



# The Spartans FC Youth

## Moving from Soccer 7s to 9s



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# Aims



**To provide opportunities for children and young people to play football in a safe environment**



**To develop players to play football at the highest level**



**To help children and young people to learn skills and values for later life**



# Mission Statement



**Create an environment of excellence and learning**



**Winning is important but not at all costs, learning & development comes first**



**The emphasis is on producing young footballers who are proud to play for Spartans**



**Develop players who are technically outstanding and innovative football players**



**Develop, educate and support innovative coaches**



**Develop players & coaches into 'the best, people, players and coaches they can be'**



**Develop players & coaches who are recognised as ambassadors & role models**



**Build a club culture of excellence, demanding 100% effort at all times**



# Spartans FC Youth

Values we live by & play by



**Play  
together to  
be our best**

Be welcoming & friendly  
Encourage & support  
Don't blame others  
Listen. Work together

**Play hard  
Enjoy!**

Love the game  
Always play with a smile  
Be a good friend  
Express yourself

**Give  
everything  
we've got**

Give 100%  
Work the hardest  
Play to the final whistle  
Head stays up

**Treat others  
as we like to  
be treated**

Show respect to others  
Respect decisions  
Be prepared  
Be committed  
Play fair

**Take risks  
Learn to  
win**

Play without fear  
Try new things  
Learn from mistakes  
Strength from within



# Spartans FC Player Pathway

Fun 4 & Super 5s  
7/8 Years  
40 Players



Soccer 7s/9s  
9/10 & 11 Years  
40 Players



11 a sides  
12 years+  
2 or 3 Teams



# Moving from 7s to 9s Squads

- **The aim is to give all children a game, at a level where they have a fair chance of competing. Movement between teams is encouraged, as children become confident.**
- This is a fun time for players, coaches and parents
- Bigger pitch, mostly still 7 aside goals across Edinburgh
- Spartans FC Youth as a club carefully follow the SFA Player pathway so avoid playing 11 asides early
- Teams should not be set in stone and players can move around (ongoing development)
- A player does not learn anything in a game if he/she doesn't get any touches of a ball
- Spartans teams must have an **equal playing time policy** - all players play for a similar length of time on match day, regardless of the match situation. That can be a difficult position to defend when you start losing games you know you could have won
- To make this policy succeed requires good communication with parents and sometimes, a thick skin for coaches



# Difference Between 7aside & 9aside

MORE PLAYERS

BIGGER PITCHES or 7 aside Pitch

DIFFERENT POSITIONS / areas of the pitch ??

