



U . S . S O C C E R F E D E R A T I O N  
**PLAYER DEVELOPMENT  
FRAMEWORK**

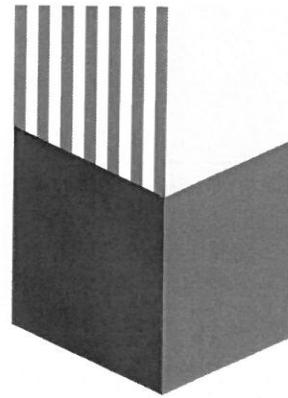
**7V7  
U9 - U10 LEARNING PLAN**





U.S. SOCCER FEDERATION - TECHNICAL PLAN

**PLAYER-CENTERED**



# WHO IS IN FRONT OF US?

**A PLAYER-CENTERED APPROACH TO PLAYING THE GAME**  
FOCUS ON CREATING A DEVELOPMENTALLY APPROPRIATE LEARNING ENVIRONMENT

**DEVELOPMENTAL STAGE: MIDDLE & LATE CHILDHOOD**

B-U5	B-U6	B-U7	B-U8	B-U9	B-U10	B-U11	B-U12	B-U13	B-U14	B-U15	B-U16	B-U17	B-U18	
G-U5	G-U6	G-U7	G-U8	G-U9	G-U10	G-U11	G-U12	G-U13	G-U14	G-U15	G-U16	G-U17	G-U18	
<b>U9</b>	<b>SOCIAL CHARACTERISTICS</b>			<b>EMOTIONAL CHARACTERISTICS</b>			<b>LANGUAGE CHARACTERISTICS</b>			<b>COGNITIVE CHARACTERISTICS</b>			<b>PHYSICAL CHARACTERISTICS</b>	
	<ul style="list-style-type: none"> <li>Value relationships and have stronger desire to belong</li> <li>Social world expands beyond family</li> <li>Self-awareness improves and can have a desire for privacy which can lead to selfishness</li> <li>Are developing an increased awareness of self-respect and respect for others</li> <li>Have a desire to adhere strictly to rules and be fair which can lead to conflict</li> <li>May act unreasonable or rude when things do not go as planned but can recognize behavior within themselves and others (need support to deal with conflict)</li> <li>Are willing to take on more responsibility</li> <li>Driven to be competitive when playing games</li> </ul>			<ul style="list-style-type: none"> <li>Self-consciousness is increasing, which impacts feelings</li> <li>Beginning to develop/establish a clear identity or sense of self-worth</li> <li>Self-concept can change from activity to activity (leads to a range of emotions)</li> <li>Compare performance with that of their peers which can lead to becoming more competitive</li> <li>Sensitive to the feelings or impressions of others</li> <li>Have a strong sense of justice and fairness and internalize anything that is unjust/unfair and take it personal</li> <li>Can stand up for themselves and control emotional response most of the time, however they still experience volatile emotions and moods</li> <li>Use humor without a filter</li> </ul>			<ul style="list-style-type: none"> <li>Language is evolving - the conversation can be more abstract (e.g., sportsmanship, fairness, etc.)</li> <li>Like to talk; use language to express feelings/tell stories</li> <li>Ask many questions and want thoughtful answers</li> </ul>			<ul style="list-style-type: none"> <li>Beginning to develop enhanced self-regulation (e.g., planning and goalsetting)</li> <li>Improving memory and ability to problem solve</li> <li>Can sustain focus and pay attention for a longer time period than previous stage</li> <li>Improving ability to collectively brainstorm for solutions and co-create strategies (better able to understand and appreciate different opinions)</li> <li>Start to link practice and effort to performance (they see the benefit of practice)</li> <li>Can engage in group play on their own which leads to cooperative learning</li> <li>Learning occurs through self-discovery and self-expression (improved self-direction)</li> <li>Are curious and have broad interests</li> <li>Beginning to respond better to some routines and structure</li> </ul>			<ul style="list-style-type: none"> <li>Slow, steady growth (no huge changes)</li> <li>Coordination continues to improve (fluid movements)</li> <li>Improved coordination of fine motors skills (skill refinement)</li> <li>Vision improves leading to increased spatial awareness (my body in space and time) as well as a growing ability to track moving objects/people</li> <li>Have a high activity level (energy)</li> <li>Individual variability (differences) begins to occur for some females (U10)</li> </ul>	
<b>U10</b>														

