



ACADEMY

PRESENTED BY  United
Healthcare

U12 9v9

COACHING GUIDE

REVS DEVELOPMENT

Grassroots

EDUCATE . CONNECT. INSPIRE



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U12 9v9

EXPLORE/ROMANCE

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REVOLUTION ACADEMY

VISION OF PROGRAMS

The New England Revolution is founded on three pillars that guide our direction, philosophy, vision and definition of success:

Educate, Connect, and Inspire.

The Academy's goal is to teach and **develop** players in safe environment that is always **challenging, professional, competitive, and fun**. We strive to develop an understanding of the Academy's **connection** with the New England Revolution as a club. All our coaches are driven to **inspire** players to realize their full potential and be the best player they can be.



THREE PILLARS OF OUR COACHING PHILOSOPHY

PLAYER CENTERED

- The needs of the individual player drives the learning process.
- Using various coaching methods to engage players.
- Allowing players to play the game with freedom.

DEVELOPMENT BASED

- Structured stage and age-appropriate training and environment
- Sessions that progress for the needs of the player
- Specific and detailed feedback to individuals, groups and teams

EXPERIENCE DRIVEN

- Provide memorable and enjoyable experiences
- Professional club support for multi-level approach
- Passionate and engaging approach to training environment

OUR CULTURE

- 1.** Player-centered environment that begins with the players learning needs.
- 2.** The learning environment feels safe, with coaches willing to role model positive behavior and take personal responsibility.
- 3.** A focus on active learning through collaboration: adjusting and adapting content/sessions based on the experiences, ideas and curiosities of the player.
- 4.** Passion for coaching and player development that inspires players to have fun, love the game and be the best player they can be.
- 5.** A holistic approach to coaching through continuous professional development to better support the player and the person.
- 6.** Enjoyable, inspirational, and positive experience.

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AGES & STAGES

- **Fun soccer experience**
- 9v9
- 70/80 yards x 45/55 yards Field
- Introduce key qualities
- ASPIRING | DEVLOP | FUN

CREATIVITY | VISION | MOVES

- Playing with friends, Playing as a team, Playing a role and position for the team
- Continue to develop understanding of attacking, defending and transition as a team.
- Learn fundamentals of role and position within the team.
- Dribbling, shooting, skill moves, passing, receiving

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STAGE 1

REVS DEVELOPMENT

**RECREATIONAL LEVEL CURRICULUM WITH
SESSION OBJECTIVES FOCUSED ON THE
DEVELOPING PLAYER / TEAM.**

STAGE 2

REVS ADVANCED

**ADVANCED LEVEL CURRICULUM WITH
SESSION OBJECTIVES FOCUSED ON THE
TRAVEL PLAYER / TEAM.**

***STAGE 3 IS AN ELITE LEVEL CURRICULUM FOR
EPP & ACADEMY LEVEL TEAMS**

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5 TIPS FOR U12 9v9 TRAINING

#1 – U12 9v9 players enjoy competition so introduce points systems for exercise/games, clearly explain rules and challenge players with a variety of competitive small sided games.

#2 – U12 9v9 players move to 9v9 on larger field so small sided games should increase in numbers to teach in larger connected group sizes.

#3 – U12 9v9 players should continue to master the ball with moves, creativity and technical guidance through a variety of exercises to foster the love for the game.

#4 – U12 9v9 players attention span lengthens and they understand connected group concepts/tactics through small sided games and exercises.

#5 – U12 9v9 players still learn best when observing so demonstrate, a picture paints a thousand words. Utilizing freeze moments in games can help to show players larger pictures.

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TEACHING TOOLS

PLAYER ACTIONS

**WHAT YOU WOULD LIKE THE PLAYERS
TO DO BASED ON SESSION TOPIC.**

EXAMPLE

Spread out | Pass or Dribble forward

COACHING POINTS

**HOW TO HELP & GUIDE PLAYERS TO
PERFORM THE PLAYER ACTIONS.**

**EXAMPLE FOR DRIBBLING "LARGER
TOUCHES TO ACCELERATE INTO SPACE"**

REVS PHRASES

**IINSPIRE PLAYERS BY PROVIDING SOME
FUN FUNCTIONAL PHRASES**

**EXAMPLE FOR DRIBBLING "DRIVE AT
DEFENDER, BE A MAGICIAN"**

GUIDED QUESTIONS

**QUESTIONS SHOULD BE PREMEDITATED
TO SEEK UNDERSTANDING FROM THE
PLAYERS. THEY MUST BE RELEVANT TO
THE SESSION TOPIC AND SIMPLE FOR
THIS AGE.**