MORE PRESSURE TO WIN ?? BY WHO

LESS TOUCHES OF THE BALL

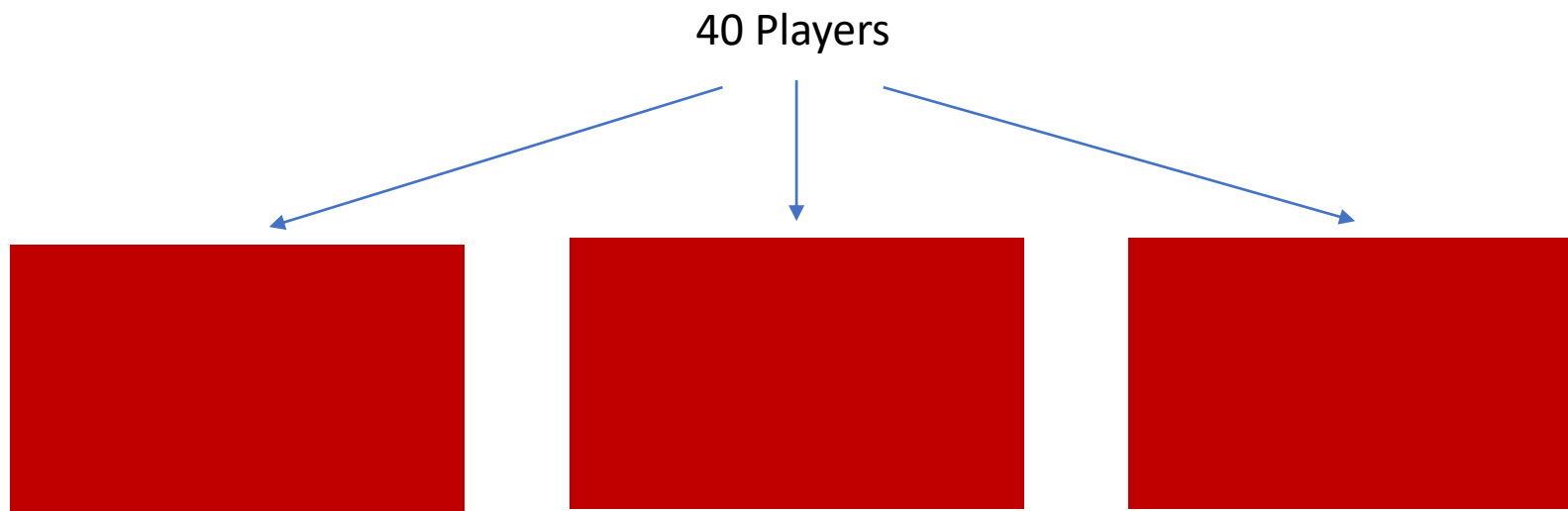
HOME & AWAY MATCHES

LOOKS MORE LIKE THE ADULT GAME





# Splitting into Squads - 12/14 Players x 3 Teams



3 teams in either Pele, Maradona, Zidane or Maradona leagues



# Splitting into Squads - 12/14 Players x 4 Teams

50 Players



4 teams in either Pele, Maradona, Zidane or Maradona leagues



# Winning vs Development

ALL PLAYERS PLAY SAME SET POSITIONS

PLAYERS/DEFENDERS WHO KICK BALL OUT THE PITCH/PUNT THE BALL UP THE PITCH

DEFENDERS STAY AT BACK ALL THE TIME-DON'T TAKE ANY CHANCES AT THE BACK - RIGID FORMATION

GOALKEEPER PLAYS BALL OUT TO MIDFIELDERS/DEFENDERS - DON'T LOOK PASS OR DRIBBLE OUT FROM BACK

COACH SHOUTING & INSTRUCTING THE PLAYER ALL MATCH – JOYSTICK COACH

COACH TELLING THE PLAYERS NOT TO TAKE ANY CHANCES – “DON'T DO THAT/DON'T PLAY THERE



# Spartans Soccer School

- Working 1 hour to 90 minutes. The sessions are more structured.
- Working on the same themes for 2 week blocks.
- 2 or 3 groups, 12 - 16 players max.

## COACHING 9 & 10 YEAR OLDS

Work theme  
for 2 weeks

2'	Warm Down: Recap, Q&A
20'	2 v 2 – 7 v 7 Conditioned Game / Free Play
15'	1 v 1/2 v 2 Duels
20'	Technical Skill Game Session
20'	Speed ABC Spartans Tool Box / Moves Warm up 1,000 of Touch's

## COACHING 11 & 12 YEAR OLDS

Work theme  
for 2 weeks

2'	Warm Down: Recap, Q&A
20'	2 v 2 – 7 v 7 Conditioned Game / Free Play
	Game Raled
15'	2 v 2/3 v 3 Duels
20'	Technical Skill Game Session
20'	Speed or ABC Spartans Tool Box / Moves Warm up 1,000 of Touch's