**FOUNDATION PHASE I**

**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

**GOALS**

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)
- Players continue to develop fundamental soccer skills with and without the ball with pressure (ME AND THE BALL)
- Players develop cooperative play, low structured team play based on a style of play (ME AND MY TEAMMATES)

**LEARNING ENVIRONMENT: OBJECTIVES**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• To develop individual coordinated movements (efficiency, quality, quickness)</li> <li>• To continue develop reaction speed and acceleration speed, agility</li> <li>• To develop fundamental player actions with a high focus on both attacking and defending actions</li> <li>• To develop skill acquisition (application of technique): mid-range passing and shooting (20 yards)</li> <li>• To develop spatial awareness (SCANNING) and coordinated movements with teammates</li> <li>• To cooperate with others as a team to solve problems within the game</li> </ul> | <ul style="list-style-type: none"> <li>• Developing formations with specific roles and responsibilities including the goalkeeper</li> <li>• To introduce age-appropriate individual &amp; collective team tactical principles / player actions in attacking and defending and both transition moments</li> <li>• To experience playing in multiple positions</li> <li>• To introduce of the concept of a warming-up routine</li> <li>• To develop reflection skills: about the game</li> <li>• To develop reflection skills: build self-esteem and self-confidence</li> </ul> |
|---|---|

**LEARNING ENVIRONMENT: ACTIVITIES**

- Activities are not only formed around deliberate PLAY with the ball (one player - one ball), but also focused on small group teamplay
- Utilize specific training session goals(player actions / team tactical principles)
- Focus on a spontaneous experience and fun IN cooperative GAMES (learning through low structured play that allows for players' choice)
- Utilize inclusionary small sided games: U9: 1v1 → 5v5 (including use of unbalanced games) - U10: 1v1 → 6v6 (roster size) / 7v7 (including use of unbalanced games)
- Focus on progressing foundational movement skills in soccer actions
- Focus on the development of both feet
- Short ball-oriented activities challenging the players' movement focused on power, speed, agility and mobility

**LEARNING ENVIRONMENT: COACHING**

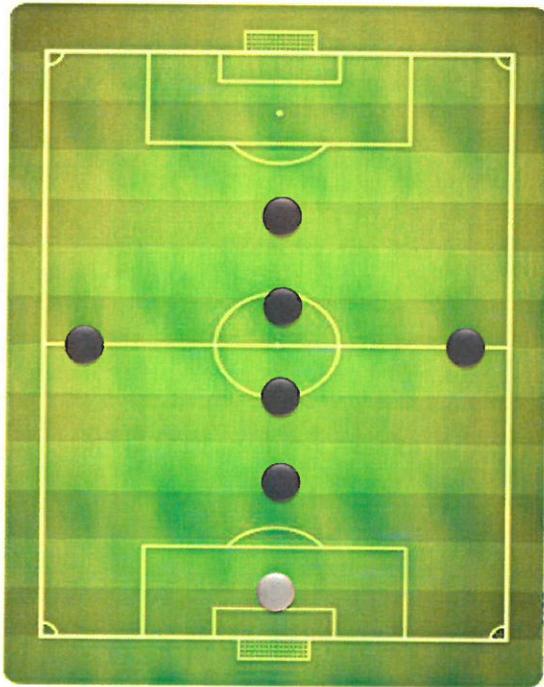
- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Be enthusiastic, animated, FUN, and supportive</li> <li>• Work on a specific topic / training session goal</li> <li>• Help players understand their role and increase their focus</li> <li>• Support individual development within the team context</li> <li>• Encourage and support playing and development in multiple roles and positions throughout the season</li> <li>• Promote players to provide input and feedback (brainstorm collectively for solutions)</li> </ul> | <ul style="list-style-type: none"> <li>• Recognize that individual differences exist</li> <li>• Be wary of verbal comparisons and- or over criticizing</li> <li>• Challenge the individual players' level and emphasize effort over outcome to build-up self esteem</li> <li>• Acknowledge frustrations and disappointment and help them develop coping strategies</li> <li>• Empower players to resolve conflict</li> <li>• Maintain zero tolerance for bullying</li> <li>• Incorporate routines and low-level of structure</li> </ul> |
|---|---|



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# PLAYER-CENTERED: THE PLAYER