**EXAMPLE FOR DRIBBLING "HOW DO YOU
KNOW WHERE THE OPEN SPACE IS
WHEN DRIBBLING?"**

U12 9v9 EXPLORE/ROMANCE

COACHING



- Learn players names
- Positive reinforcement
- Use small sided games to develop skills and teach roles with attack, defense and transition

- Keep a supply of balls
- DEMONSTRATE!
- Use of freeze moments in games to show larger pictures
- No laps, lines or lectures!



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EXPLORE/ROMANCE

REMEMBER TO KEEP IT FUN! COMPETITIONS CAN HELP TO CHALLENGE PLAYERS WITH GAME ACTIONS

Attacking Actions U12

Pass or Dribble forward	X
Spread out	X
Finish	X
Create passing options	X
Support the attack	X
Create a 2v1 or 1v1	X
Switch the point of attack	X

Offensive Transition D to A U12

Pass or Dribble forward	X
Give support	X
Create passing lines	X

Defending Actions U12

Pressure player with ball	X
Steal the ball	X
Protect the goal	X
Make it compact/Keep it compact	X
Pressure/Cover/Balance	X
Outnumber the opponent	X

Defensive Transition A to D U12

Pressure ball immediately	X
Get organized, balanced & compact	X

Technical Toolkits U12

Dribbling	X
Creativity / Moves	X
Shooting	X
Defending	X
Passing	X
Receiving	X

INTRODUCTION TO THE KEY QUALITIES

KEY QUALITIES

Game Understanding

Read and understand the game and make autonomus decisions

- * applies knowledge of the details and implications of the cues
- * reads and analyzes situations regarding A/D/T
- * Understands where and when to move themselves and the ball
- * aligns own actions with the other players, positions

Imitative

Take Initiative, be pro-active

- * creates instead of reacts, controls situations
- * takes people on (1v1) dribble
- * thinks ahead, moves into space ahead of time
- * Challenges opponents

Focus

Focused for 90+ minutes with optimal technical ability

- * plays to win
- * has guts, is brave
- * deals with adversity, recovers quickly
- * is composed in their behavior (emotional stability)

Optimal Technical

Execute their task for 90+ minutes with optimal technical ability

- * is technically proficient to be effective (accurate) in all situations
- * is proficient in 1v1 to create or win/regain the ball
- * has the technical skills to create, even under pressure
- * shows comfort with the ball

Optimal Physical

Execute their task for 90+ minutes with optimal physical ability

- * uses body (e.g. to protect the ball)
- * has the endurance to execute their task for the whole game
- * Demonstrates physical awareness (what their bodies can do)
- * Is coordinated in their movement

Takes Responsibility

Accountable for own development and performance

- * Is involved and engaged in every game/training session
- * Delivers on agreements and promises
- * Is adaptable and flexible in dealing with challenges & problems
- * Evaluates and reflects on own performance

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FIVE ELEMENTS OF A TRAINING SESSION

ORGANIZED?

**CAN YOU SET EVERYTHING UP IN THE 9v9 FIELD OR HALF FIELD
TRANSITIONING BETWEEN PHASES
QUICKLY BY REMOVING EQUIPMENT.**

GAME LIKE

**THE GAMES / EXERCISES SHOULD
HAVE ATTACK, DEFENSE AND
TRANSITION WITH SMALL SIDED
GAMES RANGING FROM 2v2 to 7v7**

REPETITIONS

**ENSURE THERE ARE ENOUGH GAME
LIKE REPETITIONS BY CREATING
SOCCER SPECIFIC PROBLEMS WHERE
PLAYERS NEED TO READ,
UNDERSTAND AND MAKE DECISIONS**

CHALLENGING

**USING COMPETITION TO CHALLENGE
THE PLAYERS. UNEVEN GAMES,
3v2, 4v3, 6v4 TO PROVIDE NUMBERS
UP AND NUMBERS DOWN
SITUATIONS**

COACHING

**UTILIZING COACHING IN THE FLOW
TO KEEP SESSION MOVING, ADDING
IN FREEZE MOMENTS TO SHOW
LARGER PICTURES TO PLAYERS.**

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SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