### SPARTANS BUILDING BLOCK

Ball Mastery  
& Tool Box Moves

1 v 1/2 v 2 Duels  
Speed & ABC  
Tool Box moves

ATTACKING & DEFENDING

# Our Coaching Goals



Our sessions must help develop the “Spartans Players” we are looking to produce

	WHAT KIND OF PLAYERS DO WE WANT	SESSIONS
1	Players who can play out of trouble & NOT JUST KICK THE BALL OUT OR UP THE PITCH	Always give the defensive players a target to pass or dribble to (Can they use a “Spartans Tool Box move to get themselves space, time or out of a tight corner)
2	Goalkeepers who are footballers & can play with both feet & happy to pass the ball from the back.	Develop the goalkeeper to be a footballer first, develop them to master the ball with the 1 v 1, Ball Mastery & Passing / Receiving games
3	Players who are comfortable on taking the ball from the Goalkeeper and starting moves & passing & receiving the ball through the 1/3 rd of the pitch	Encourage sessions that put the players in controlled pressure & encourage them to receive the ball in tight areas of the pitch under pressure (MISTAKES OF LOSING THE BALL ARE OK)
4	Master the 1 v 1 comfortably in competing in 1 v 1 situations in all areas of the pitch (Attacking & Defending)	Every session’s working the Spartans 1 v 1 Tool Box Moves
5	Who understands & can adapt quickly from (attack to defence / defence to attack)	Change the pattern & temp of the drill/game quickly by serving in a 2nd ball.



# Significance of 1v1

- To participate successfully in group and team tactics players must first master all basic 1v1 situations.
- Technical skill in 1v1 play is the foundation for success at every level.
- A well known soccer proverb says that every victory is the sum of a series of successful 1v1 play.
- If players miss out on creative development they will continue to play predictable football throughout their lives.



# Our Principle of Play

On The Ball	Without the Ball	Transitions
Be creative in the 1v1 – Brave on the Ball Play through 1 /3rd	Enjoy the 1 v 1 Defending Defending in 2 & 3 Understanding Cover	Quick Break
Play out of Trouble Play Out from the Back Create or Keep the Ball 6/7 options – 2 seconds	Work Hard to win the ball back Defend together	Win the Ball Quickly
Creative Passes Combine & Killer Passes Use Width Half Turn Sweeper keeper	Work Hard to Help Teammates	Win it Keep it (Stay on)
Attack /Move together	Protect our goal	Speed / with & without Ball



# A Spartan's Sweeper Keeper 7s to 9aside

1. At U9-U10 and younger players should not be goalkeeper full time.
2. Players should be footballers first before being a goalkeeper - Ball Mastery, Technical Work, Master 1v1 , Master the Ball.
3. For the modern goalkeeper 70% of focus is on their feet - all sweeper keepers are great passers.
4. At Spartans we aim for 7, 9 & 11aside teams to play football from the back with the sweeper keeper as the starting point.
5. To get more passes once they catch the ball sweeper keepers are encouraged to drop the ball & pass it out.
6. We like the sweeper keeper to play high off his line - extra defender, option to pass back too.





# Issues

- 4-3-1
- 2 at back play too deep, who picks up CF
- 2 at back , 1 Defender support the ball or steps Into middle pitch
- 2 Wide Defenders Play hight (Playing out) & Support
- 3-2-3
- 3 at back - 2 wide not attacking/ big gaps / (1-4-3)
- 2 CM Play Central
- What success looks like/what is winning
- Don't do that
- Pass pass/punt up pitch/stay in positions
- Goalkeeper has to join in – High Sweeper Keeper