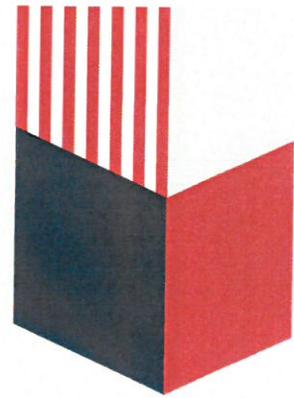
7v7



U9 - U10

## SOCIAL

- Value relationships and have stronger desire to belong
- Social world expands beyond family
- Self-awareness improves and can have a desire for privacy which can lead to selfishness
- Are developing an increased awareness of self-respect and respect for others
- Have a desire to adhere strictly to rules and be fair which can lead to conflict
- May act unreasonable or rude when things do not go as planned but can recognize behavior within themselves and others (need support to deal with conflict)
- Are willing to take on more responsibility
- Driven to be competitive when playing games





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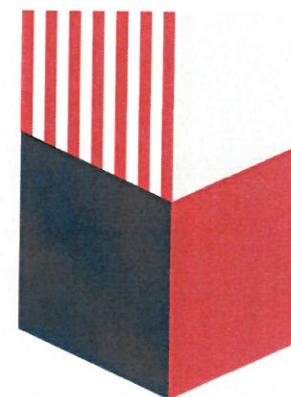
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U9 - U10

## EMOTIONAL

- Self-consciousness is increasing, which impacts feelings
- Beginning to develop/establish a clear identity or sense of self-worth
- Self-concept can change from activity to activity (leads to a range of emotions)
- Compare performance with that of their peers which can lead to becoming more competitive
- Sensitive to the feelings or impressions of others
- Have a strong sense of justice and fairness and internalize anything that is unjust/unfair and take it personal
- Can stand up for themselves and control emotional response most of the time, however they still experience volatile emotions and moods
- Use humor without a filter





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# PLAYER-CENTERED: THE PLAYER

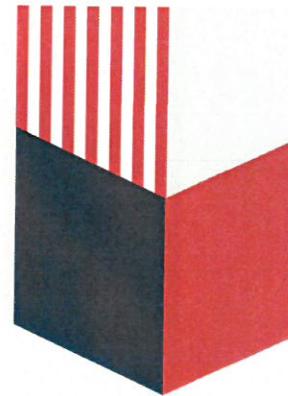
7v7



U9 - U10

## COGNITIVE

- Beginning to develop enhanced self-regulation (e.g., planning and goalsetting)
- Improving memory and ability to problem solve
- Can sustain focus and pay attention for a longer time period than previous stage
- Improving ability to collectively brainstorm for solutions and co-create strategies (better able to understand and appreciate different opinions)
- Start to link practice and effort to performance (they see the benefit of practice)
- Can engage in group play on their own which leads to cooperative learning
- Learning occurs through self-discovery and self expression (improved self-direction)
- Are curious and have broad interests
- Beginning to respond better to some routines and structure





U.S. SOCCER FEDERATION - TECHNICAL PLAN

# PLAYER-CENTERED: THE PLAYER

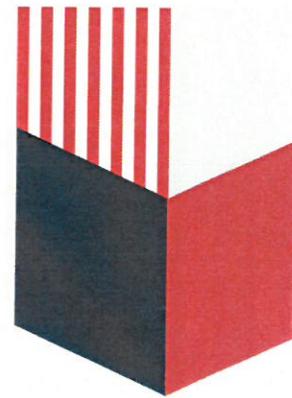
7v7



U9 - U10

## PHYSICAL

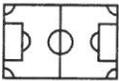
- Slow, steady growth (no huge changes)
- Coordination continues to improve (fluid movements)
- Improved coordination of fine motors skills (skill refinement)
- Vision improves leading to increased spatial awareness (my body in space and time) as well as a growing ability to track moving objects/people
- Have a high activity level (energy)
- Individual variability (differences) begins to occur for some females (U10)





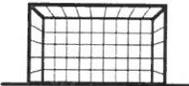
# PLAYER DEVELOPMENT INITIATIVES 7V7 STANDARDS OF PLAY

## FIELD



55-65 yards (length)  
35-45 yards (width)  
Build out lines should be equidistant between the penalty area line and halfway line

## GOALS



Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)  
A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of players

## BALL



Size 4 ball

## 7v7 # OF PLAYERS



7v7 (6 field players and 1 goalkeeper- game may not start or continue if less than 5 players on a team)

## LAW 11- OFFSIDE



Offside- the build-out line may be used to denote players in an offside position.