OPPOSED OR
UNOPPOSED
TARGETED REPS

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7

U12 9v9 EXPLORE/ROMANCE
10 WEEK SEASON PLAN
SESSION TOPICS

1. PASSING AND RECEIVING TO ADVANCE
2. MOVES TO UNBALANCE
3. FINISHING FROM CENTRAL AREAS
4. DEFENDING 1V1 & 2V2
5. BREAKING LINES
6. COMBINATION PLAY TO UNBALANCE
7. FINISHING FROM WIDE AREAS
8. DEFENDING AS A TEAM
9. SWITCH THE POINT OF ATTACK
10. FIND A RUNNER IN BEHIND



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WEEK 1

Passing to advance

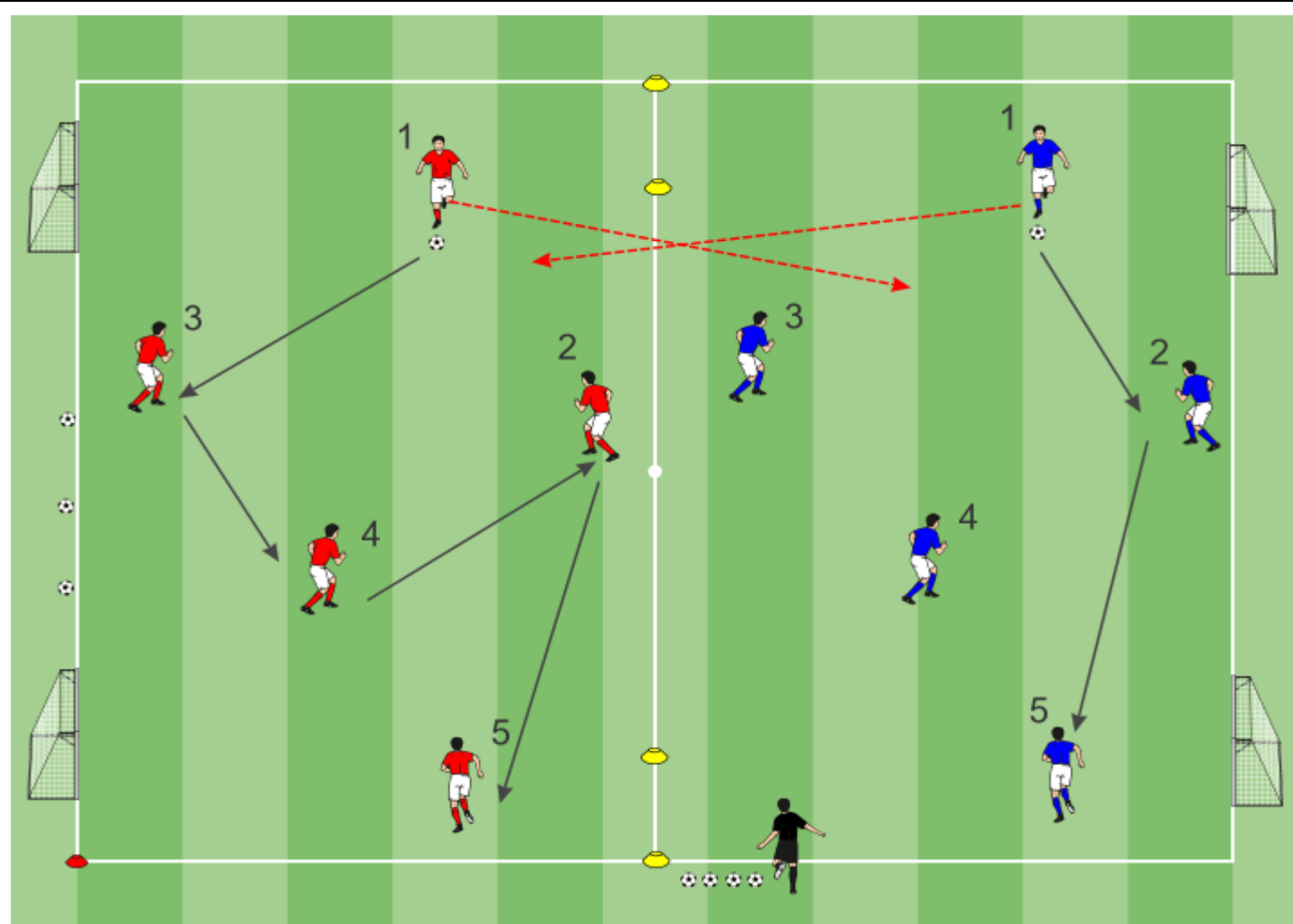
Head up, Scan | Be Positive

Age : U12 9v9	Moment : Attacking	Area of the field : Build / Unbalance
Week : 1	Tech Toolkit : Passing/Receiving	Action : Pass or Dribble Forward, Spread out, Create Passing Options, Switch the point of attack
Objective : To teach players how and when to advance the ball by playing through the opposition.		

PHASE 1 – PASS AND MOVE

15 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

25 x 40 yard area with 4 goals (use cones if no goals) and two wide gates on halfway line. Adjust size for smaller or larger numbers.

DESCRIPTION

Players are numbered 1-5 in their half. One ball per group to start. Begin by passing and moving in area, progress to moving to outside of half after passing encouraging movement after pass. Progress to passing in sequence, 1 passes to 2 to encourage communication! Demand the ball, call out, verbal and non-verbal communication.

PROGRESSIONS

Now when coach calls out a number, that number presses and defends in opponents half (shown in diagram as number 1) defender can score on small goals as a counter.

Add multiple defenders

Attacking team score a point if they can dribble through one of the wide gates to make possession directional and with a purpose.

COACHING POINTS

1. Lock ankle, toe up for push pass | 2. Center of foot strikes center of the ball
3. On your toes when receiving ball | 4. Movement off the ball | 5. Communication ask for the ball (verbal & non verbal)

