



# Eden Prairie Soccer Club

## Player Development Curriculum

U9/10

From “Me” to “Us” Individual to Group

Peter Reid; Director of Coaching



**The EPSC Player Development Curriculum** is designed to give coaches, players and parents a clear picture of what we expect at the various age levels. The following technical and tactical information provides a solid point of reference for coaches to refer to.

The idea of a club curriculum through the year groups is to set a standard of learning. It may be necessary for a particular group to follow a curriculum outside of their own age, please contact the Director Of Coaching if you have questions.

The curriculum will provide you with skills and tactics that suit the age, as the player’s progress up the age ladder they will be challenged with a new set of challenges each year.

The u9/10 curriculum takes into account that players of this age are still very individual in their outlook and play but we are guiding them towards team concepts however small they may be.

*“What I hear I forget,*

*What I hear and see I remember a little,*

*What I hear, see and ask questions about or discuss with someone else, I begin to understand;*

*What I see, hear, discuss and do, I acquire knowledge and skill;*

## TECHNICAL

- ✓ **Passing**- Inside of the foot and up to 12 yards with accuracy. Outside of foot to 5 yards.
- ✓ **Dribbling**- Inside, outside, sole and laces both straight and at angles.
- ✓ **Receiving**-Inside of foot with ball staying within a yard. Outside of foot to space.
- ✓ **Shooting**-Inside of foot and progressing to laces up to 10 yards accurately.

## TACTICAL

- ✓ **Decision Making**- Recognize space to attack, when and where to shoot from.
- ✓ **Awareness**- Progress to recognizing the difference between 2v1 and 1v1.
- ✓ **Attacking**- Understand basic roles of 1<sup>st</sup> and 2<sup>nd</sup> attacker by u10.
- ✓ **Defending**- Understand basic roles of 1<sup>st</sup> and 2<sup>nd</sup> defender by u10.

## Training

- ✓ 30% individual ball work and 1v1
- ✓ 30% small group play, 2v1, 2v2, 3v1, 3v2 and 3v3
- ✓ 40% scrimmage of 4v4, 5v5 up to 6v6 or any use of Neutral.
- ✓ 60 minutes progressing to 75 with maturity of group.
- ✓ Training to match ratio 1 to 1 at u9, 2 to 1 at u10.

## Moves

- ✓ **Turns**-Inside hook, outside hook, sole drag back, sole roll push away, step over reverse take away
- ✓ **Moves**-Step over outside push, scissor outside push.
- ✓ **Specials**- Cruyff, Puskas, Matthews.

*“When in doubt, let the ball be the toy and the game be the coach”*