



Indiana Youth Soccer

U9 Academy Warm-up

Before the first game of every U9 Academy day is when the players participating in the “Kicks For Cancer” program will get their 2000 touch requirement. An ideal situation is to have the players get 500 touches at each of the 4 play dates. The activities below are ideas that you can use for your academy group during the warm-up period of the first game. Have the players do a variety of activities, not just the same one. See if during the season the number of touches increase for a specific activity.

- Touch-ups (Ball on ground and players raise their foot and tap the top of the ball with the sole of their shoe)
 - Facing ball
 - Sideways
 - Players start at line and roll ball forward
 - Player start at line and roll ball backward
- Juggling
 - Feet only
 - Thighs only
 - Sequence juggling
 - Right foot-left foot catch
 - Right foot-left foot-up to thigh and then catch
 - Ask them to create one to see if anyone can match it.
- Partner activities
 - Passing back and forth (players are 1-2 yards apart and play one touch) See which pair can get 100 passes the fastest. Have players change partners and repeat.
 - Passing back and forth and must take two touches before passing ball back. (Players are 2-4 yards apart)
 - Two players can share a ball and do touch-ups. See which pair can get 100 done the fastest. Have players change partners and repeat.
 - Player passes ball through his/her partner’s legs. Partner turns and chases down ball. The player that passes the ball tells his/her partner how many touches (dribbles) they must make before passing the back to them. Players switch roles.
 - Players follow the leader around the field. Each player has a ball. Player in front will change after they get a specified amount of touches. The player in front will not tell player behind so only the leader knows. Player in front then goes behind player with ball and they switch roles.
 - Players can get pass a ball with their parent/significant adult. Players tell parents which ball to receive with and pass.