## SUBSTITUTIONS



Substitutions are unlimited and can occur at any stoppage

## REFEREES



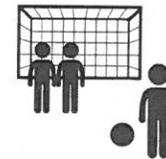
Referees must have minimum certification as the U.S. Soccer Grassroots Referee License. Other Match Officials are used at the discretion of the competition

## TIME



2x25 halves  
10 -minute halftime  
No added time

## LAW 13



Free Kicks

## LAW 14



Penalty Kick

## START/RESTART PLAY



Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play

## FREE KICKS



For all free kicks, opponents should be 10 yards away from the ball on all restarts

## LAW 15



Throw-in

## SHIN GUARDS

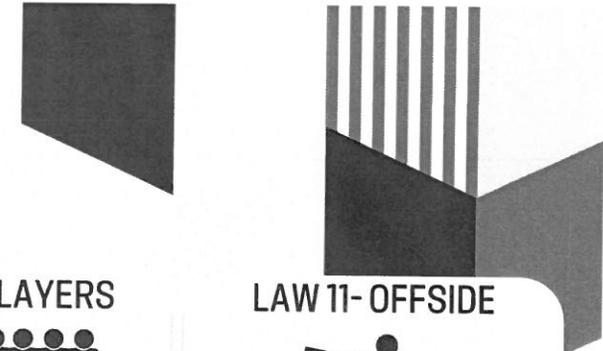


Shin guards Required

## HEADING



No heading





U.S. SOCCER FEDERATION - TECHNICAL PLAN

# PLAYER DEVELOPMENT FRAMEWORK

7v7



U9 - U10

## FOUNDATION PHASE II SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

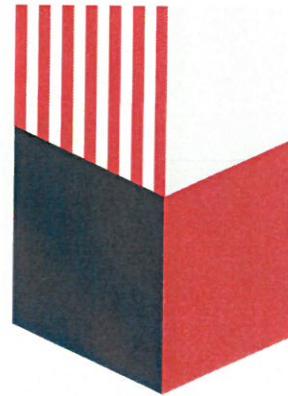
### Soccer Development

#### GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
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### Learning objectives

- To develop individual coordinated movements (efficiency, quality, quickness)
- To continue develop reaction speed and acceleration speed, agility
- To develop fundamental player actions with a high focus on both attacking and defending actions
- To develop skill acquisition (application of technique): mid-range passing and shooting (20 yards)
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**THE GAME MOMENTS**



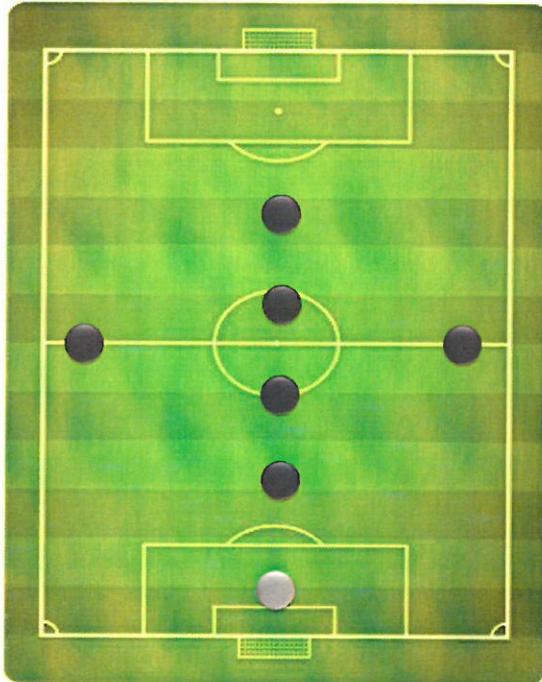


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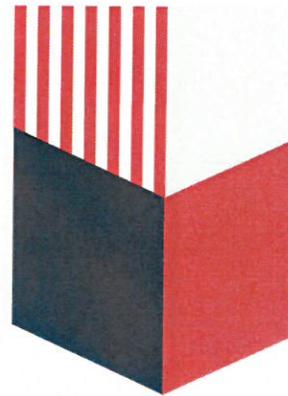
# PLAYER DEVELOPMENT FRAMEWORK