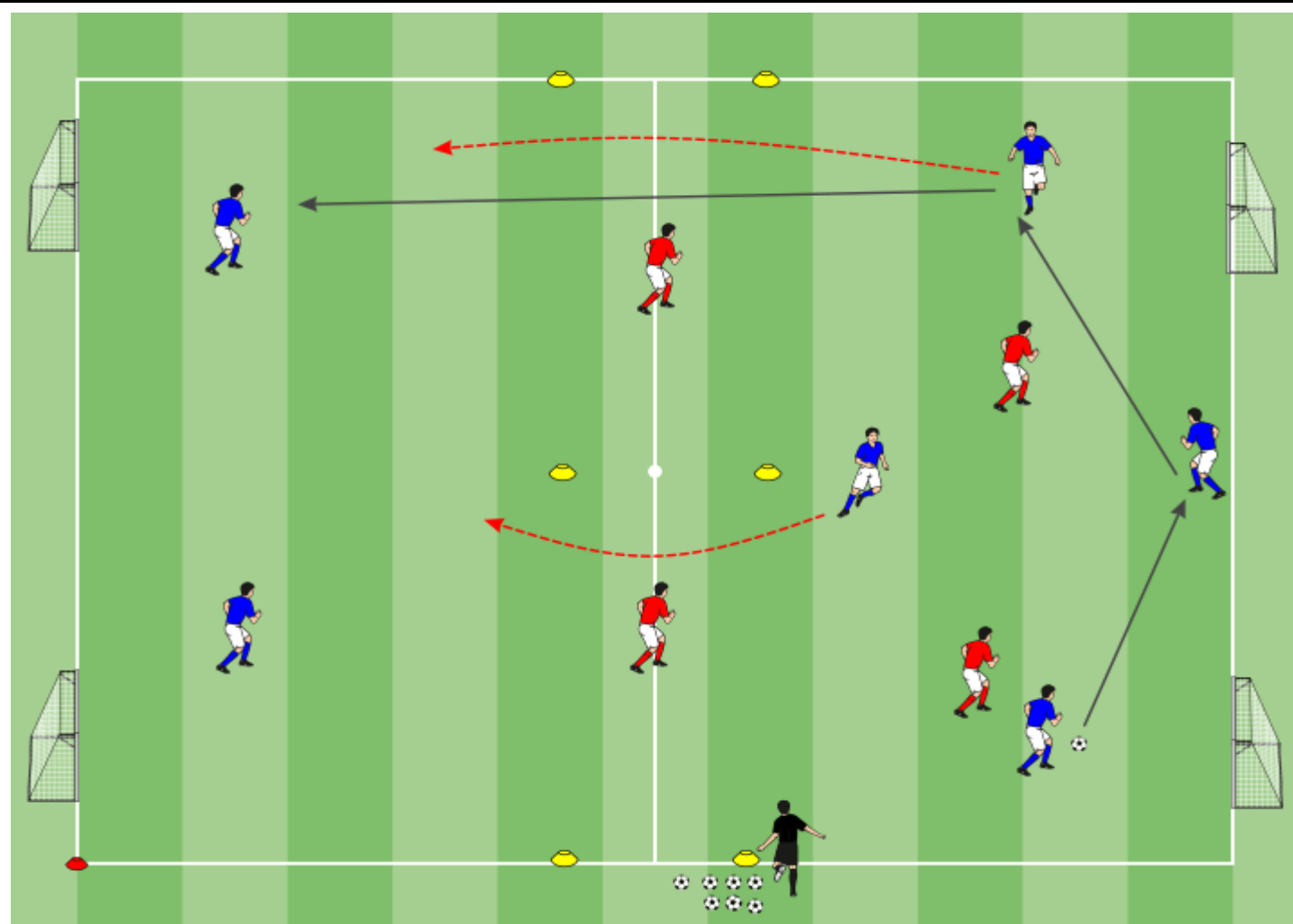
GUIDED QUESTIONS

1. Where should you look before passing? Why? | 2. How can you be ready to receive the ball? Show me!
3. Why is it important to spread out when defender presses? (to keep ball away and make defender have to run hard)

PHASE 2 – UP THE RIVER GAME

20 MINUTES

4 MINUTE PLAY | 1 MINUTE REST



SET UP

In the same area add a 5 yard middle channel across field.

DESCRIPTION

Blue team play 4v2 or 5v2 (start with 4v1, 5v1 based on age and level) making set number of passes before playing through middle channel to other side. Two players join the blue players waiting. If red team win ball they score a point for scoring on mini goals/gates. Encourage players to spread out, be on their toes and look forward with passes. Switch defenders.

PROGRESSIONS

Add another defender to make it 5v3

Add blue player in middle zone to connect as another passing option.

TECHNICAL TOOLS

- Scan field / head up | Select surface of foot
Weight of pass | Disguise pass

COACHING POINTS

1. Hips Open up to receive | 2. Spread out, make are as big as possible
3. Positive first touch in direction of your target/next pass | 4. Punch forward pass firmly | 5. Scan before receiving ball