**Adults .....LET THEM PLAY, MAKE MISTAKES**

**PLAY WITH FREEDOM**

**Rio de Janeiro Beach / FUN FREEDOM**

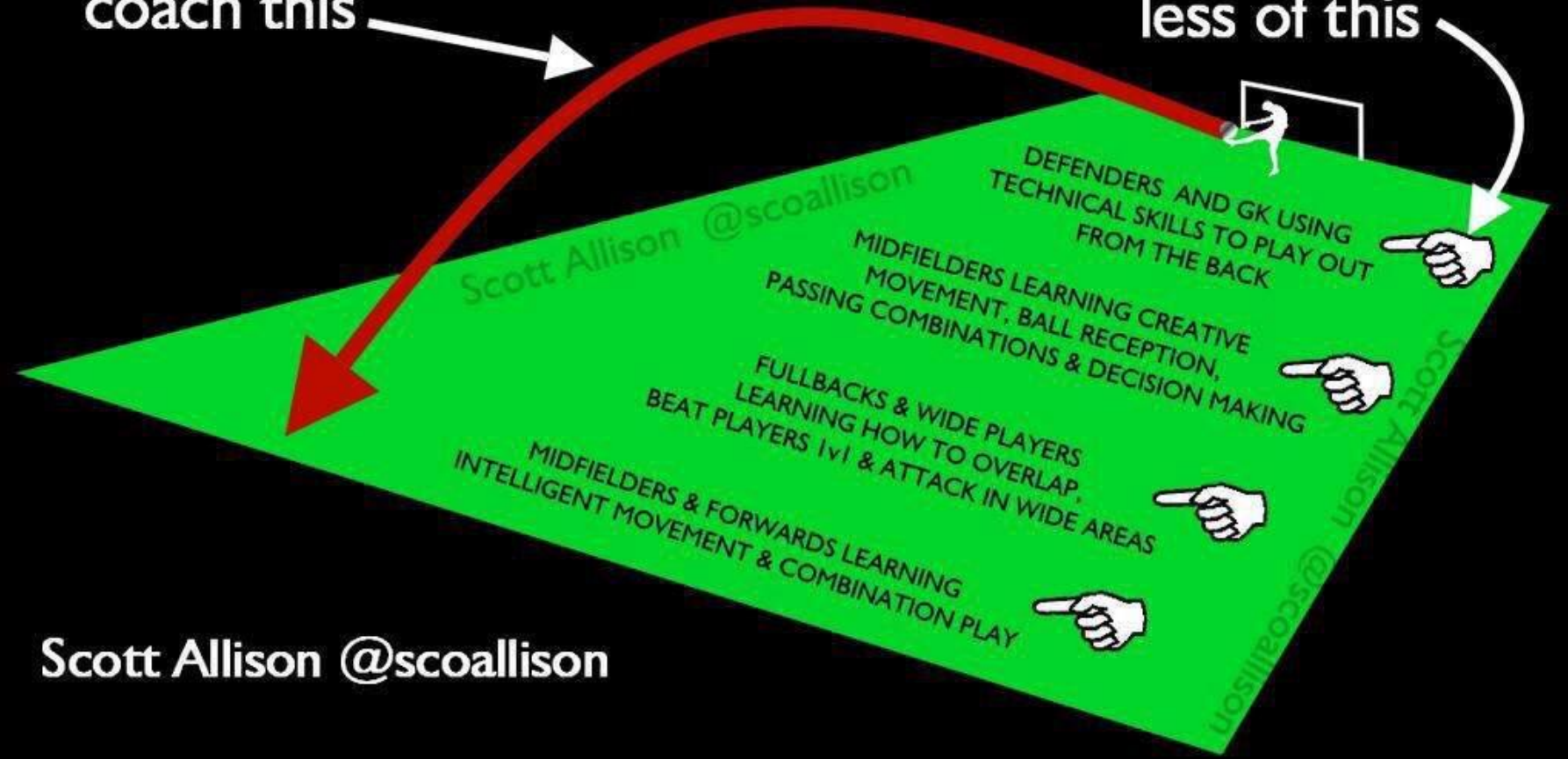
**HAVE FUN & ENJOY THE GAME.**



## IN DEVELOPMENTAL FOOTBALL:

The more you coach this

Your players get less of this



Scott Allison @scoallison



PLAY 3 - 2 - 3



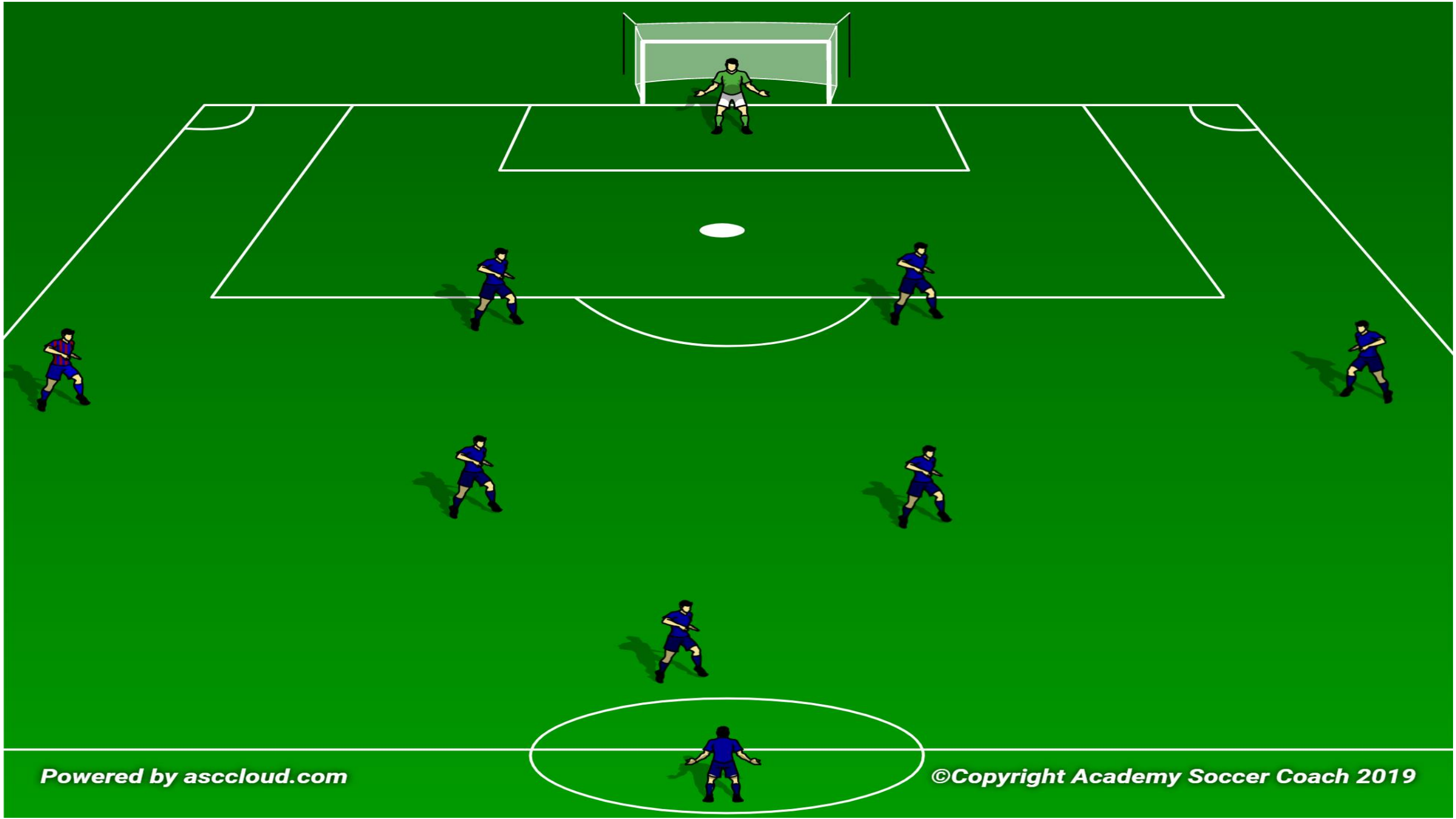
**Move across**

**Add 2nd Center Defender**

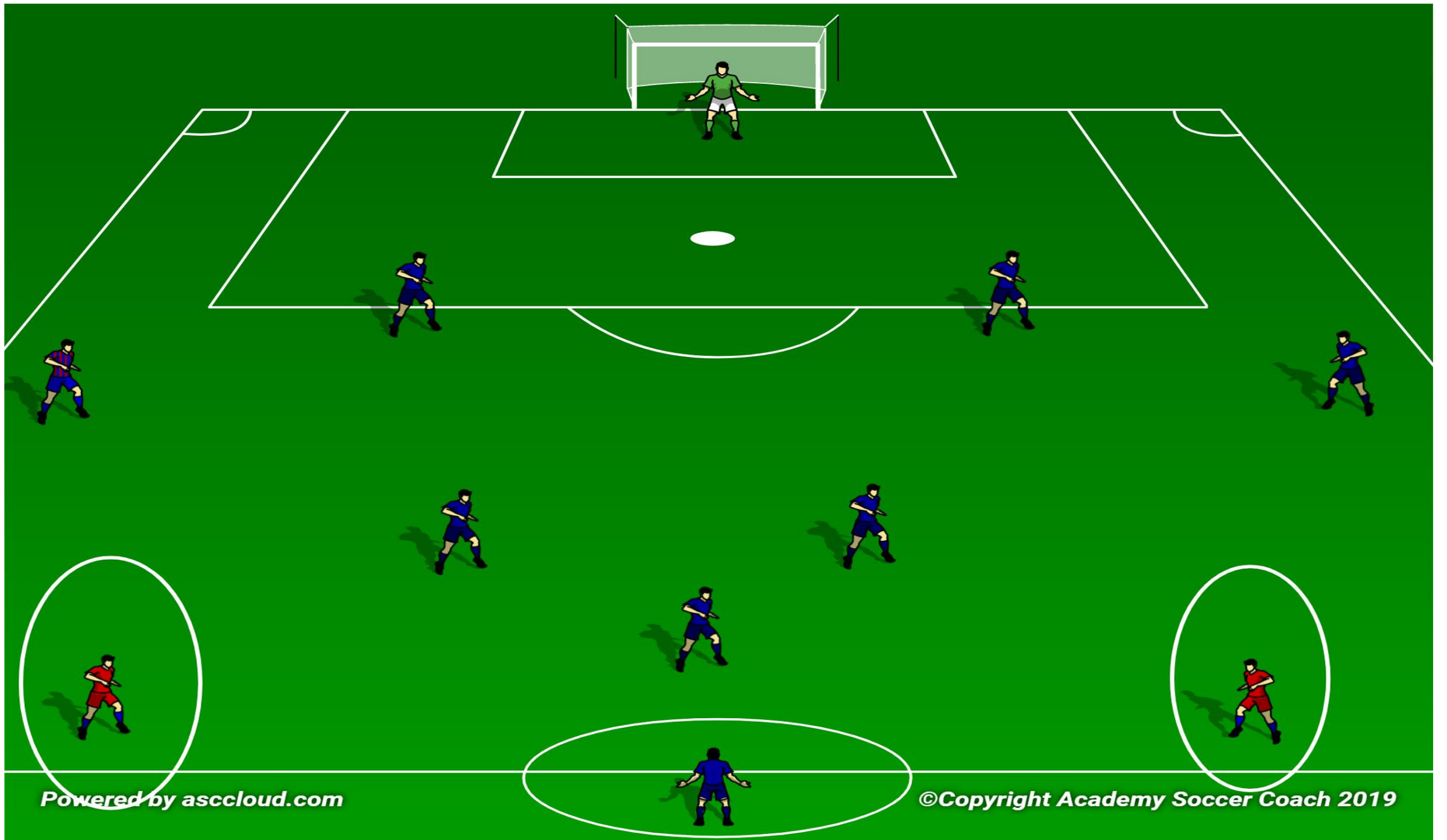
