



St. Charles Force Curriculum

U9 and U10



LEARN TO TRAIN DEVELOPMENT MILESTONES

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| Training to Game Ratios | | <p>2:1 (one team training, one group training) 60-75 Minutes Encouraged Academy Attendance Encouraged multi-sport</p> |
| Game Format | | <p>6v6 (5 players and a goalie) x25 minute halves</p> |
| Ball Mastery | | <ul style="list-style-type: none"> • Ball mastery, with all parts of the foot and both feet <ul style="list-style-type: none"> • turns • rolling • stopping • juggling • Individual possession when challenged |
| Passing | | <ul style="list-style-type: none"> • Along the ground short distance passing with both feet • Passing off the front foot • Weight, timing, accuracy and disguise of pass • Passing on the move |
| Running with the Ball | | <ul style="list-style-type: none"> • Running with the ball and changing direction • Running with ball and passing off front foot |
| Dribbling | | <ul style="list-style-type: none"> • Change of speed, direction, use of disguise (Inside cut, Outside cut, Scissors, Mathews) • Use all parts of foot and both feet • Turns <ul style="list-style-type: none"> • drag back • inside turn • outside turn • Cruyff • Step-over |
| Receiving and Control | | <ul style="list-style-type: none"> • First touch • Ground and aerial control • Open body shape to face field • Body shape, in line, cushion ball |



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| Shooting and Crossing | | <ul style="list-style-type: none">• Driven and lofted strikes• Proper technique |
| Defending | | <ul style="list-style-type: none">• Defending from the Front, Back, Side• Block shots• Blocking tackles• Stay on feet |
| Heading | | <ul style="list-style-type: none">• Correct basic technique• Know the difference between attacking and defending headers |
| Tactical Awareness | | <ul style="list-style-type: none">• Basic angles and distances of support• Creating space to receive and retain ball• <i>Learning to play in a range of positions</i>• Combinations in 2v2 situations• Creativity when facing opponents• When to pass to feet or to space• Close-down ball (nearest defender)• Basic covering• Stopping shots and forward passes• Marking and tracking• Recovering back when ball is turned over• Use of small sided games to create problems and enhance decision making |