7v7

U9 - U10



FOUNDATION PHASE II	
SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING	
ATTACKING	
GAME IDEA	
When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>CREATE ATTACKING SHAPE</b>	<ul style="list-style-type: none"> <li>• Create height, width, depth</li> </ul>
<b>PROVIDE OPTIONS TO PLAY FORWARD</b>	<ul style="list-style-type: none"> <li>• Provide vertical or diagonal passing options</li> <li>• Lose opponent when marked</li> </ul>
<b>BREAK LINES TO ADVANCE ATTACK</b>	<ul style="list-style-type: none"> <li>• Drive with the ball to exploit space</li> <li>• Engage opponent: create 1v1</li> <li>• Find a free player between the lines</li> </ul>
<b>FINISH THE ATTACK</b>	<ul style="list-style-type: none"> <li>• Find the player in a position to score or assist</li> <li>• Get players in front of goal</li> <li>• Cross to player in front of goal: over the ground</li> <li>• Take on 1v1 to create or score</li> <li>• Finish from the dribble, pass, or cross</li> </ul>



# U9 - U10

## FOUNDATION PHASE II

### SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

#### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>CREATE ATTACKING SHAPE</b> <small>POSITION TO CREATE SPACE</small>	<ul style="list-style-type: none"> <li>Create height, width, depth</li> </ul>	<ul style="list-style-type: none"> <li>The players off the ball spread out quickly and make the field big, both up and down the field (vertically) and across the field (horizontally).</li> <li>We make the space to defend bigger, which makes it more difficult for the opponent to defend and win the ball back.</li> </ul>
<b>PROVIDE OPTIONS TO PLAY FORWARD</b> <small>(RE-)POSITION TO RECEIVE THE BALL</small>	<ul style="list-style-type: none"> <li>Provide vertical or diagonal passing options</li> </ul>	<ul style="list-style-type: none"> <li>Players off the ball scan and move into open space, to provide a passing option.</li> <li>During the approach, the players adjust their body position to receive diagonally, facing the opponent's goal.</li> </ul>
	<ul style="list-style-type: none"> <li>Lose opponent when marked</li> </ul>	<ul style="list-style-type: none"> <li>The player off the ball recognizes the proximity of an opponent, scans and moves into open space, away from this opponent, to provide a passing option.</li> </ul>
<b>BREAK LINES TO ADVANCE ATTACK</b> <small>PLAY THE BALL FORWARD</small>	<ul style="list-style-type: none"> <li>Drive with the ball to exploit space</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans and recognizes the space in front.</li> <li>The player runs with the ball into the open space to advance.</li> </ul>
	<ul style="list-style-type: none"> <li>Engage opponent: create 1v1</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball decides to progress forward by driving at an opponent, using body feints and/or change of speed to dribble past (eliminate) them.</li> </ul>
	<ul style="list-style-type: none"> <li>Find a free player between the lines</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans for a teammate supporting in open space and executes an accurate pass with appropriate pace to this free player.</li> </ul>
<b>FINISH THE ATTACK</b> <small>CREATE SCORING OPPORTUNITY AND SCORE</small>	<ul style="list-style-type: none"> <li>Find the player in a position to score or assist</li> </ul>	<ul style="list-style-type: none"> <li>High up the field, the player on the ball passes at the right time to a teammate who is in a goalscoring position.</li> </ul>
	<ul style="list-style-type: none"> <li>Get players in front of goal</li> </ul>	<ul style="list-style-type: none"> <li>A minimum of two players run in front of the goal when the ball is wide in order to receive or score from a cross.</li> </ul>
	<ul style="list-style-type: none"> <li>Cross to player in front of goal: over the ground</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball scans from a wide area and passes to a teammate in front of goal</li> </ul>
	<ul style="list-style-type: none"> <li>Take on 1v1 to create or score</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball in the attacking half eliminates an opponent through dribbling to create a goalscoring opportunity</li> </ul>
	<ul style="list-style-type: none"> <li>Finish from dribble, pass or cross</li> </ul>	<ul style="list-style-type: none"> <li>The player on the ball decides to shoot after a dribble when in a goalscoring position.</li> <li>The player in a scoring position receives the ball from a teammate in a wide position (cross) or central position (pass) and shoots on goal.</li> </ul>