**Add number 10**

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PLAY 4 -3- 3









# OVERVIEW

<b>FOOTBALL - AIMS</b>	<b>SQUADS</b>	<b>OTHER</b>
TO LOVE THE BALL & FOOTBALL	2 SUBS	RECRUIT FROM ACADEMY
DON'T PLAYERS ON THE JOURNEY	EQUAL PLAYING TIME	ASK THE KIDS
WHAT IS SUCCESS	MEETING TIME FOR GAME	SFA QUALIFICATIONS
2 POSITIONS PER GAME / 2 WEEKS	WARM UP – TEAM CHAT (Not Mini Adults)	PERMIT FOR FRIENDLIES ALL TEAMS GET A GAME
OVER COACHING - JOYSTICK	COACH ALL THE KIDS – MIX & MOVEMENT	WONDER SOCK IS THE KIT
SWEEPER KEEPER – HIGH UP THE PITCH	PENALTY KICKS – AFTER THE MATCH	WHO REFEREES THE GAMES



**WHEN A PLAYER WITH TALENT COULDN'T DEFEND,  
I PUT HIM IN DEFENCE SO HE COULD LEARN, BUT  
THAT COULD COST A POINT. BUT I DIDN'T CARE,  
I WAS BUSY DEVELOPING THE PLAYER.**

Johan Cruyff





# Any Questions?

**[www.spartansfcyouth.com](http://www.spartansfcyouth.com)**

**Twitter: @spartansfcyouth**

**@spartansfcccoach**

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