



ACADEMY



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9 v 9

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COACHING GUIDE

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GRASSROOTS DEVELOPMENT

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EDUCATE . CONNECT . INSPIRE

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## BRAND PILLARS

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

**EDUCATE      CONNECT      INSPIRE**

### VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.

# COACHING PHILOSOPHY

**PLAYER  
CENTERED**

**DEVELOPMENT  
BASED**

**EXPERIENCE  
DRIVEN**

# LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational,** and **positive** experience.

## U12 FIVE HELPFUL TIPS

- 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 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.

# ELEMENTS OF A GRASSROOTS SESSION

## **Organized**

Reviews session plan, exercises are set up in advance and easy to transition between.

## **Game-Like**

Exercises are game realistic and reflect the objective of the session.

## **Repetitions**

Keeps players engaged by maximizing the appropriate number of repetitions.

## **Challenging**

Manages the exercise to find the right balance between too easy and too difficult.

**CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE  
UTILIZING THE COACHING TOOLKIT**

## **Coaching**

Communicates clear and concise coaching points using a variety of methods from toolkit

## **Enthusiasm**

Demonstrates positive energy and enthusiasm with players.

# U12 TRAINING

## U12 "Me and My Team"

- ✓ Train to learn the game.
- ✓ Improve comfort with the ball.
- ✓ Improve relationship with teammates.
- ✓ Improve confidence to win the ball.
- ✓ Develop functions & fundamentals of roles and positions within the team.

## TRAINING B.L.O.C.K.S.

**Bed-In** the skill of the day.

**Learn** the new technical tools to enhance the skill.

**Orientate** the skill within the game.

**Challenge** the skill with a specific problem.

**Knowledge** Check for in-game knowledge of the skill.

**Solve** Can the players solve the problem.

# U12 - SESSION TOPICS & OBJECTIVES

- 1** **Topic** Escaping pressure to keep the ball  
**Objective** Improve basic escape moves
- 2** **Topic** Taking players on 1v1 to advance  
**Objective** Learn how to possess, progress, and penetrate
- 3** **Topic** Passing to advance the ball forward  
**Objective** Learn how to pass to feet or space
- 4** **Topic** Shooting to score goals  
**Objective** Improve how to strike the ball in the corners
- 5** **Topic** Defending in twos to regain the ball  
**Objective** Learn how to defend in two's (Pressure, cover)
- 6** **Topic** Combination play with a teammate  
**Objective** Improve how to combine 1-2 with a teammate
- 7** **Topic** Shooting to score goals  
**Objective** Improve how to shoot low and with the correct foot
- 8** **Topic** Defending in twos to regain the ball  
**Objective** improve how to defend in two's (Pressure, Cover)
- 9** **Topic** Taking players on 1v1 to advance  
**Objective** Learn how to scan and shield the ball in 1v1's
- 10** **Topic** Passing to unbalance the opposition  
**Objective** Learn how to pass the ball to unbalance the opponent



Week 1 Escaping Pressure to keep the ball

**OBJECTIVE** | Improve Basic escape moves

**COACHING POINTS**

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

**GUIDED QUESTIONS**

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move? Why?


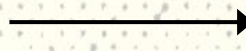
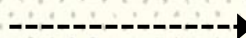
**KEY WORDS**

Protect, Drive, Take Space, Pick head up

**PLAYER ACTIONS**

Escape Pressure

**SESSION KEY**

Dribble   
 Pass / Shot   
 Movement 

**TECHNICAL TOOLS**

**Block 1:** Shield; **Block 2:** Accelerate, Basic Escape Moves;  
**Block 3:** Scan, Correct Foot



9 v 9

*Train to learn*

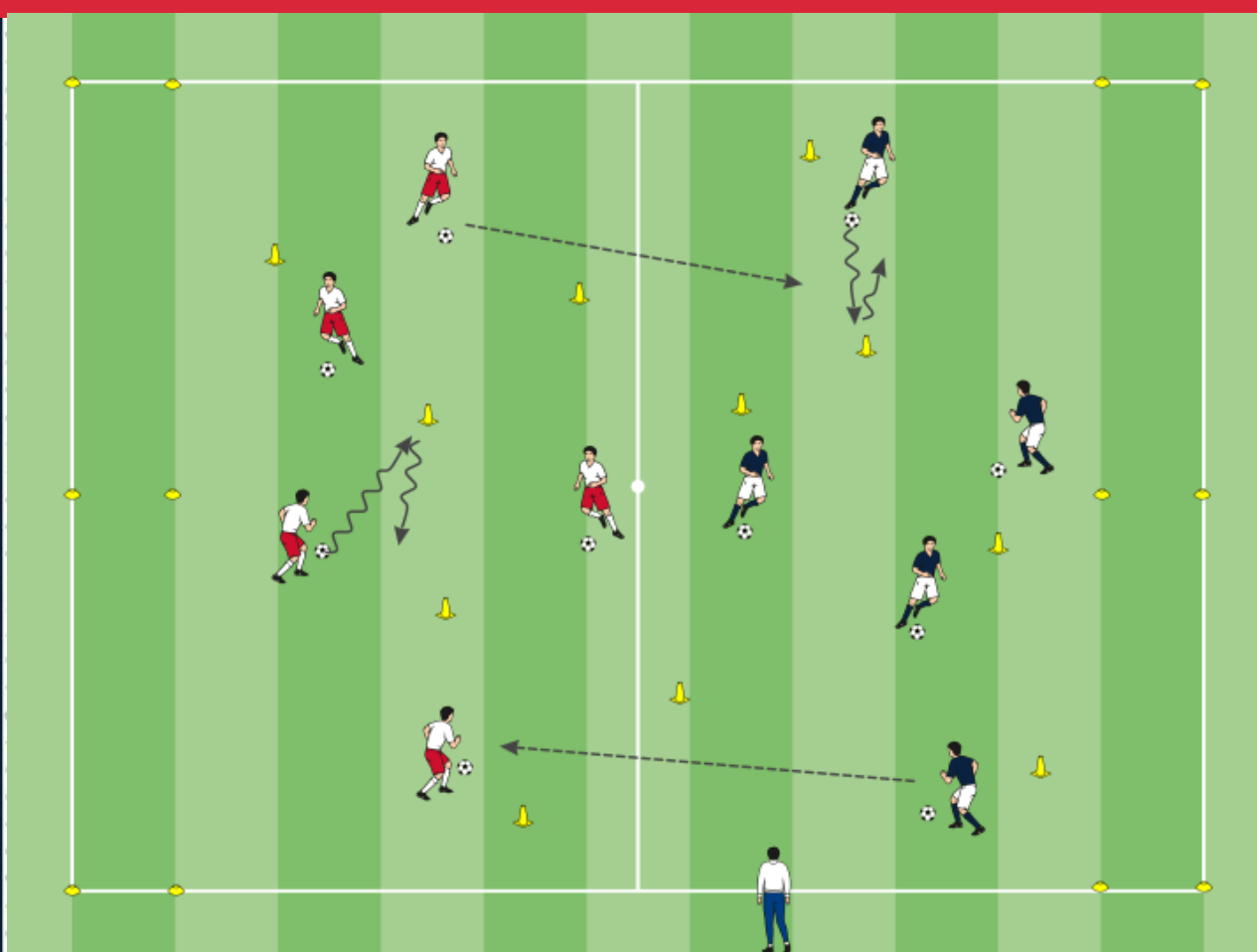
Me and the team

Develop functions and fundamentals of roles and positions within the team

Escape Pressure  
Block 2

**PHASE 1 – Warm Up | 10 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



**AREA**

30 x 25 in two halves with 5-yard end zone

**DESCRIPTION**

Split into two teams, players with ball each working on dribbling and escape moves (pull backs, change of directions) to cones. Number players in each team 1-5. Call out #1 and both #1s attempt to knock all opponents balls out of gird the fastest. Use escape moves to protect ball.

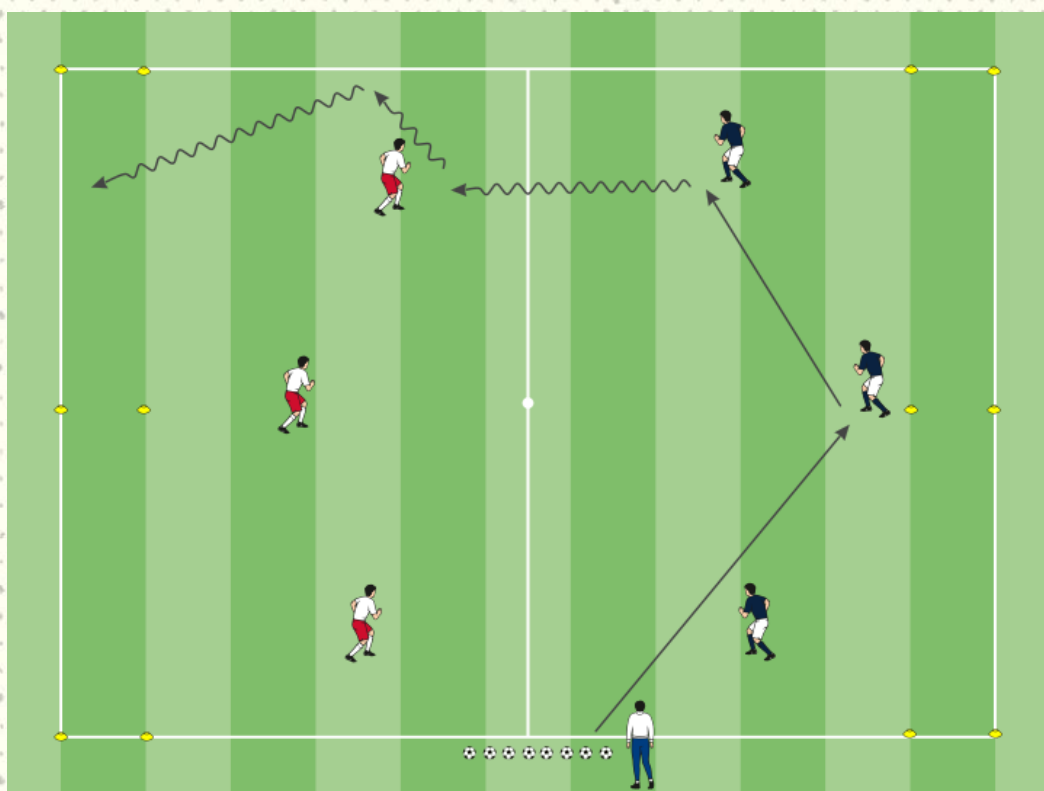
**MORE CHALLENGING**

Call multiple numbers.