GUIDED QUESTIONS

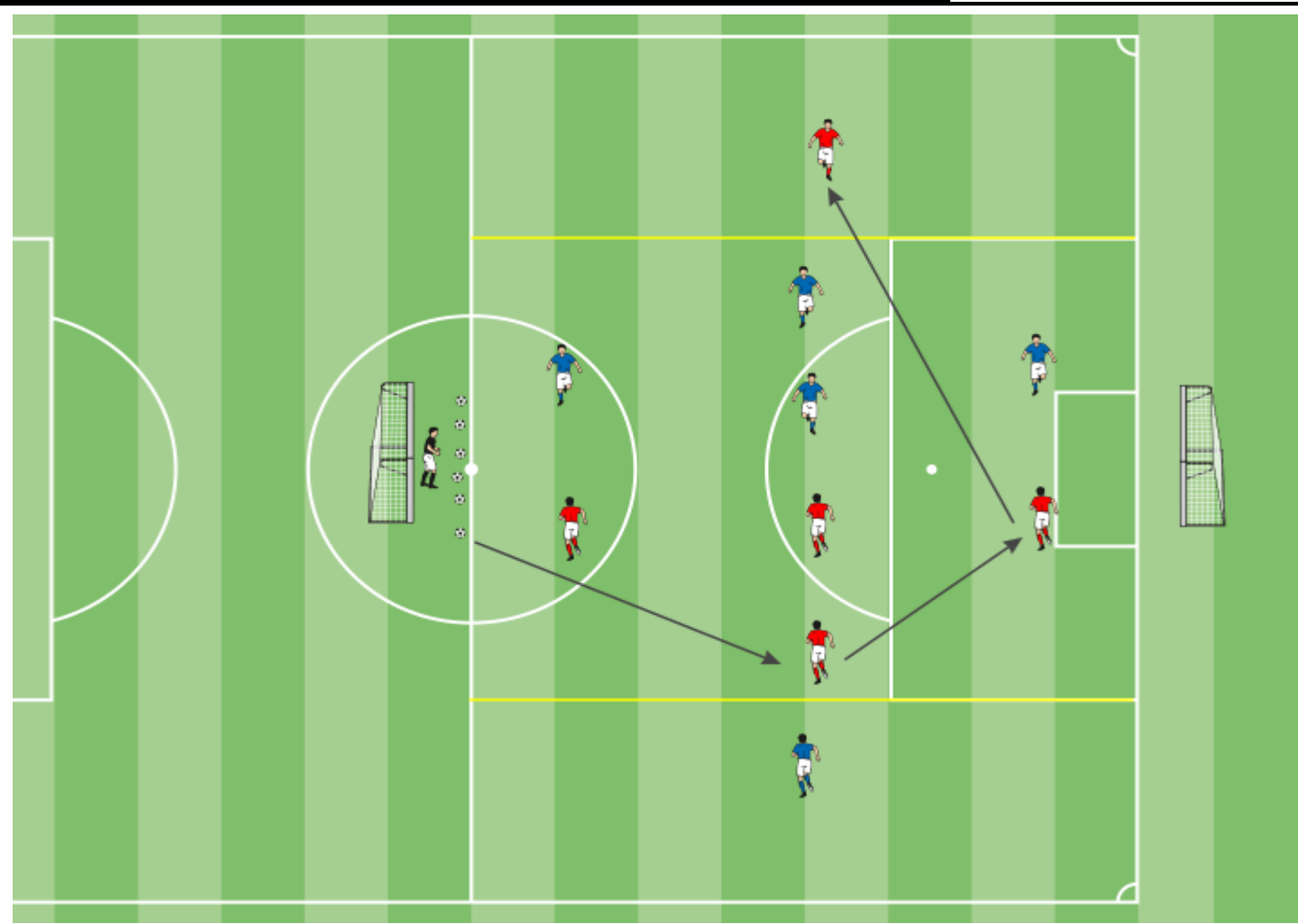
1. Where should you look before connecting your pass? | 2. What should you do if a player is blocking your passing lane?
3. How can we help the player in possession find you with a pass? | 4. Weight of pass for ball that splits middle channel? (firm!)

Age : U12 9v9	Moment : Attacking	Area of the field : Build / Unbalance
Week : 1	Tech Toolkit : Passing/Receiving	Action : Pass or Dribble Forward, Spread out, Create Passing Options, Switch the point of attack
Objective : To teach players how and when to advance the ball by playing through the opposition.		

PHASE 3 – 4v4/5v5 TARGET GAME

20 MINUTES

5 MINUTE PLAY | 2 MINUTE REST



SET UP

Set up half field game with 4v4 to 6v6 in the middle area (adjust size of area based on the numbers) with a target player past each line as shown.

DESCRIPTION

Coach passes ball to a team and play possession (add neutral players that play for team in possession to help with groups that need it) with a point for passing into the target. New ball starts with coach. Defending team win ball they find their targets. Targets can move across line side to side offering passing option. Encourage players to look forward.

PROGRESSIONS

Player gets two point for playing into the target and get ball back before dribbling over line

TECHNICAL TOOLS

Weight of pass	Timing of pass
Scan field / head up	First touch into space
Disguise pass	

COACHING POINTS 1. Look for the opening | 2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space | 4. Pace, direction and weight of pass