U.S. SOCCER FEDERATION - TECHNICAL PLAN

# PLAYER DEVELOPMENT FRAMEWORK

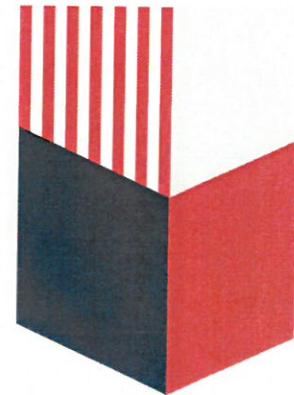
7v7

U9 - U10



## FOUNDATION PHASE II SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
<b>ATTACKING</b>
<b>WITH THE BALL</b>
Controlling
Protecting
Driving
Dribbling
Passing
Shooting
<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
Scanning
Supporting
Adapting body shape



## U9 - U10

### FOUNDATION PHASE II

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

## ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

### PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

#### WITH THE BALL

#### CONTROLLING

- Receiving and preparing the ball from short passes (distance up to 20 yards)
- Receiving by moving towards the ball when opponent is close by (attacking the ball)
- Avoid looking at the ball when receiving and preparing the ball
- Receiving and preparing in such a way that you can immediately go to goal

#### PROTECTING

- Shielding and maintain possession of the ball, by placing most of the body between the ball and opponent

#### DRIVING

- Running with the ball, keeping the ball close to the body. The ball is pushed in front of the player staying within 3-4 steps of the player
- Avoid looking at the ball while driving the ball
- Keep your body between the ball and the approaching opponent while driving the ball

#### DRIBBLING

- Eliminating the opponent by moving the ball past the opponent with changes of pace, changes of direction or both
- Keeping the ball close to the body
- Avoid looking at the ball while dribbling
- Dribble when you can cause direct danger on target

#### PASSING

- Playing the ball intentionally with different surfaces to a free teammate, into feet or space, within a distance of 5 to 20 yards
- Playing the ball to the foot so that the player receiving the ball can continue play forward
- Look at the player you are passing to when passing
- Play the cross at the right time and with the right ball speed outside the action area of the goalkeeper and the defender

#### SHOOTING

- Striking the ball intentionally with different surfaces from short and medium range (1-10 yards; 11-20 yards) on to goal (finishing)
- Follow the ball after the shot

## U9 - U10

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### PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

#### SPACIAL & POSITIONAL AWARENESS

#### SCANNING

- Searching for the ball, teammates and the goal

#### SUPPORTING

- Finding open space for self and indicate this, verbally or non-verbally, to the player in possession of the ball
- Repositioning after giving a pass (ex. give and go)

#### ADAPTING BODY SHAPE

- Adjusting shoulders and hips to be 45 - 90 degrees towards the attacking goal.
- While approaching, have an optimal overview of the game situation

# U9 - U10

## FOUNDATION PHASE II

SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING

# ATTACKING

When we have the ball, we want to play forward through individual actions and short combinations, to play in the attacking half in order to create chances and score goals.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	WITH THE BALL
DEFENDING HALF	BUILDING UP	<ul style="list-style-type: none"> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	CREATE ATTACKING SHAPE	<ul style="list-style-type: none"> <li>• Create height, width, depth</li> </ul>	• Controlling
					• Protecting
			PROVIDE OPTIONS TO PLAY FORWARD	<ul style="list-style-type: none"> <li>• Provide vertical or diagonal passing options</li> <li>• Lose opponent when marked</li> </ul>	• Driving
					• Dribbling
ATTACKING HALF	CREATING & SCORING	<ul style="list-style-type: none"> <li>• Score goal</li> <li>• Create chance</li> <li>• Advance the ball</li> <li>• Keep the ball</li> </ul>	BREAK LINES TO ADVANCE ATTACK	<ul style="list-style-type: none"> <li>• Drive with the ball to exploit space</li> <li>• Engage opponent: create 1v1</li> <li>• Find a free player between the lines</li> </ul>	• Passing
					• Shooting
			FINISH THE ATTACK	<ul style="list-style-type: none"> <li>• Find the player in a position to score or assist</li> <li>• Get players in front of goal</li> <li>• Cross to player in front of goal: over the ground</li> <li>• Take on 1v1 to create or score</li> <li>• Finish from dribble, pass, or cross</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
					• Scanning
					• Supporting
					• Adapting body shape



U.S. SOCCER FEDERATION - TECHNICAL PLAN

# PLAYER DEVELOPMENT FRAMEWORK

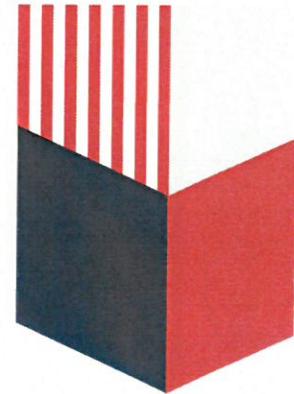
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U9 - U10