# Week 1 Escaping pressure to keep the ball

## PHASE 2 – End Zone Soccer | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

30 x 25 including a 5 yard end zone each side

### DESCRIPTION

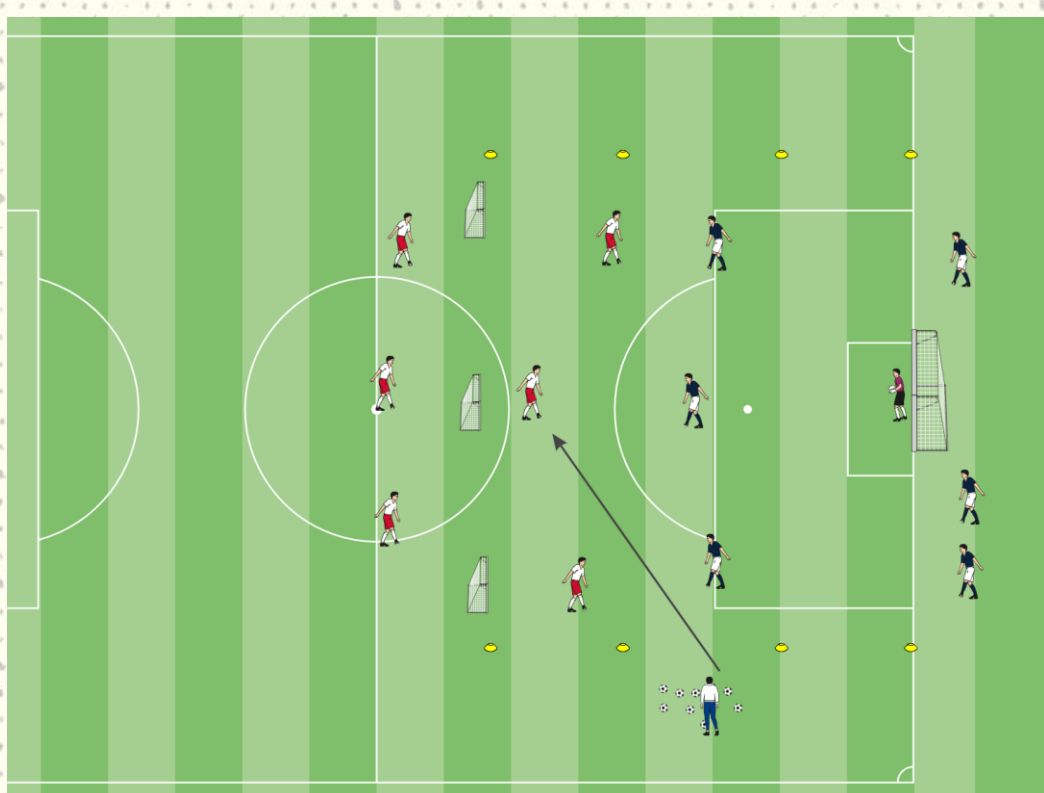
Play 3v3 game with team in possession scoring a point for dribbling into opponents end zone. Coach plays new ball in if ball goes out. Encourage players to use escape moves to protect ball and find space.

### MORE CHALLENGING

Play 4v4 / 5v5 Add a goal to score to after dribbling into end zone. 1v1 with Goalkeeper to reward playing escaping pressure and finding space.

## PHASE 3 – Expanded Small Sided | 20 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



### AREA

Game with in a 36 x 40 yard space. Place 3 mini goals or cone gates on one side, large goal on the other side.

### DESCRIPTION

Coach passes ball into red team who attack 3v3 (start with 2v2, 3v2 based on level) to the large goal point for a goal. Blue team counter on the 3 mini goals for a point.

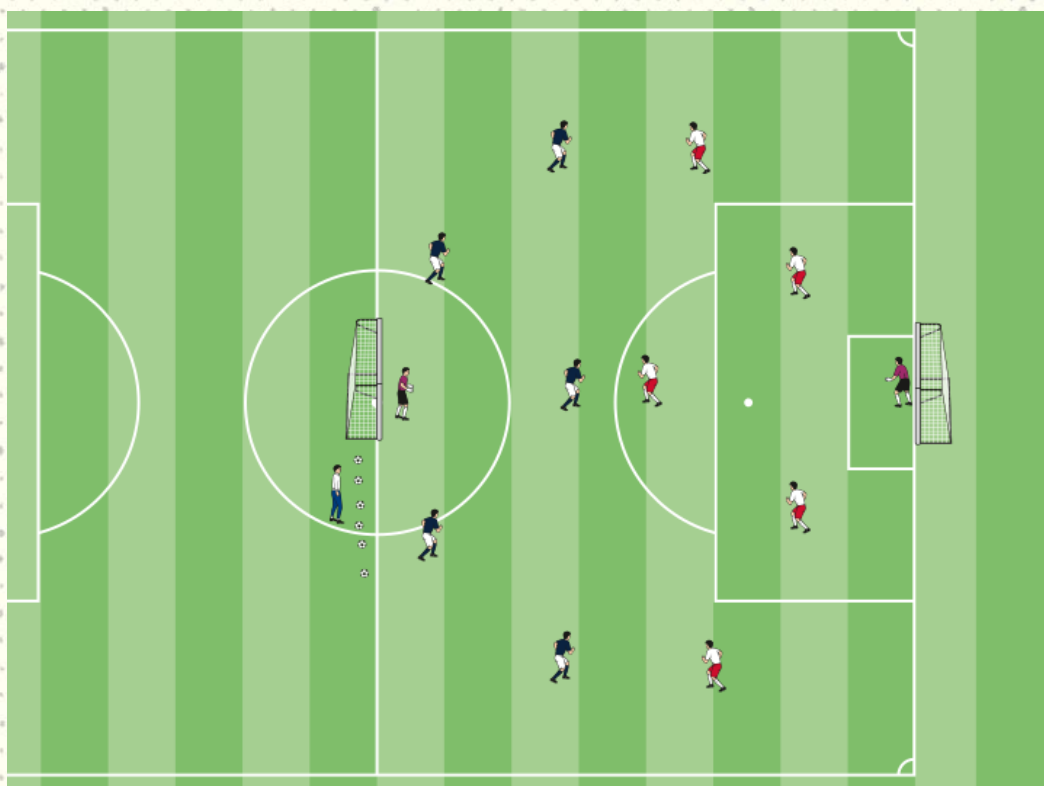
Play 4 minutes or first to score, clear field and start with 3 new attackers & defenders. Try to create a 1v1 or 2v1 to goal.

### MORE CHALLENGING

Play 4v4 / 5v5

## PHASE 4 – Game | 25 MINS

8 MINUTES PLAY | 2 MINUTE REST



### AREA

Half Field Game with 2 goals.

### DESCRIPTION

Play 5v5 to 7v7v, adjust based on numbers. Regular game rules encouraging players to take players to use moves to escape pressure, keep ball and find space.

### SCORING

1 point for scoring in respective goals

Week 2 Taking players on 1v1 to advance

**OBJECTIVE** | Improve how to shield, scan and use correct foot

**COACHING POINTS**

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

**GUIDED QUESTIONS**

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?



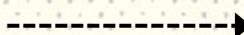
**KEY WORDS**

Keep it close, Drive, Take Space, Pick head up

**PLAYER ACTIONS**

Take on opponent

**SESSION KEY**

Dribble   
 Pass / Shot   
 Movement 

**TECHNICAL TOOLS**

**Block 1:** Dribble past opponent; **Block 2:** Accelerate, Basic 1v1 Moves; **Block 3:** Shield, Scan, Correct foot



9 v 9

*Train to learn*

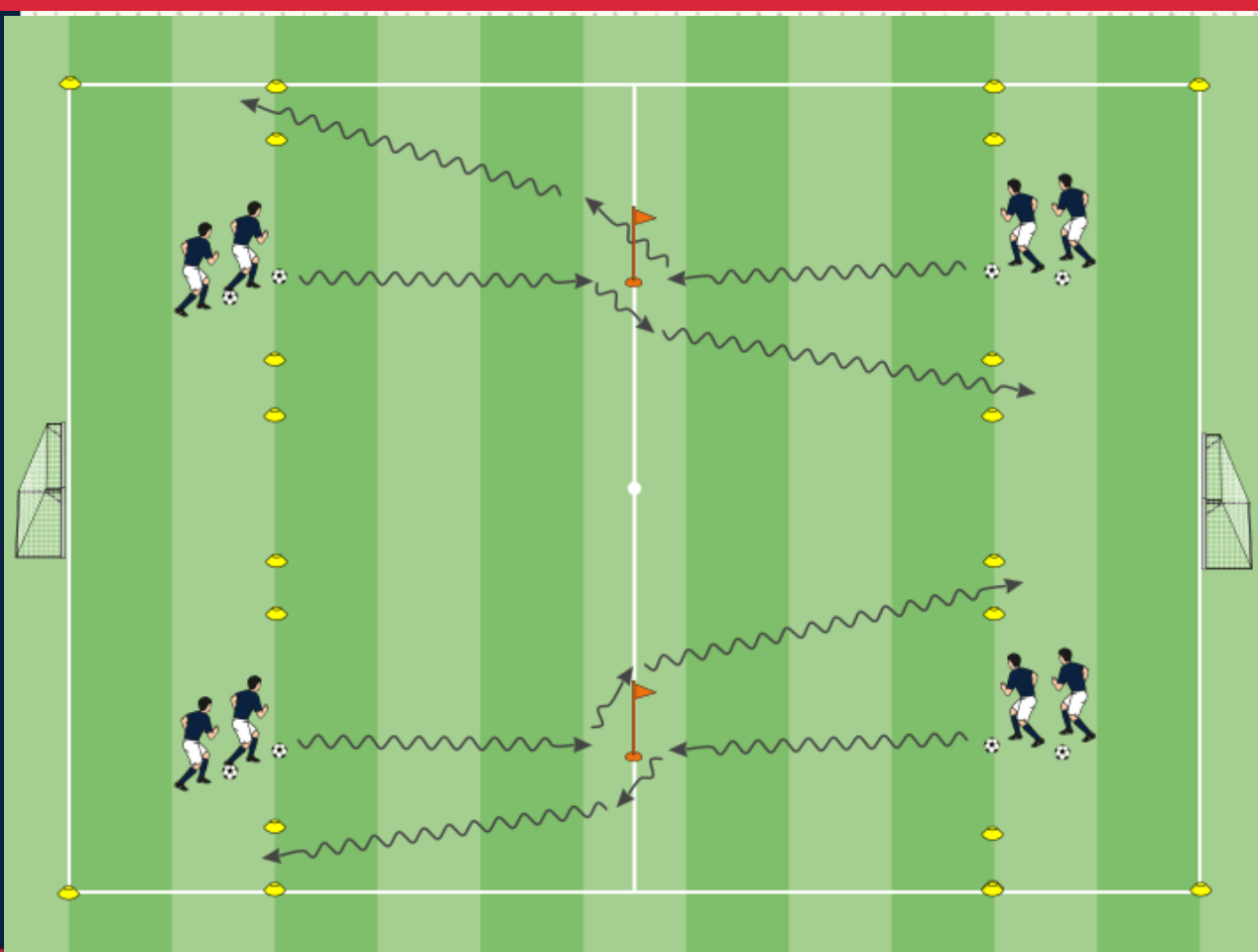
Me and the team

Develop functions and fundamentals of roles and positions within the team

Taking on opponent  
Block 2

PHASE 1 – Functional Moves | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



**AREA**

Two 12 x 15 yard areas. Small gates.

