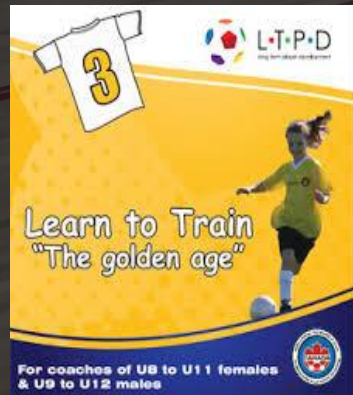




Learn to Train

RTP- Stage 2 Activities

Grassroots Development U9-U12 Players





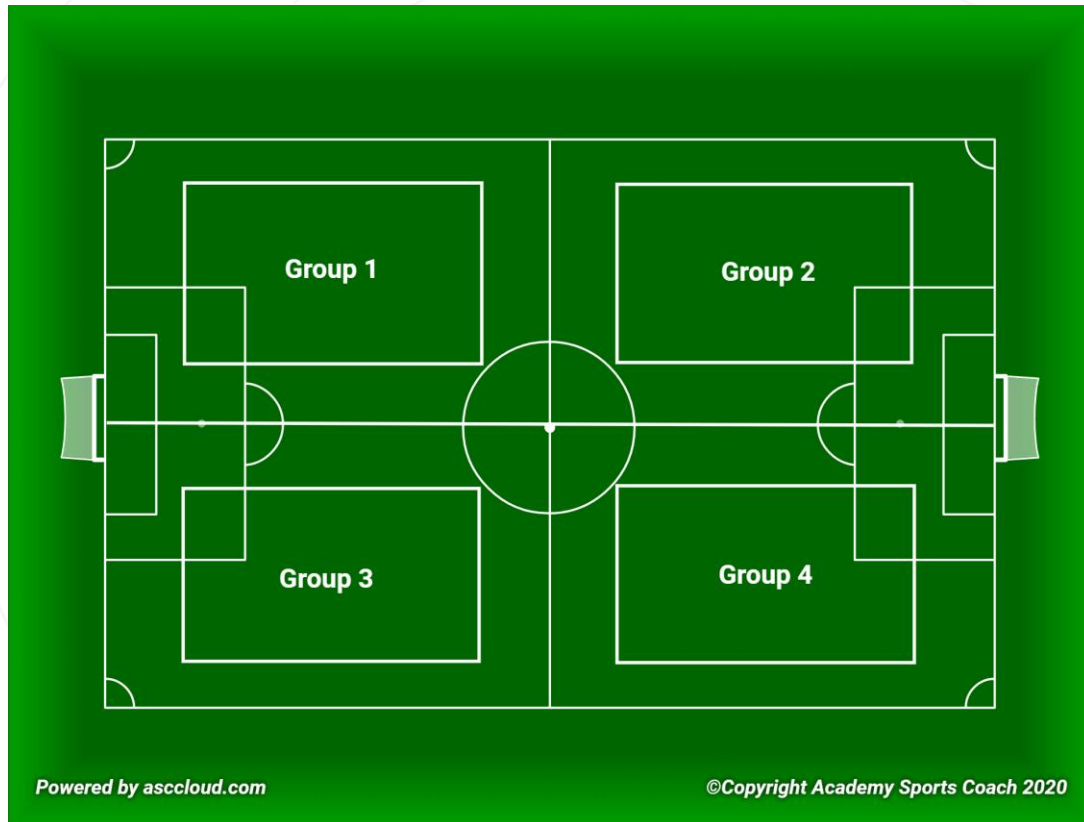
OVERVIEW

- Session may be from 45-75 minutes depending on the ages of the players
- Activities can be modified and adjusted according to the ability and age of the players
- Number of cones, balls, and any other equipment should be taken into consideration when designing your sessions.
- All those involved must follow the guidelines set by the Provincial Government and the Provincial Sport Organization
- Ensure parents and players are aware of the Return to Play recommendations
- Ensure that the coach(es) handles and sanitizes all training equipment before, during (if needed), and after the session. Avoid the exchange of bibs between players and wash the bibs after each session.
- Parents, players, and coaches should be aware of facility procedures (entrance/exit, changerooms, etc.) before the start of the session and/or game
- Pick-up and drop-off of players should be scheduled to not have large groups in the main entrance of the facility



FIELD LAYOUT

Field Size (Full-Size Field)



