



U9 Soccer Coaching Guide– (8 Weeks)

Each session is 60 minutes and includes: Warm-Up, Skill Focus, Game, and Scrimmage.

Week 1: Ball Control & Dribbling

Warm-Up

Red Light, Green Light – Players dribble and stop on command. Add variations like 'yellow light' (dribble slow) or 'turn around'.

Skill Focus

Dribbling Maze – Use cones to create a maze. Players use inside/outside of foot to navigate.

Game

Sharks & Minnows – Dribblers try to cross the grid while 'sharks' try to steal balls.

Scrimmage

4v4 with condition: every player must dribble past a cone before scoring.

Week 2: Passing & Receiving

Warm-Up

Circle Passing – Players in a circle pass the ball around and call names.

Skill Focus

Gates Passing – Pairs pass through mini cone gates. Count how many gates in 2 minutes.

Game

Keep Away – 3v1 or 4v2 keep ball away from defenders.

Scrimmage

5v5 with emphasis on making 3 passes before scoring.

Week 3: Shooting Basics

Warm-Up

Dynamic Ball Warm-up – Dribble + toe taps + inside-inside passes in motion.

Skill Focus

Shooting from a Roll – Partner rolls ball, player shoots with laces into net.

Game

Shooting Alley – Players take turns shooting between cone goals for accuracy.

Scrimmage

5v5, bonus point if shot is taken within 5 seconds of gaining possession.

Week 4: 1v1 Attacking

Warm-Up

Dribble Tag – Tag others while keeping control of your ball.

Skill Focus

1v1 Moves – Teach scissors, step-over, or body feint. Practice beating a cone.

Game

King of the Ring – Keep ball inside circle while protecting it from others.

Scrimmage

4v4 with zones – players must win 1v1 in attacking zone before shooting.

Week 5: Defending Basics

Warm-Up

Mirror Drill – Partner drill where one leads and one mirrors with ball.

Skill Focus

1v1 Defending – Stay low, side-on stance, track the dribbler.

Game

Cone Defender – Defend a cone instead of a goal. Stop attacker reaching cone.

Scrimmage

5v5, defenders rotate every 2 mins and focus on man-marking.

Week 6: Movement & Support

Warm-Up

Passing Relays – Pass and follow drill with movement around cones.

Skill Focus

Pass & Move – After passing, players must move to open space.

Game

Find the Space – Grid game, players must move into open gates before receiving.

Scrimmage

5v5 with points for completed pass chains (3+).

Week 7: Team Play & Positioning

Warm-Up

3-Zone Passing – Divide field into thirds. Pass through all zones.

Skill Focus

Width & Depth – Create spacing by moving wide and deep.

Game

4 Goal Game – Score on any of 4 mini goals. Encourages switching play.

Scrimmage

6v6, players must stay within assigned zones for 5-min intervals.

Week 8: Review & Tournament

Warm-Up

Favorite Warm-Up – Coach's choice from previous weeks.

Skill Focus

Skills Circuit – Combine dribble, pass, shoot in a fun challenge.

Game

World Cup Style – Short 3v3 or 4v4 matches. Winner moves up.

Scrimmage

Mini Tournament – Full game with subs, rotations and cheering!

U9 Soccer Coaching Terminology Guide

Helpful terms for young players and new coaches at the U9 level.

Core Soccer Skills (Player Focused)

Dribble: Controlling the ball while moving using different parts of your foot.

Pass: Sending the ball accurately to a teammate using inside, outside, or laces of the foot.

Shoot: Striking the ball to score - aim for accuracy and power.

Trap: Controlling and stopping the ball using feet, thighs, or chest.

Turn: Changing direction with the ball using moves like drag-backs or step-overs.

First Touch: The way a player controls the ball when it first arrives.

Field Positions & Game Play

Defender: Plays near your goal and tries to stop the other team from scoring.

Midfielder: Links defense and attack - often controls passing and movement.

Forward: Main goal scorer - stays near the other team's goal.

Goalkeeper: Protects the goal and is the only player allowed to use hands.

Throw-In: When the ball goes out on the sideline, a player throws it back in with both hands.

Offside: When an attacking player is closer to the goal than the second last defender when the ball is passed. (Keep it simple for U9)

Coaching Cues & Game Talk

Find Space: Move to an area where no one is standing to receive a pass.

Mark Up: Stay close to a player on the other team to defend.

Man On: Someone is pressuring you - pass or protect the ball!

Time: No one is pressuring - take your time to pass or dribble.

Switch the Field: Change direction of play to the other side of the field.

Support: Help the player with the ball by being available for a pass.