**DESCRIPTION**

Ball each, players dribble to flag/mannequin and perform 1v1 moves and drive with ball to wide gate as shown. Next player goes when first player dribbles to gate Alternate fake left take right, fake right take left.

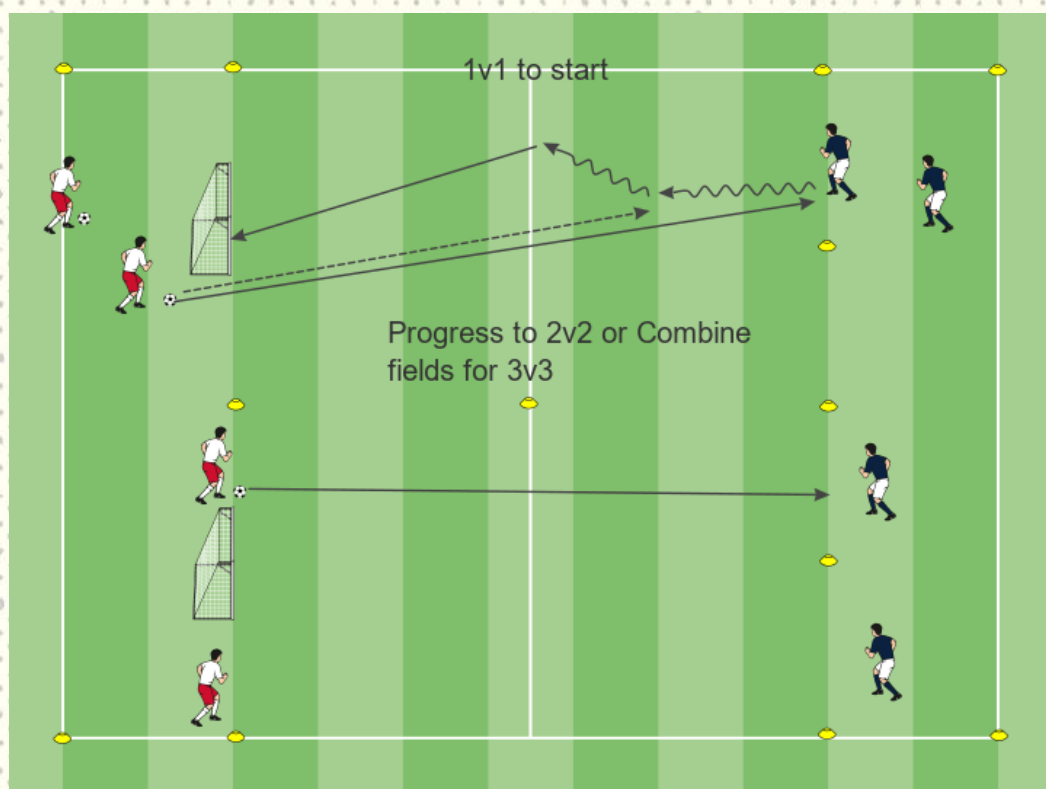
**MORE CHALLENGING**

Both players go at the same time to create decision making and players picking head up to find open space / gate. Races to gate for point.

## Week 2 Taking players on 1v1 to advance

### PHASE 2 – End Zone Soccer | 20 MINS

2 MINUTES PLAY | 1 MINUTE REST



#### AREA

12 x 15 yard area, 1 min goal, 1 end zone (blue players start in end zone as shown)

#### DESCRIPTION

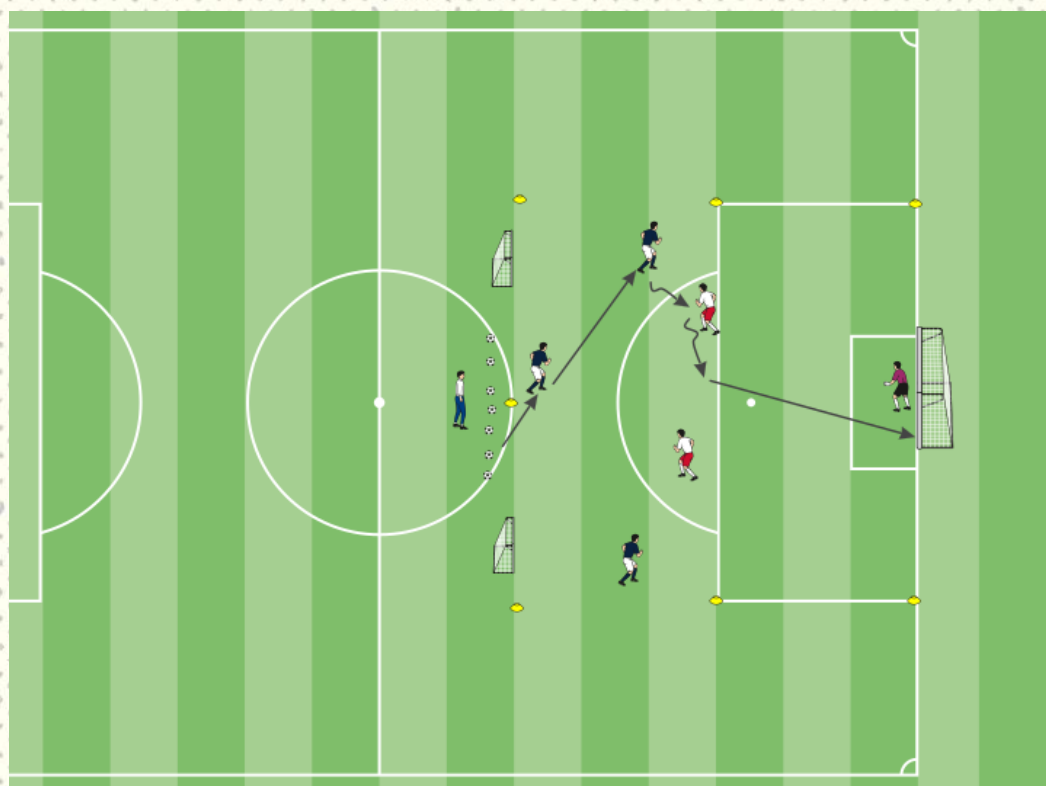
1v1 Game, red passes into blue who uses 1v1 move to beat opponent and score on mini goal for a point. Red defender can score point by winning ball and dribbling into end zone. Ball always start with pass from red.

#### MORE CHALLENGING

Play 2v2 (when to pass, when to dribble forward)  
Play 3v3 (combine grids, play to two mini goals)

### PHASE 3 – 3v3 Wave Game | 20 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

36 x 28 yards. 1 large goal, 2 counter goals.

#### DESCRIPTION

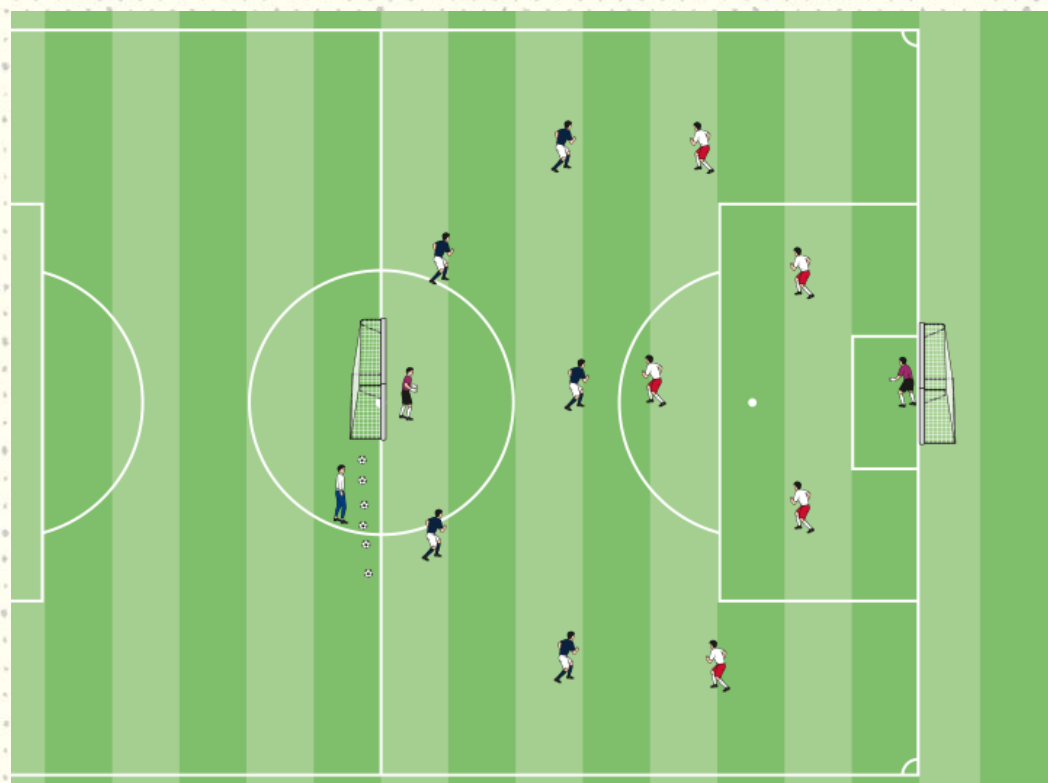
Coach passes ball into blue team, play 3v2 to goal. Red team counter on mini goals for a point. Ball always starts with attacking team. Encourage player on the ball to take chances and try 1v1 moves to beat opponent and create a chance or shoot on goal.