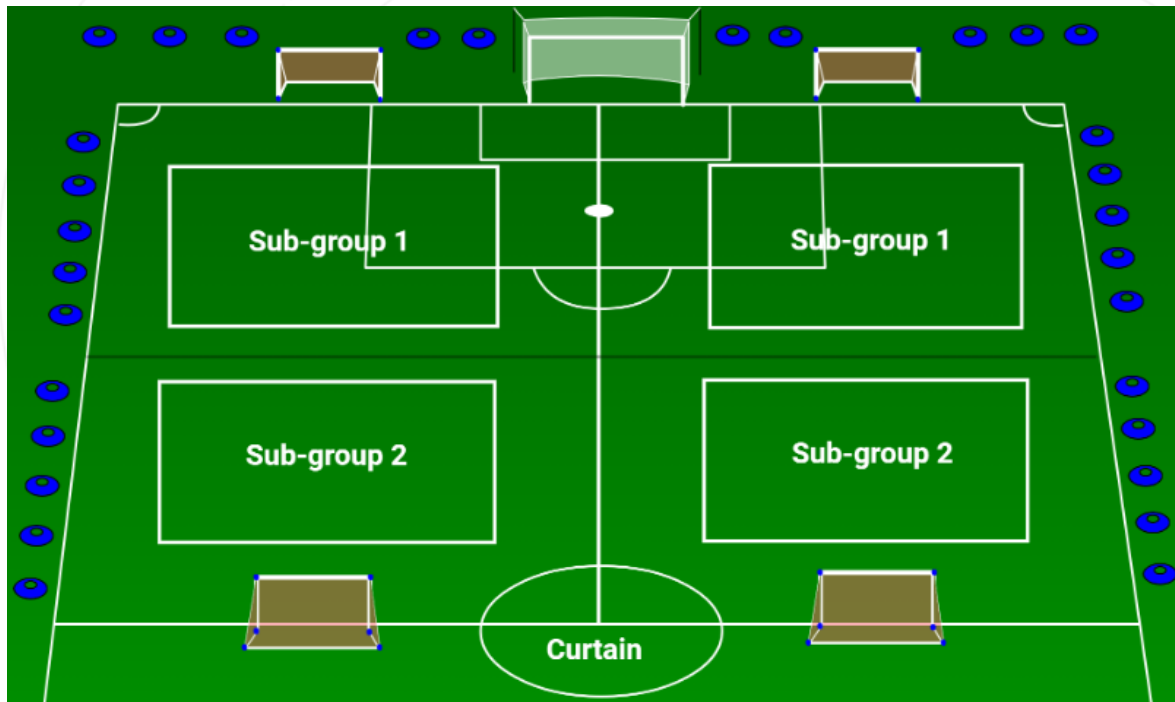
Description

- Number of groups = 4
- Number of players per group = 12-24
- Number of Coaches per group = 2-4
- Each group represents a quarter field in an indoor facility
- Each group may have sub-groups up to a maximum of 12 players per sub-group
- These sub-groups may not interact with each other



GROUP LAYOUT

Field Dimensions (Quarter field)



Description

- Number of players per sub-group = Max 12
- Number of coaches per sub-group = 1-2
- Each group may have sub-groups with a maximum of 12 players per sub-group
- These sub-groups may not interact with each other (ex. sub-group 1 may not interact with sub-group 2)
- The blue cones represent the area for players to place their soccer bags and water bottles



RUNNING WITH THE BALL

Warm-up



Description

Area: 25m x 30m

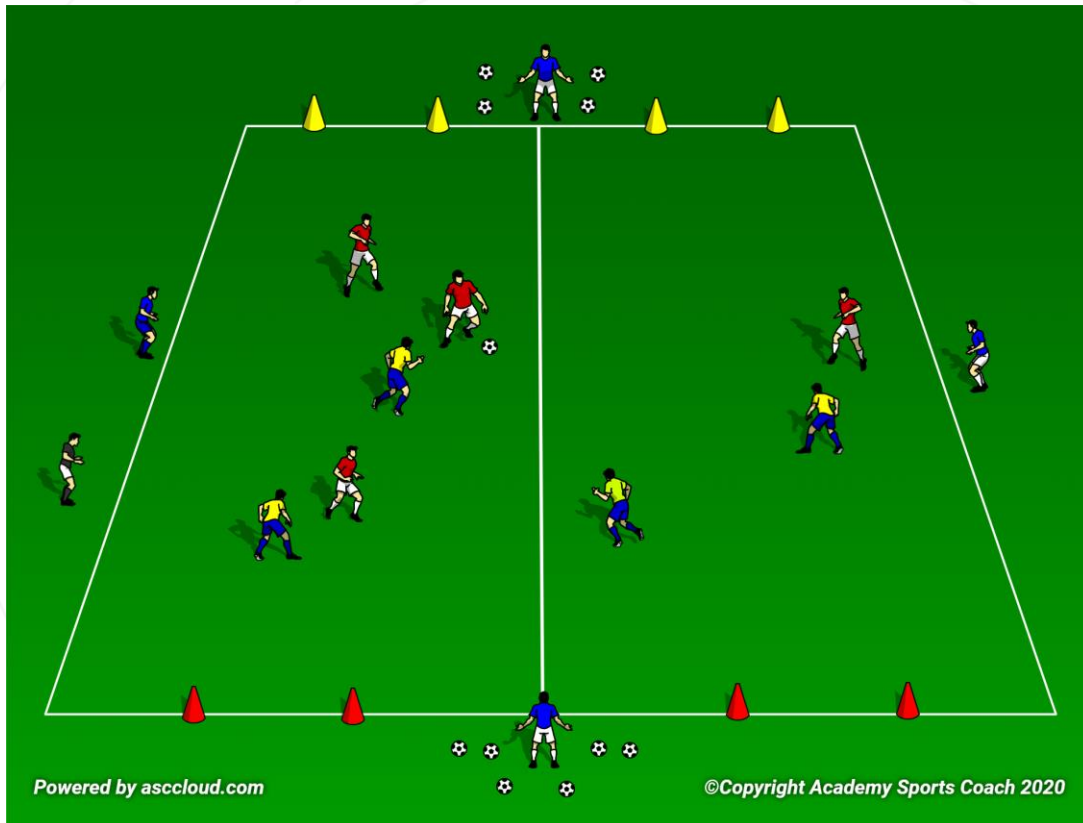
Organization: Players dribble in an area using all parts of their feet. Include different skills move. Split the players in 3 teams using half the number of balls as there are players. Team that has possession of the most balls wins. Take away balls to increase the difficulty. Play 1-minute games