**FOUNDATION PHASE II**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

DEFENDING	
GAME IDEA	
When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.	
TEAM TACTICAL PRINCIPLES	
MAIN PRINCIPLES	SUB PRINCIPLES
<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>Make team compact:               <ul style="list-style-type: none"> <li>- Position to create a high front line</li> </ul> </li> </ul>
<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Initiate pressure on the opponent with the ball</li> <li>Engage to regain the ball</li> <li>Provide cover: nearest players eliminate passing options</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Immediately (re-) apply pressure on the ball</li> <li>Look to intercept the pass</li> </ul>
<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Get narrow and close the center</li> <li>Deny the cross</li> <li>Challenge to protect against goal attempt</li> </ul>



# U9 - U10

## FOUNDATION PHASE II

### SCANNING, RECEIVING, DRIBBLING & SHORT COMBINATION PLAY

# DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

#### TEAM TACTICAL PRINCIPLES

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<b>CREATE DEFENDING SHAPE</b> <small>POSITION TO CREATE COMPACT TEAM ORGANIZATION AND REDUCE SPACE</small>	<ul style="list-style-type: none"> <li>• Make team compact: - Position to create a high front line</li> </ul>	<ul style="list-style-type: none"> <li>• The players move inside and close together, taking positions within a short distance from each other to attempt to reduce space centrally.</li> <li>• We make it more difficult for the opponent to play forward towards the goal, create chances and score goals.</li> </ul>
<b>BUILD PRESSURE ON THE BALL</b> <small>CREATE CONDITIONS TO WIN THE BALL OR TO PREVENT FORWARD PLAY</small>	<ul style="list-style-type: none"> <li>• Initiate pressure on the opponent with the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The opponent with the ball is under consistent pressure to prevent forward play.</li> <li>• The opponent on the ball will have less time and space to make a decision and execute the next play (force a mistake).</li> </ul>
	<ul style="list-style-type: none"> <li>• Engage to regain the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The player attempts to win the ball back, trying not to get eliminated by dribble, touch or pass.</li> </ul>
	<ul style="list-style-type: none"> <li>• Provide cover: nearest players eliminate passing options</li> </ul>	<ul style="list-style-type: none"> <li>• The closest teammates of the player initiating pressure, or engaging the player with the ball, prevent options (free teammates) for the opponent on the ball.</li> </ul>
<b>RECOVER WHEN PRESSURE IS BROKEN</b> <small>RE-CREATE CONDITIONS TO WIN THE BALL AND REGAIN COMPACTNESS</small>	<ul style="list-style-type: none"> <li>• Immediately (re-) apply pressure on the ball</li> </ul>	<ul style="list-style-type: none"> <li>• The opponent with the ball is under consistent pressure to prevent forward play.</li> <li>• An eliminated player puts pressure from behind on the opponent with the ball.</li> </ul>
	<ul style="list-style-type: none"> <li>• Look to intercept the pass</li> </ul>	<ul style="list-style-type: none"> <li>• The players in the defensive block are always attentive to stop the ball from reaching its intended destination (opponent teammate).</li> </ul>
<b>DENY THE FINISH</b> <small>PREVENT OPPONENT FROM SCORING AND CREATING SCORING OPPORTUNITIES</small>	<ul style="list-style-type: none"> <li>• Get narrow and close the center</li> </ul>	<ul style="list-style-type: none"> <li>• The defending players between the ball and the goal get closer as quickly as possible to reduce the space centrally.</li> </ul>
	<ul style="list-style-type: none"> <li>• Deny the cross</li> </ul>	<ul style="list-style-type: none"> <li>• One or two wide defending players prevent the opponent from crossing the ball.</li> </ul>
	<ul style="list-style-type: none"> <li>• Challenge to protect against goal attempt</li> </ul>	<ul style="list-style-type: none"> <li>• The player engages when opponent is in a goalscoring position and commits when that opponent has a chance or attempt on goal. This allows the goal attempt to be blocked.</li> </ul>