#### MORE CHALLENGING

3v3, 4v3, 4v4

### PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



#### AREA

Half Field Game with 2 goals.

#### DESCRIPTION

Play 5v5 to 7v7v, adjust based on numbers. Regular game rules encouraging players to take on opponent to advance the ball and to create chances in attacking half.

#### SCORING

1 point for scoring in respective goals

Week 3 Passing to advance the ball forward

**OBJECTIVE** | Learn how to pass to feet or space

**COACHING POINTS**

1. Make eye contact with the receiver
2. Balanced when making contact with the ball
3. Lock ankle, high toe/heavy heel

**GUIDED QUESTIONS**

1. When is a teammate open for a pass?
2. When should I pass to feet?
3. When should I pass to space?


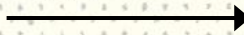
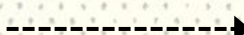
**KEY WORDS**

Find feet, Relax and be balanced, find the runner

**PLAYER ACTIONS**

Passing

**SESSION KEY**

Dribble   
 Pass / Shot   
 Movement 

**TECHNICAL TOOLS**

**Block 1:** Find a teammate; **Block 2:** Pass to feet, Pass to space; **Block 3:** Possess, Progress, Penetrate



9 v 9

*Train to learn*

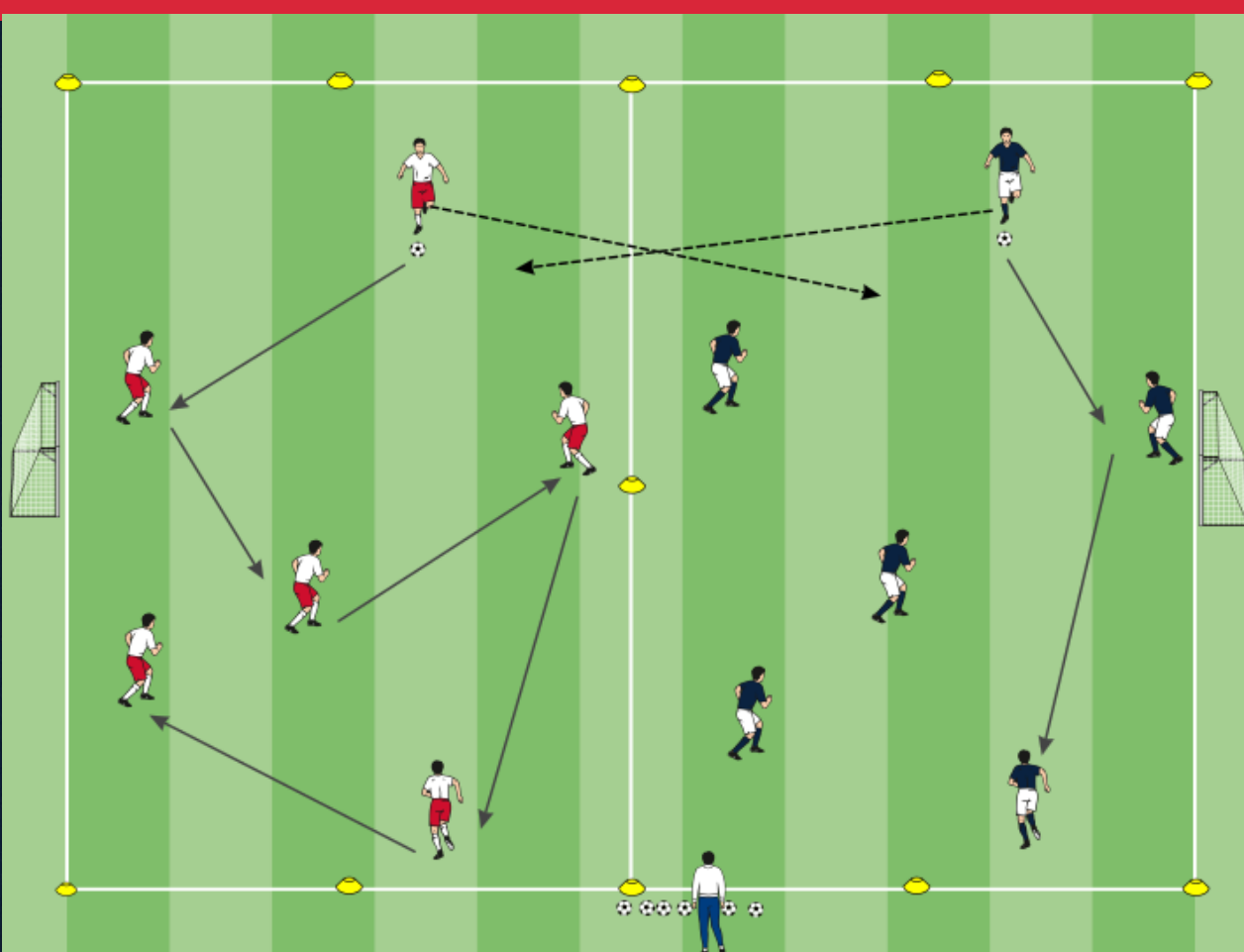
Me and the team

Develop functions and fundamentals of roles and positions within the team

Passing  
Block 2

**PHASE 1 – Pass and Move | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



**AREA**

20 x 30-yard area with two mini goals

**DESCRIPTION**

Number players 1-6. Each group has 1 ball pass and move in the area.  
 Progress to passing in sequence, #1 passes to #2 to encourage communication.  
 Progress to calling out a number who tries to steal ball from opposing group (as shown)

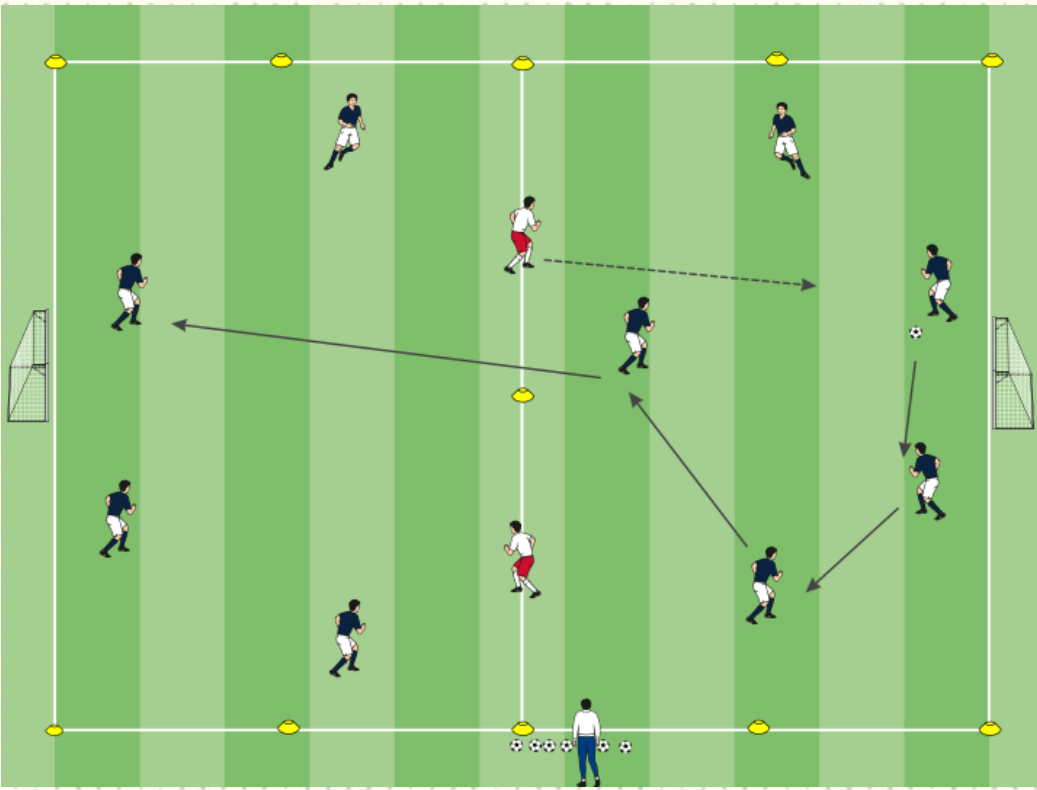
**MORE CHALLENGING**

Call two numbers, defenders score a point for scoring on mini goal if they win ball.

Week 3 Passing to advance the ball forward

PHASE 2 – 5v1 to advance ball | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



**AREA**

Same 30 x 20 yard area.

**DESCRIPTION**

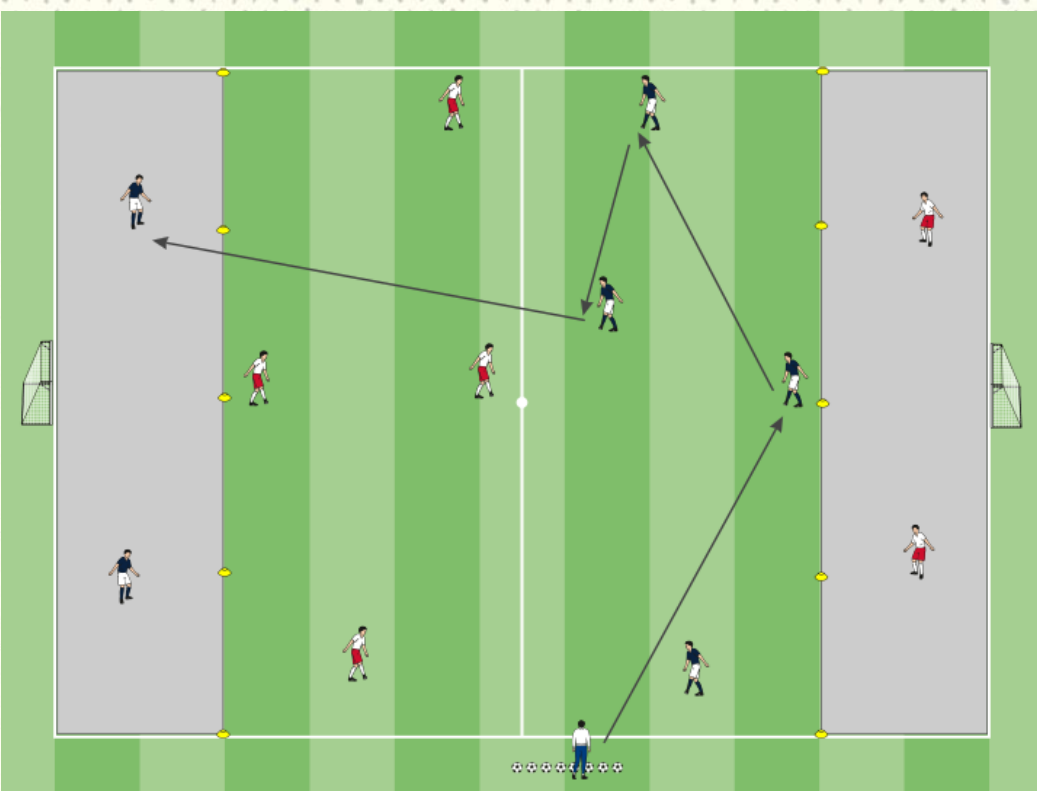
Blue team plays 5v1 in half field. Make 3-5 passes before playing pass across halfway line to remaining blue payers waiting. New red defender presses. If red wins ball they can score on mini goal. Rotate defenders every 2 minutes.