Coaching Points: Players should be preparing for the session



RUNNING WITH THE BALL

Activity 1



Description

Area: 25m x 30m with 4 gates and midline marked. Adjust size if smaller numbers.

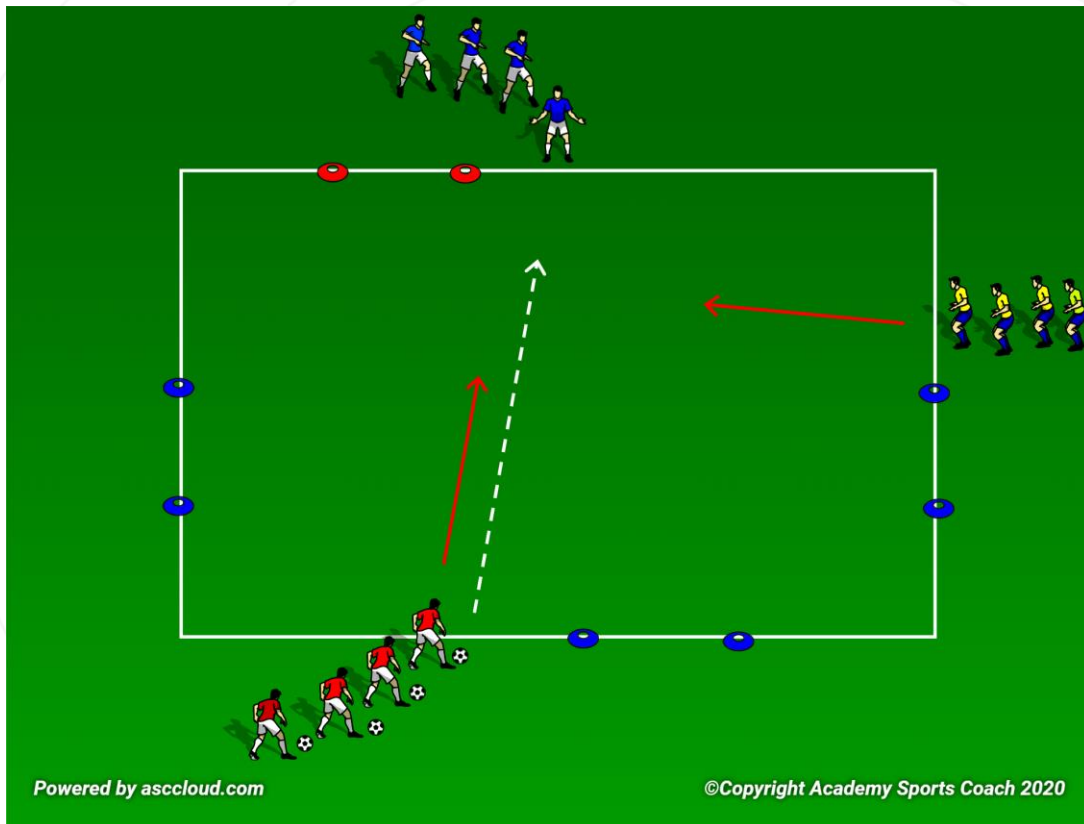
Organization: Make 3 equal teams – 4v4 in the middle with 3rd team as neutral players around the outside. Players must dribble across the midline before they can score. Score by dribbling through a gate (directional - yellows to yellow gates, reds to red gates). Play 2-minute games.

Progressions: Must take 3 touches on the ball before passing. Encourage good spacing and support all around the ball.



RUNNING WITH THE BALL

Activity 2



Description

Area: Set up an 18mx12m square. 3 blue gates, 1 red gate

Organization: 1 attacker vs 2 defenders. Red player passes to the blue player. Play 1vs2 as shown. Blue tries to dribble through a blue gate. If red wins the ball, they work together to dribble in the red gate.

Progression: 1. Must turn at least once before can score. 2. Opposite blue gate is worth 2 points

Coaching Points: Try to be clever and draw the defenders one way to turn and go the opposite way or split between them. Create 1v1 situations



RUNNING WITH THE BALL

Small sided game



Description

Area: 25m x 30m

Organization: 4v4. Play 3-minute games or first to 2 goals.

Coaching Points: Move with the ball at your feet - think dribble first if there is pressure!
Free play time for the players. Recognize when players dribble at right times