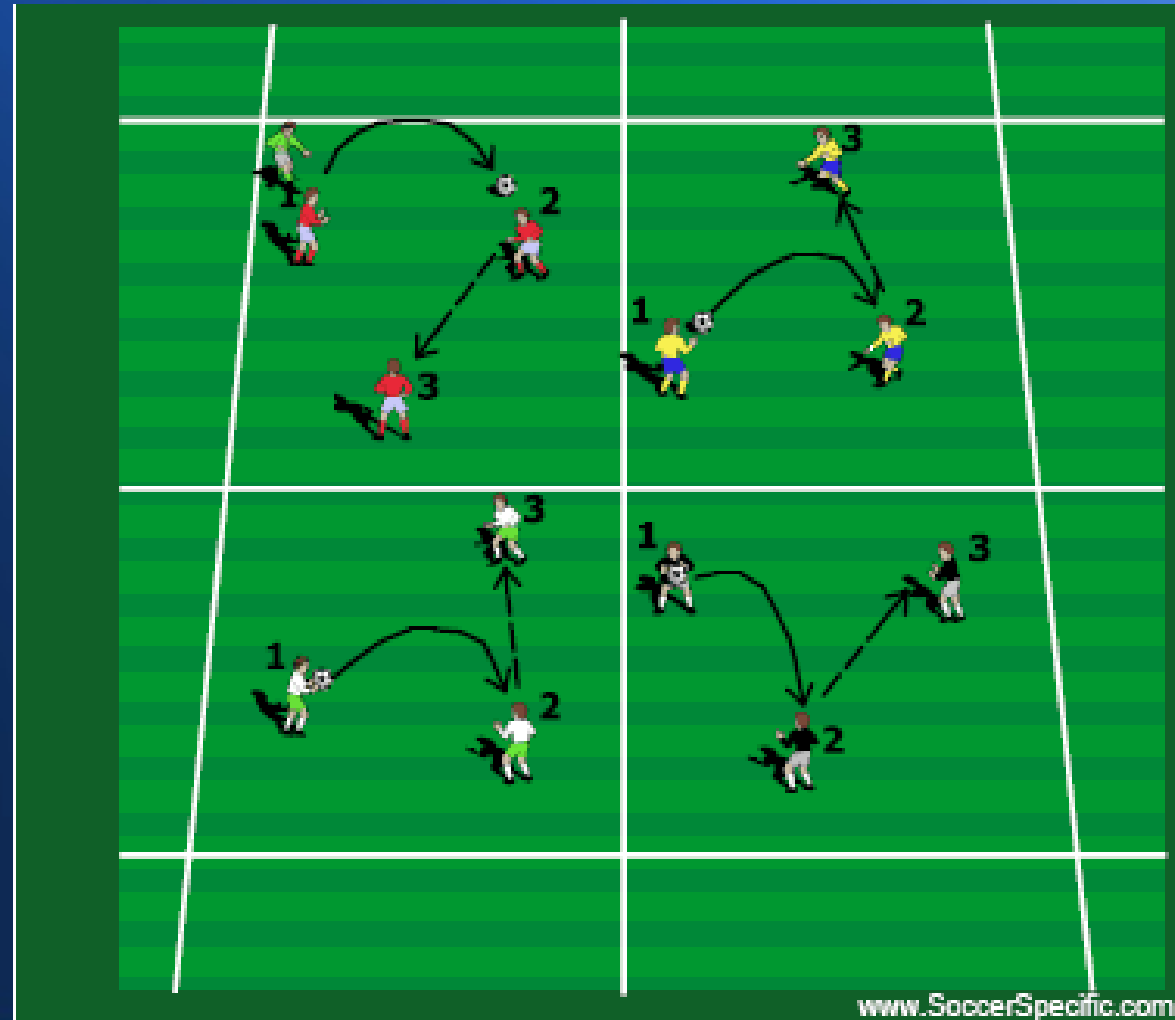
Sample Practices

Heading Introduction: Throw-Head-Catch

Set-up: 1 ball between 3 players in a 10x10 yard area

Instructions: All players moving inside working area. Player 1 throws the ball to Player 2 to head to Player 3. Repeat.

Key Factors: Eyes on the ball, Attack the ball, Part of head & ball, Head ball down to target, One foot take off, Meet ball at highest point (Timing)





Active Start- U9 to 12

Let them Play
Make it Fun!!!!