**MORE CHALLENGING**

5v2, progress to 5v3.

PHASE 3 – 4v4/5v5 Target Game | 20 MINS

20 MINUTES PLAY | 1.5 MINUTE REST



**AREA**

35 x 25-yard area with 5-yard end zone.

Play game with 4v4 with 2 target players in each end zone.

**DESCRIPTION**

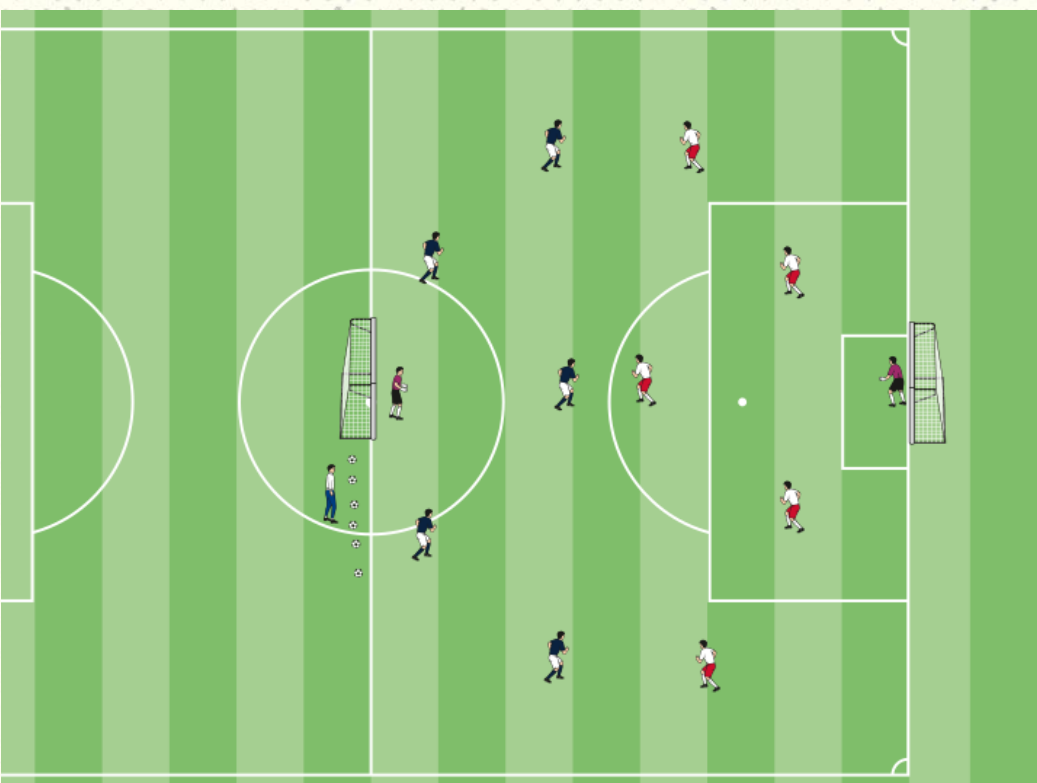
Coach passes ball to a team and play possession. Point for passing into the target. New ball starts with coach. Defending team win ball they find their targets. Targets can move across line side to side offering passing option. Encourage players to look forward.

**MORE CHALLENGING**

Play 5v5 with 1 target player

PHASE 4 – Play | 25 MINS

12 MINUTES PLAY | 3 MINUTE REST



**AREA**

Half Field Game with 2 goals.

**DESCRIPTION**

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to. Encourage players to pass to play forward.

**SCORING**

1 point for scoring in respective goals

Week 4 Shooting to score goals

**OBJECTIVE** | Improve how to strike the ball in the corners

**COACHING POINTS**

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

**GUIDED QUESTIONS**

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?




**KEY WORDS**

Hit it hard, Make the keeper work, Be confident

**PLAYER ACTIONS**

Shooting

**SESSION KEY**

- Dribble 
- Pass / Shot 
- Movement 

**TECHNICAL TOOLS**

**Block 1:** Kick the ball to the goal; **Block 2:** Organize feet, Find corners **Block 3:** Strike low, Correct foot



9 v 9

*Train to learn*

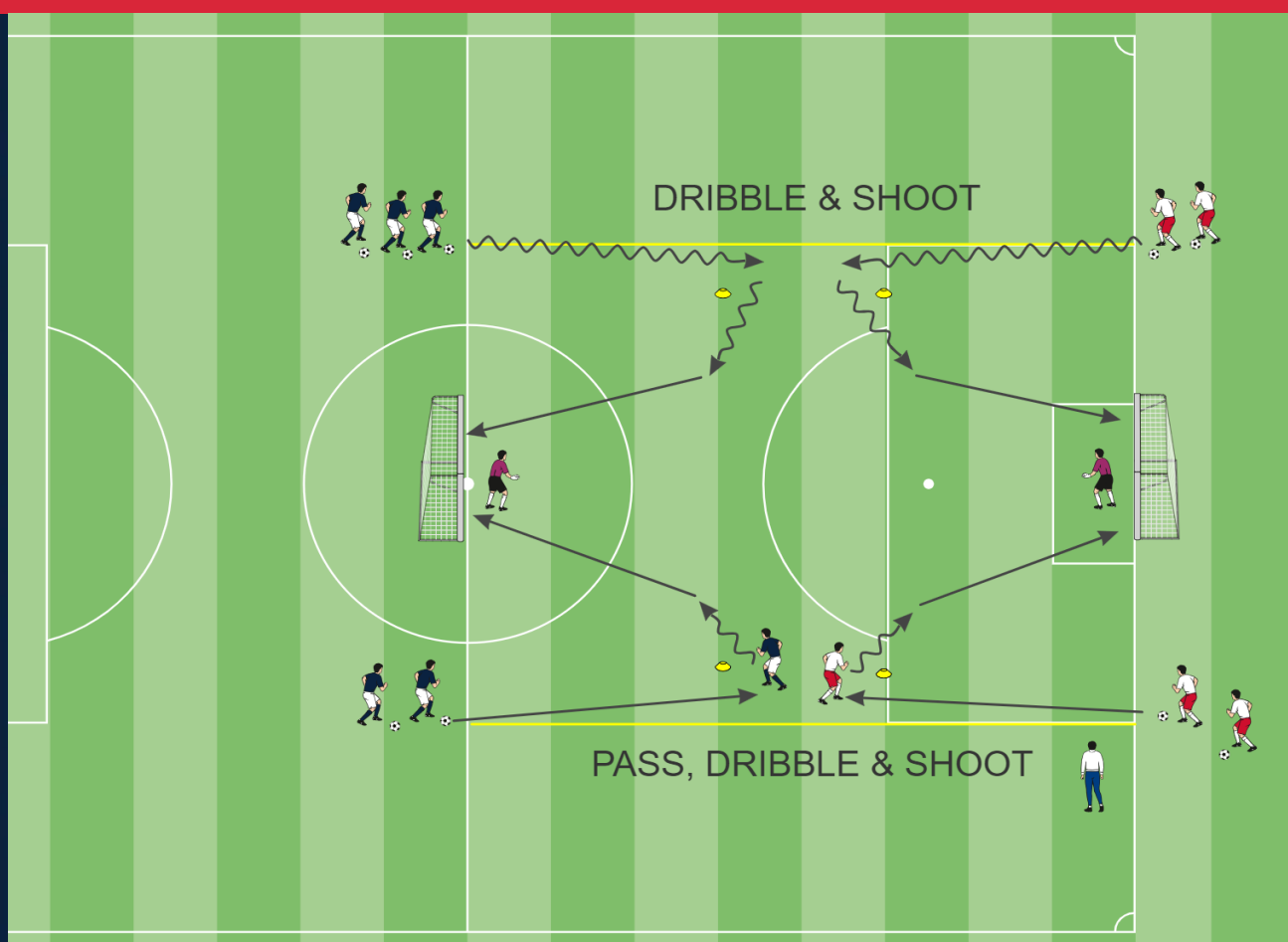
Me and the team

Develop functions and fundamentals of roles and positions within the team

Shooting  
Block 2

PHASE 1 – Finishing technique | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



**AREA**

2 x goals, width of penalty box, half field. Set up 4 cones as shown

**DESCRIPTION**

1. Player's dribble and turn past red cone to goal working on finishing technique
  2. Progress to receiving a pass and taking first touch to goal before finishing.
- Make this competition between both teams, who can score more goals in a set time

