

U8-U9 Curriculum

Week:

1

DRIBBLING

Develop close ball control and comfort while moving in different directions.

2

BALL MASTERY

Enhance players' control, touch, and creativity by using various parts of the foot and body movement.

3

PASSING

Learn to pass accurately and effectively to move the ball around the field.

4

SHOOTING

Improve shooting technique with focus on accuracy, power, and different types of finishes.

5

1V1 DEFENDING

Develop the ability to stay balanced, delay attackers, and win back possession.

6

1V1 ATTACKING

Learn how to take on defenders with confidence using skill moves and quick changes of direction.

7

SHIELDING

Protect the ball from defenders using body positioning and controlled touches.

8

AGILITY

Enhance footwork, balance, and quick movements to improve overall coordination on the field.