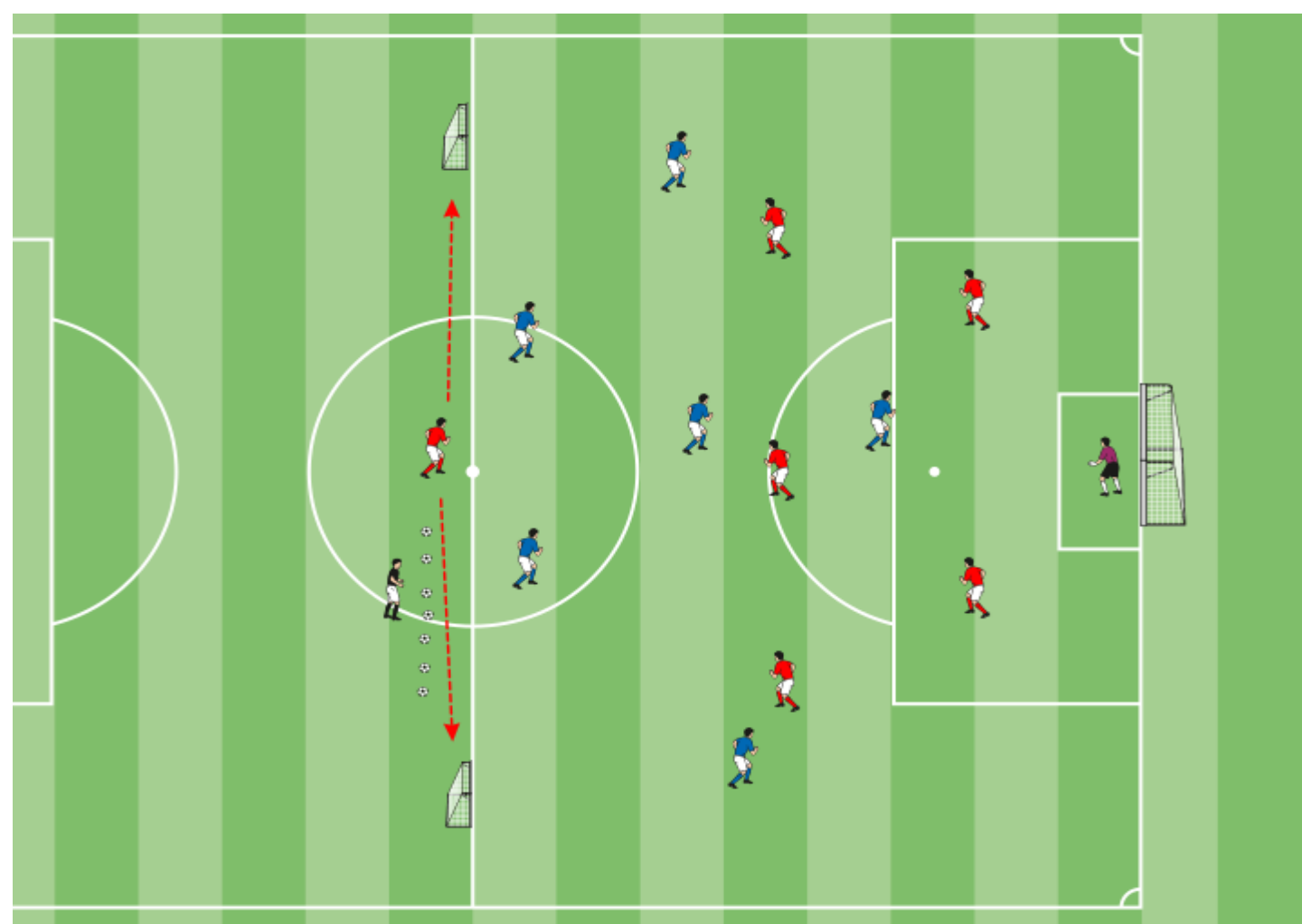
GUIDED QUESTIONS

- How do you know where your teammates are? | 2. How can we make the space as big as possible? (support by being wide)
- How should forward passes to target be hit? (firm to break lines and advance ball)

PHASE 4 – PLAY

25 MINUTES

12 MINUTE PLAY | 3 MINUTE REST



SET UP

Play half field game with large goal and two counter goals. Red team plays with a target that can move in between two small goals as shown.

DESCRIPTION

Play 6v6 to 8v8 based on numbers. Ball starts with a pass into the goalkeeper (first pass no pressing in box) and red team score a point by passing into mini goals or finding target. Blue team win ball and go to large goal. Encourage red team to spread out, make are as big as possible to spread blue team out and create space and gaps to play through. Add an additional red player in midfield to provide more passing options if team needs help.

PROGRESSION

Finish with regular game.

TECHNICAL TOOLS

Scan field / head up	Movement to support
Weight of pass	Disguise pass
Pass selection	

COACHING POINTS 1. Spread out, provide width and depth | 2. Scanning field before receiving ball
3. Positive first touch in direction of your target/next pass | 4. Punch forward pass firmly

GUIDED QUESTIONS

- Where should you look before connecting your pass? | 2. What should you do if a player is blocking you passing lane?
- How can we help the player in possession find you with a pass?