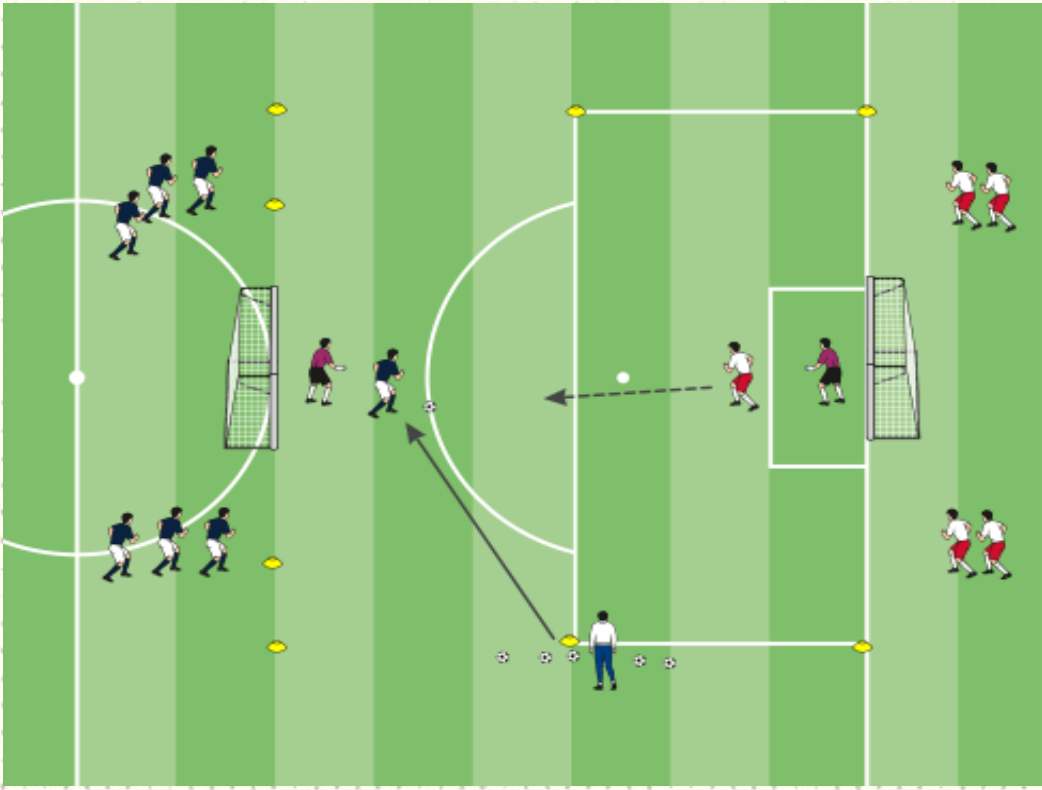
**MORE CHALLENGING**

Add 1v1 before shooting, add a combination wall pass before shooting

Week 4 Shooting to score goals

PHASE 2 – 1v1, 2v1, 3v2 to goal | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



**AREA**

2 x goals, 20 x 25 yard area

**DESCRIPTION**

Coach passes to blue player for 1v1 to goal.

Encourage quick play to get lots of reps.

Red counter on opposite goal.

If ball goes out of play or a goal is scored start with new set of players with pass into blue

Progress to 2v1 & 3v2

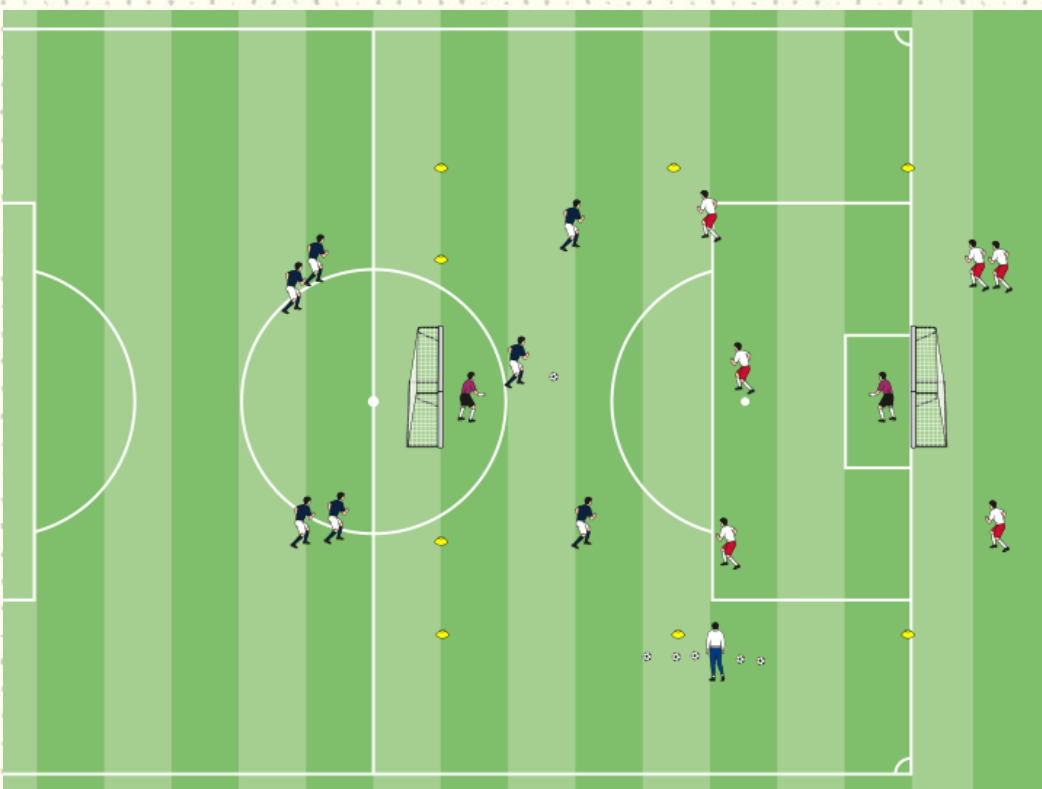
Switch first pass to red team after 3 minutes

**MORE CHALLENGING**

2v2, 3v3

PHASE 3 – 3v3 Wave Game | 20 MINS

4 MINUTES PLAY | 1 MINUTE REST



**AREA**

2 x goals, 30 x 35 yard area

**DESCRIPTION**

Ball starts with pass from coach to blue team 3v3 against red team. Score as many goals in 3 minutes.

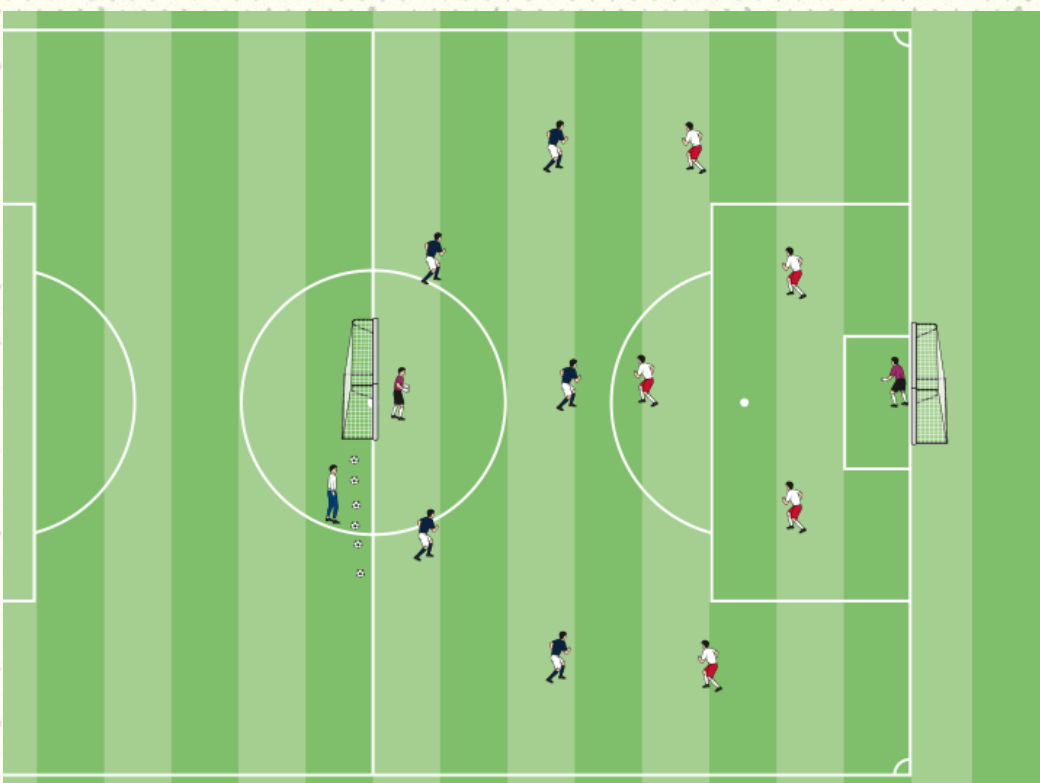
Red team can block and counter. When the ball leaves the field next wave of 3v3 starts with pass to blue team. Switch first pass to red after 3 minutes.

**MORE CHALLENGING**

Instead of only blues attacking, every missed shot, the red team begins with the ball. Quick transitions.

PHASE 4 – Play | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



**AREA**

Half Field Game with 2 goals.

**DESCRIPTION**

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to take on opponent and take shots in the attacking half of field.

**SCORING**

1 point for scoring in respective goals



Week 5 Defending in twos to regain the ball

**OBJECTIVE** | Learn how to defend in two's  
(Pressure, cover)

**COACHING POINTS**

1. Press quickly slow down closer to the ball
2. Start tall, get low as you get closer to the ball, bend knees
3. 2<sup>nd</sup> and 3<sup>rd</sup> defender provide cover to first defender


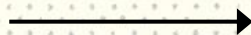

**GUIDED QUESTIONS**

1. Why do you need to be on toes when defending 1 on 1?  
(To move quickly when attacker dribbles)
2. Why do you think you should press quickly? (to win ball further from your grid slash poll)

