



# U9 PLAYER PROFILE

Orono Westonka Soccer Club

## OBJECTIVE

To define the technical, tactical, mental and physical attributes of U9 players in our developmental pathway. These attributes are split into expected competencies & key development areas. All attributes are global (i.e. not position specific).



## TECHNICAL

# U9 TECHNICAL PLAYER PROFILE

*This profile will define the competencies we would expect U9 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.*

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
PASSING	- Little to no competency of passing coming into this age group	- <b>Short passing</b> - teach players how to complete short passes consistently, with good technique, and with both feet
DRIBBLING	- Basic ability to manipulate the ball with the inside and outside of both feet	- <b>Running with the ball</b> - teach players how to dribble at top speed while maintaining control of the ball. - <b>1v1 Moves</b> - teach players skill moves like Messi feint, Scissors, etc.
CONTROL	- Little to no competency of control coming into this age group	- <b>Settling the ball</b> - teach players how to receive the ball with all parts of the foot: laces, inside, outside
SHOOTING	- Little to no competency of shooting coming into this age group	- <b>In box finishing</b> - ability to score with finesse shots – controlled shot with the inside of the foot, often to the bottom corner of the goal
TACKLING	- Little to no competency of tackling coming into this age group	- <b>Block tackle</b> - teach players how to tackle opposition by blocking the forward progress of the ball with the inside of the back foot.



# TACTICAL

## U9 TACTICAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
ATTACKING	<ul style="list-style-type: none"> <li>- Basic understanding of the rules of the game, including how to score, what happens when we have the ball on goal kicks, throw-ins, kick-offs, and corner kicks.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Find our shape</b> – teach players how to maximize the playing area when our team has the ball by creating width and depth on the field</li> <li>- <b>Create space for yourself</b> – teach players how to position themselves to receive the ball by moving to a clear passing lane</li> <li>- <b>Exploit the 1v1</b>- teach players to attack the front foot, spin the defender, or create space and use it.</li> </ul>
DEFENDING	<ul style="list-style-type: none"> <li>- Basic understanding of the rules of the game, including how to prevent the opposition from scoring, what happens when we are defending goal kicks, throw-ins, kick-offs, and corner kicks</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Organize into a compact shape</b> – teach players how to compress the playing area when the opposition has the ball by being narrow and vertically compact</li> <li>- <b>Recover into compact shape</b> – teach players to work together as a unit, communicating with each other to maintain their shape and cover space effectively.</li> <li>- <b>1v1 defending</b>- teach players how to close down the ball carrier and anticipate large touch, shot, or pass.</li> </ul>



# MENTAL

## U9 MENTAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
CONFIDENCE	<ul style="list-style-type: none"> <li>- Varied levels of confidence in the team coming into this age group</li> </ul>	<ul style="list-style-type: none"> <li>- Willingness to try skills without fear of mistakes</li> <li>- Positive body language and energy</li> <li>- Resilience after errors</li> </ul>
ATTITUDE	<ul style="list-style-type: none"> <li>- Varied levels of attitudes in the team coming into this age group</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Resilience</b> – teach players to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice.</li> </ul>
COMPETITIVENESS	<ul style="list-style-type: none"> <li>- Players should have a desire to score &amp; win, and further their understanding of the game</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Focus</b> – encourage the players to maintain concentration throughout the session, both on the coaches’ instruction and in observing what is happening in the game</li> </ul>
SPORTSMANSHIP	<ul style="list-style-type: none"> <li>- Players should have an elementary understanding of treating opponents, referees and coaches</li> </ul>	<ul style="list-style-type: none"> <li>- Respecting teammates, opponents, coaches, and referees</li> <li>- Winning and losing with grace</li> <li>- Supporting others and demonstrating kindness</li> </ul>



## PHYSICAL

# U9 PHYSICAL PLAYER PROFILE

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
SPEED	<ul style="list-style-type: none"> <li>- Players should be able to sprint and change direction with moderate to little efficiency</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to <b>sprint</b> in a straight line for 20-30 yards without slowing down</li> <li>- Improve <b>change of direction</b> by cutting hard off the outside foot when cutting</li> </ul>
STRENGTH	<ul style="list-style-type: none"> <li>- Players have little functional strength at this age</li> </ul>	<ul style="list-style-type: none"> <li>- No specific attributes of strength should be addressed at this age group</li> </ul>
ENDURANCE	<ul style="list-style-type: none"> <li>- Players at this age can repeat runs and soccer actions without tiring</li> </ul>	<ul style="list-style-type: none"> <li>- Encourage players to stay active and engaged throughout training and games</li> <li>- Set a team culture values effort and work rate</li> </ul>
COORDINATION	<ul style="list-style-type: none"> <li>- Players at this age generally lack basic coordination, including difficulty balancing</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Balance</b> – improve ability to stay on feet during decelerations, changes of direction, and other soccer actions</li> </ul>