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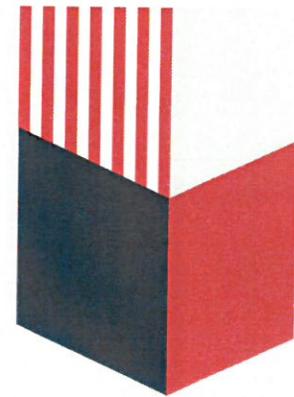
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U9 - U10

**FOUNDATION PHASE II**  
**SCANNING, RECEIVING, DRIBBLING, SHORT COMBINATION PLAY AND FINISHING**

PLAYER ACTIONS
A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.
DEFENDING
AGAINST THE BALL
Intercepting
Pressing
Challenging
Delaying
Blocking the Shot
SPACIAL & POSITIONAL AWARENESS
Scanning
Adapting body shape
Covering
Marking



# U9 - U10

## FOUNDATION PHASE II

### SCANNING, RECEIVING, DRIBBLING & SHORT COMBINATION PLAY

## DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

### PLAYER ACTIONS

A soccer skill, needed to successfully execute a team tactical main- or sub-principle requiring perception, decision-making, physical and technical execution.

PLAYER ACTION

DEFINITION

#### AGAINST THE BALL

##### INTERCEPTING

- Stepping in front, in the passing line and steal opponent's pass before it reaches the next opponent

##### PRESSING

- Running to the opponent with the ball to prevent them from scanning and dribbling or passing forward

##### CHALLENGING

- Going into the opponent to win the ball back

##### DELAYING

- Slowing down, reducing speed from the opponent's action

##### BLOCKING THE SHOT

- Getting in between the ball and the defending goal to redirect the ball away from goal

#### SPACIAL & POSITIONAL AWARENESS

##### SCANNING

- Searching for the ball, nearest teammates and nearest opponents in relationship to the goal we are protecting

##### ADAPTING BODY SHAPE

- Adjusting shoulders and hips to be 45 - 90 degrees towards the defending goal

##### COVERING

- Positioning at the appropriate distance from the challenging teammate, allowing to quickly put pressure again if needed

##### MARKING

- Prevent direct opponent from receiving the ball in favorable circumstances by staying in contact

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## FOUNDATION PHASE II

### SCANNING, RECEIVING, DRIBBLING & SHORT COMBINATION PLAY

# DEFENDING

When we do not have the ball, we want to prevent the opponent from playing forward and regain the ball as high up the field as possible through compactness and pressing.

FIELD	PHASE	OBJECTIVE	TEAM TACTICAL PRINCIPLES		PLAYER ACTIONS
			MAIN PRINCIPLES	SUB PRINCIPLES	AGAINST THE BALL
ATTACING HALF	PREVENTING BUILD UP	<ul style="list-style-type: none"> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>CREATE DEFENDING SHAPE</b>	<ul style="list-style-type: none"> <li>Make team compact                             <ul style="list-style-type: none"> <li>- Position to create a high front line</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Intercepting</li> </ul>
					<ul style="list-style-type: none"> <li>Pressing</li> <li>Challenging</li> <li>Delaying</li> <li>Blocking the shot</li> </ul>
DEFENDING HALF	DENYING CHANCES & SCORING	<ul style="list-style-type: none"> <li>Prevent goal</li> <li>Deny a chance</li> <li>Regain the ball</li> <li>Prevent the opponent from playing forward</li> <li>Deny penetration from the dribble</li> <li>Reducing time and space</li> </ul>	<b>BUILD PRESSURE ON THE BALL</b>	<ul style="list-style-type: none"> <li>Initiate pressure on the opponent with the ball</li> </ul>	<b>SPACIAL &amp; POSITIONAL AWARENESS</b>
				<ul style="list-style-type: none"> <li>Engage to regain the ball</li> </ul>	<ul style="list-style-type: none"> <li>Scanning</li> </ul>
			<b>RECOVER WHEN PRESSURE IS BROKEN</b>	<ul style="list-style-type: none"> <li>Provide cover: nearest players eliminate passing options</li> </ul>	<ul style="list-style-type: none"> <li>Adapting body shape</li> </ul>
				<ul style="list-style-type: none"> <li>Immediately (re-) apply pressure on the ball</li> <li>Look to intercept the pass</li> </ul>	<ul style="list-style-type: none"> <li>Covering</li> </ul>
<b>DENY THE FINISH</b>	<ul style="list-style-type: none"> <li>Get narrow and close the center</li> </ul>	<ul style="list-style-type: none"> <li>Marking</li> </ul>			
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