**KEY WORDS**

Defend, cover, pressure, compact

**SESSION KEY**

Dribble   
Pass / Shot   
Movement 

**PLAYER ACTIONS**

Pressure/cover/balance, make it compact

**TECHNICAL TOOLS**

Defending



9 v 9

*Train to learn*

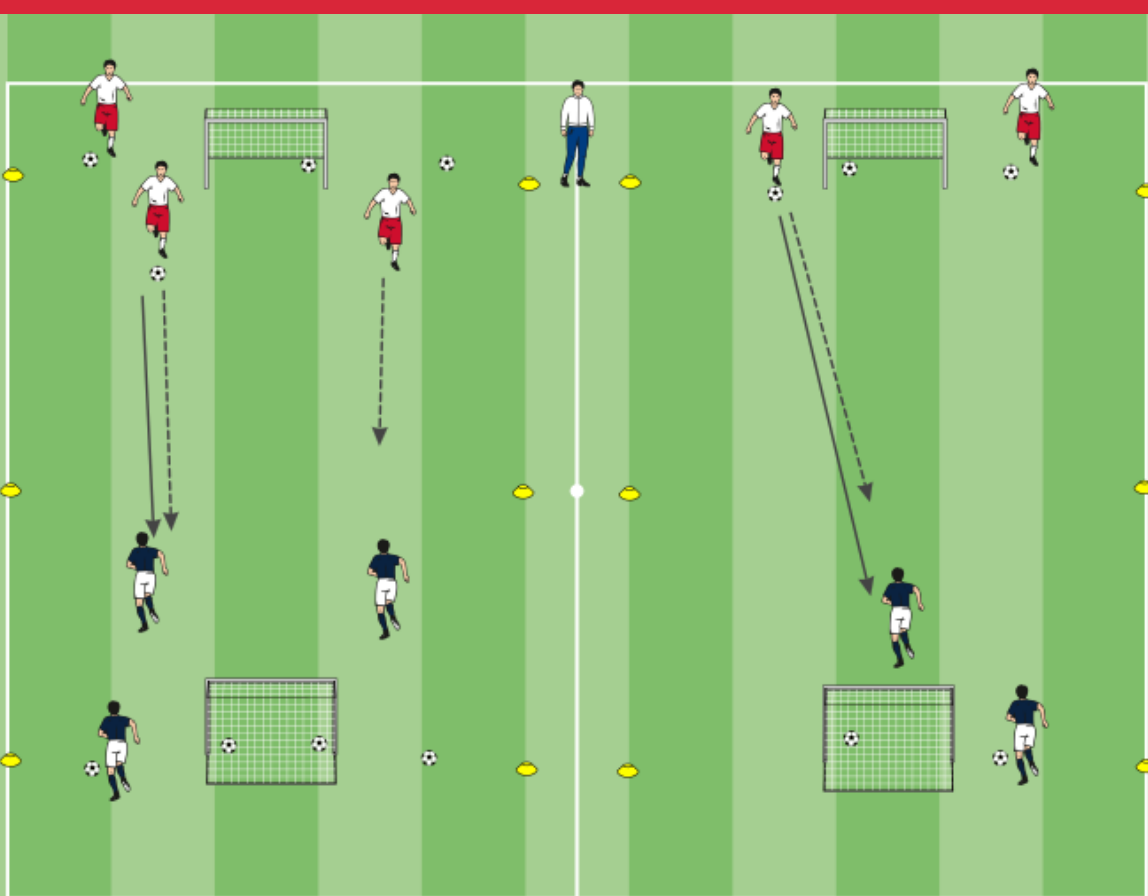
Me and the team

Develop functions and fundamentals of roles and positions within the team

Defending  
Block 3

PHASE 1 – 1v1 Defending | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



**AREA**

10 x 15 two grids

**DESCRIPTION**

1v1 to start on both fields  
Reds pass into blue, press and protect goal.  
Play until goal is scored or ball goes out.  
Start with next red passing into next blue.  
Progress to 2v2 (shown on left)  
Switch after 3 minutes with blue passing ball in

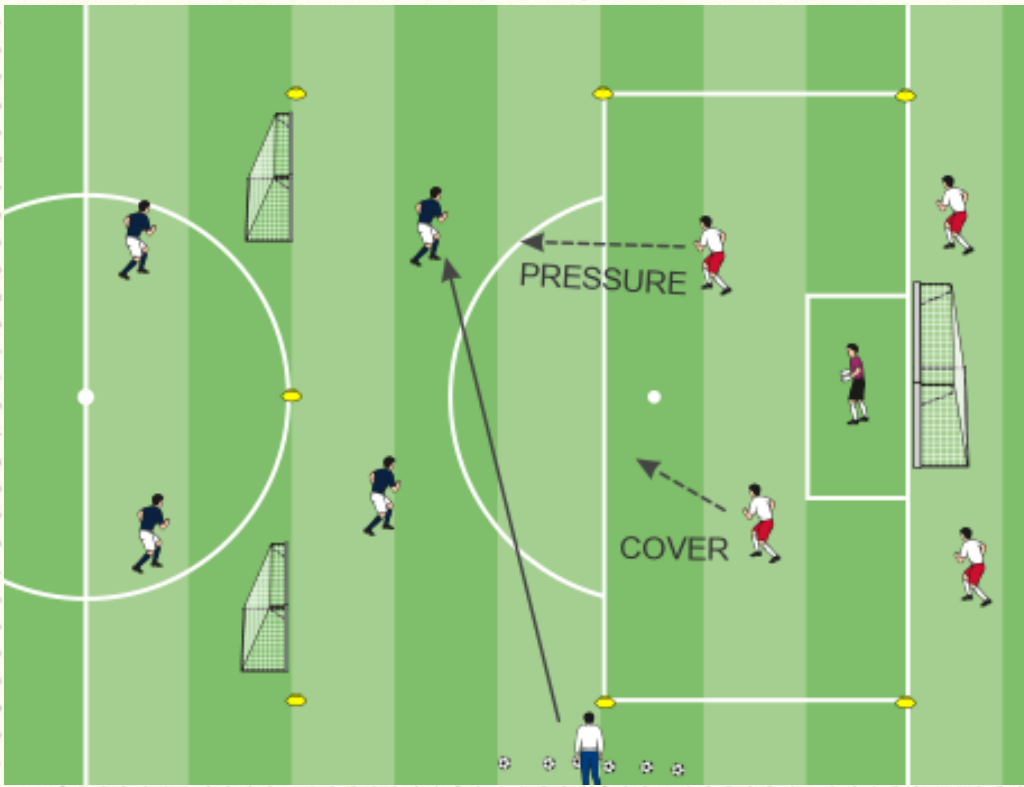
**MORE CHALLENGING**

Combine fields and play 3v3 / 4v4 four goal game.

Week 5 Defending in twos to regain the ball

PHASE 2 – 2v2 Defending | 20 MINS

5 MINUTES PLAY | 2 MINUTE REST



**AREA**

30 x 20 yard area  
Play 2v2 game with goalkeeper

**DESCRIPTION**

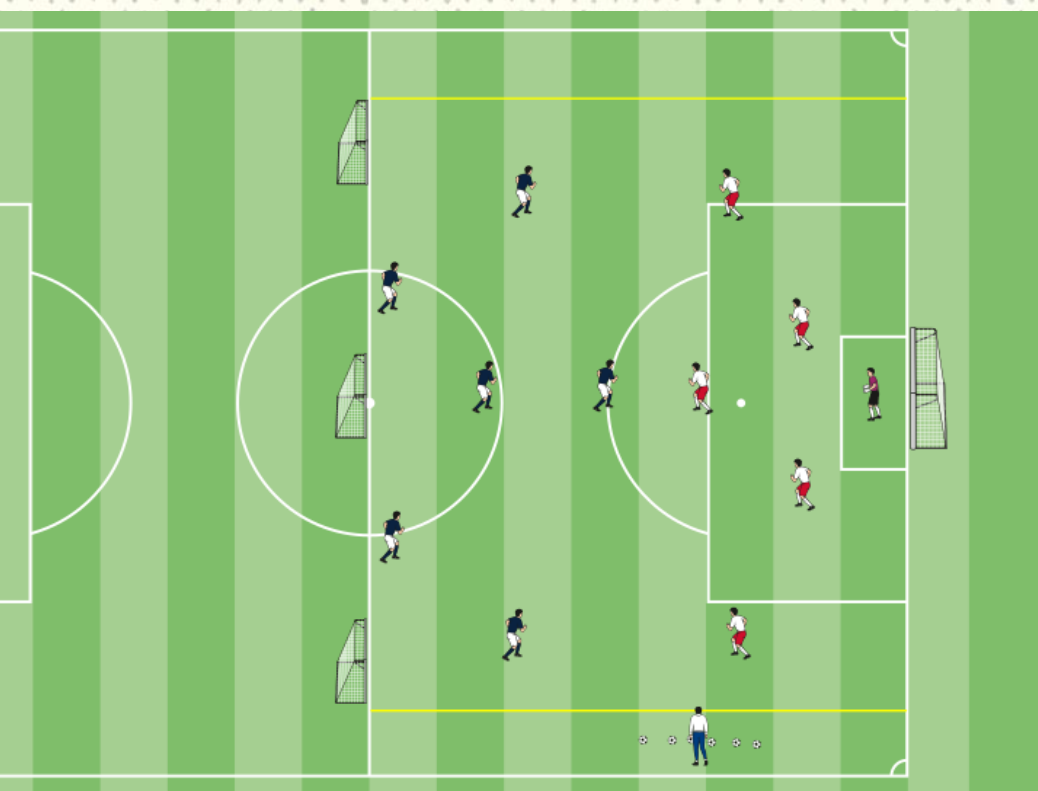
Coach passes balls into blue team who attack goal  
Red team counter on mini goals  
Red team apply pressure, then cover.  
If goal is scored or ball goes out, new set of players  
Switch Red and Blue team after 4 minutes.

**MORE CHALLENGING**

Play 3v3, 4v4 (make area larger)

PHASE 3 – Team Defending | 20 MINS

10 MINUTES PLAY | 3 MINUTE REST



**AREA**

Play half field game adjusting the width based on the number of players  
3 mini goals (gates) and 1 large goal

**DESCRIPTION**

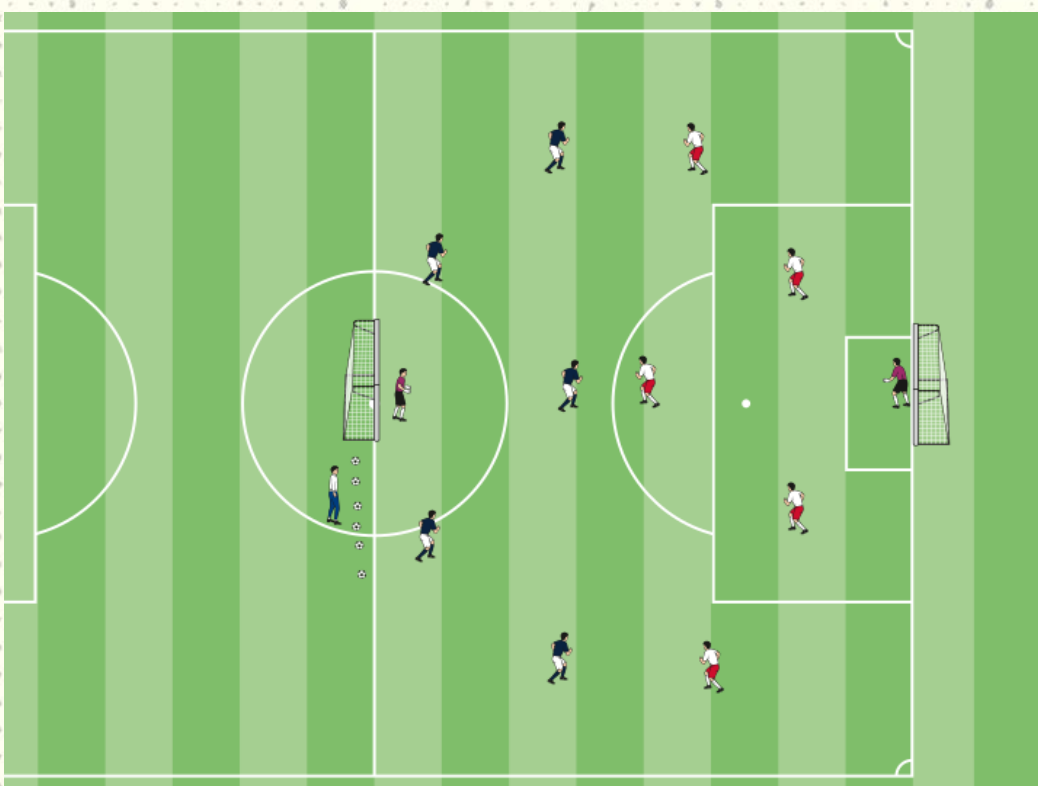
Play 6v5. Ball starts with coach pass to blue (vary entry pass location to work on defending teams' position and press) Blue score on large goal, red counter on one of the three mini goals. Work on defending team pressing the ball, moving together and staying compact to protect goal/s.

**MORE CHALLENGING**

Play 7v6, 7v7

PHASE 4 – Play | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



**AREA**

Half Field Game with 2 goals.

**DESCRIPTION**

Play 5v5 to 7v7, adjust based on numbers. Regular game rules encouraging players to work together defensively to pressure ball and provide cover.

**SCORING**

1 point for scoring in respective goals

# Ages and stages

## Social Development

- Begin a growing desire to assert individuality and independence.
- Very loyal to peer group and influenced by them (judgment).
- Can be critical of peers and adults.

## Emotional Development

- Don't accept authority blindly.
- Can change emotions quickly – may be overly sensitive and dramatic.
- Beginning to gain experiences which give them insight into the fact that someone can have a different opinion.

## Language Development

- Evolving, conversations can be more abstract (Sportsmanship, fairness) etc.
- Like to talk, use language to express feelings and tell stories.
- Ask many questions and want thoughtful questions.

## Cognitive Development

- Eager to learn.
- Still willing to use imagination and creativity.
- Can sequence thoughts and actions; improving ability to perform more complex tasks (within that sequence). Also enjoy problem solving and rule-based games.

## Physical Development

- Increased growth rate and maturation means players can be more susceptible to injury (overuse vs acute injury).
- Talent gap increases (Differences).
- Continued development of endurance.



AGE: U10

LEVEL: GRASSROOTS

AREA OF FIELD:

Buildup

GAME PRINCIPLE: PENETRATION

# TEACHING TOOLS

## PLAYER ACTIONS

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

EXAMPLE

“Pass or dribble forward”

## TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

## COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS. EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

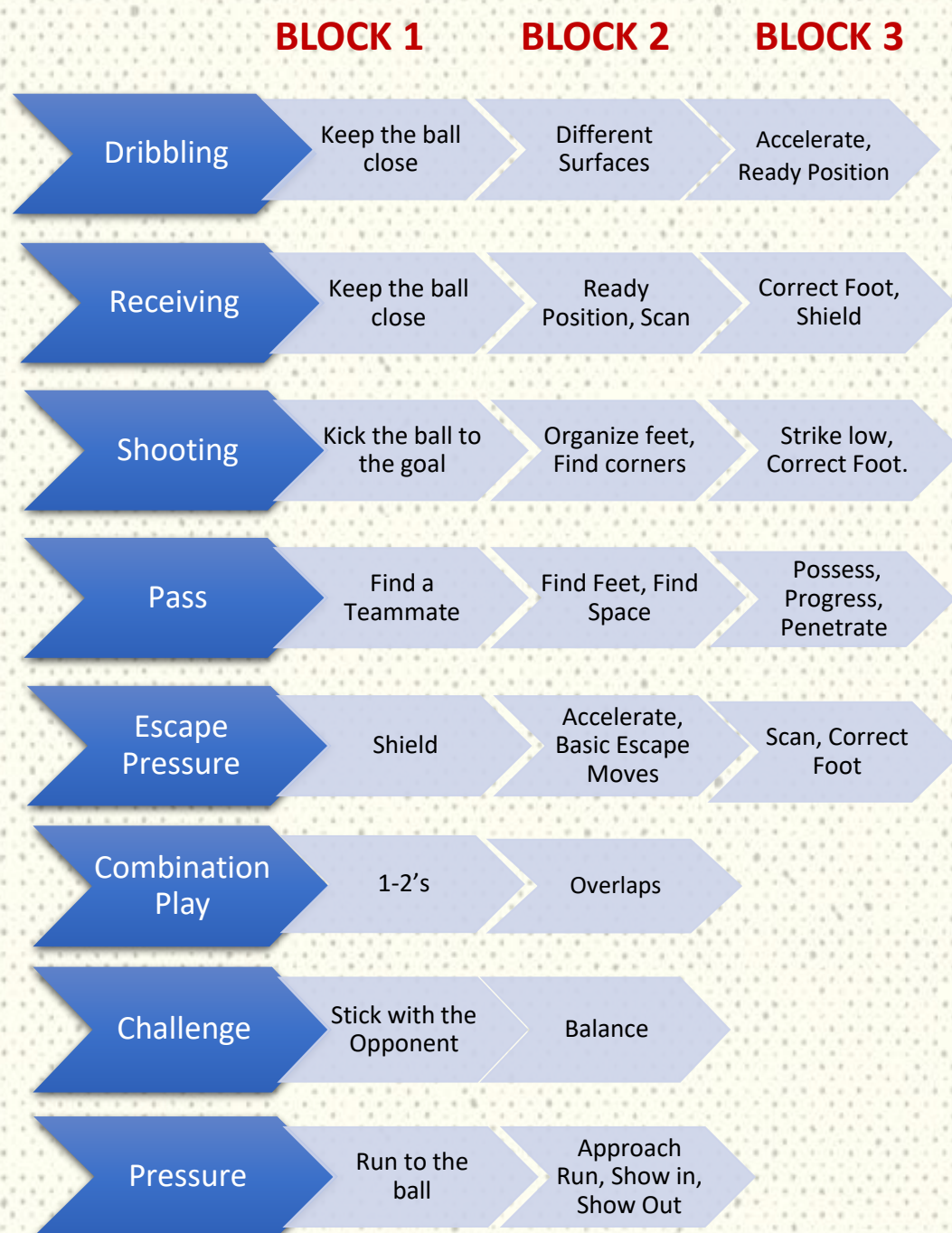
## GUIDED QUESTIONS

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?”

# PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

## TECHNICAL TOOLS

PLAYER ACTIONS



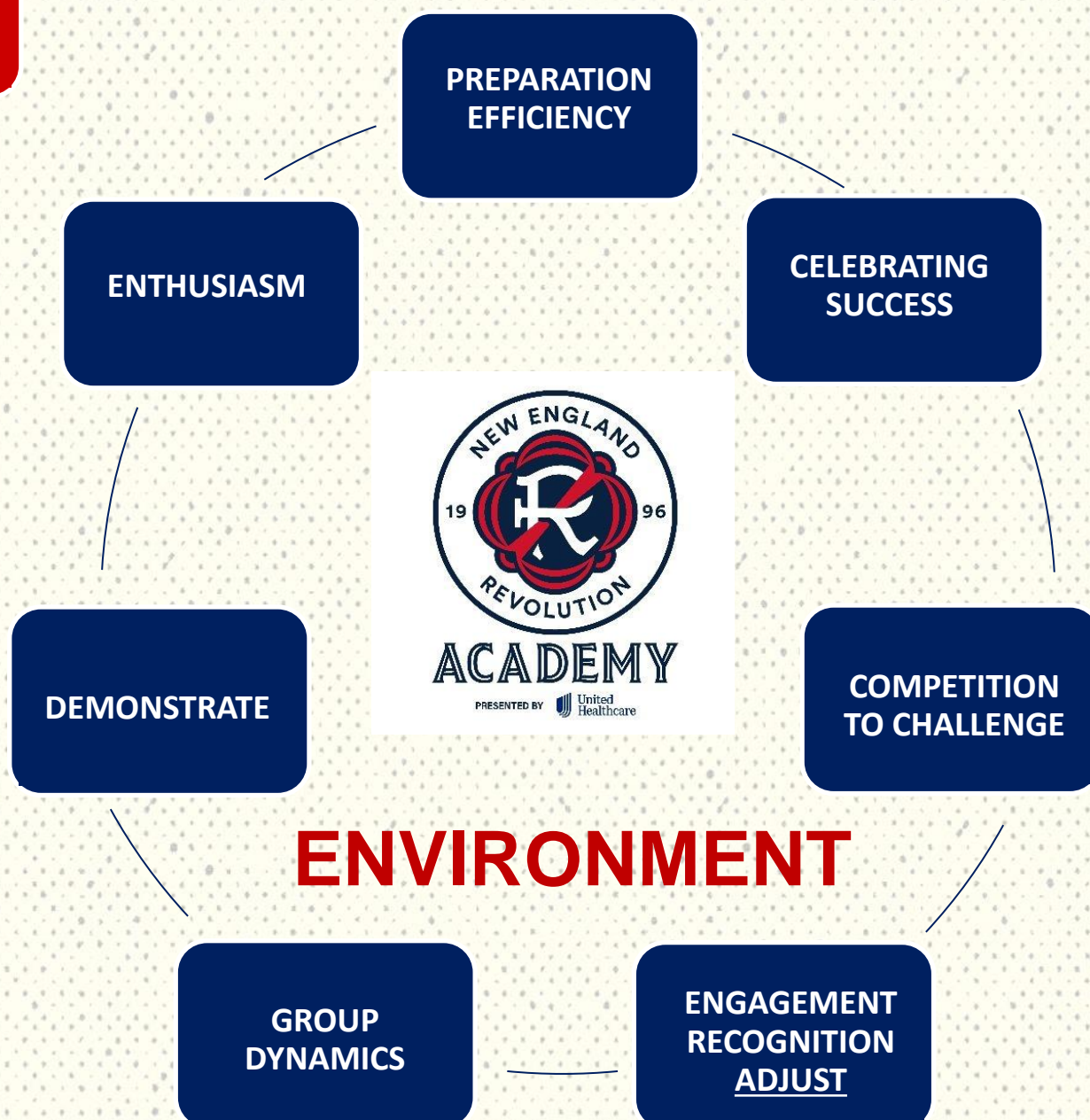
Each team should teach **block 1** before teaching **block 2**. Progress to teach **block 2 (or beyond)** when you feel the *majority* of the team is ready to advance or *individually* should you have high performers within the team.

# 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!





ACADEMY

# 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.

4v4

### 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

DELIBERATE  
PRACTICE GAME-  
LIKE ACTIVITIES

### PLAY

GAME RELATED  
PLAY IN  
4v4 TO 7v7