

# U10 Soccer

Thank you for volunteering to coach the U10 soccer division. Coaching is the biggest responsibility for the program and we are sure you will find it nothing short of rewarding. It is a very challenging position to volunteer for, and we give you the utmost respect for doing so.

From the U6 division up through the U16 division we believe in a philosophy that promotes “the athlete first and winning second”. While this division will be more competitive than the younger ones, please always keep this philosophy in mind. We expect that you will come prepared to teach the children not just the game of soccer, but how to be a good teammate, good sportsmanship, and respect. These things can be learned as long as you come prepared to practices and games and play every child equally in time and in different positions. The goal is not to go out and crush the opposition but to help the children grow in their development of skills and knowledge of the game while in a pressure situation. You will find that you will have children that have played for several years and new comers to the sport. You will have to find the bridge to engage all of them.

In this packet you will find some very helpful resources. Amongst other things, we outline what you should expect to see from your children by the seasons end. We offer some of our favorite and most effective drills for you to use to get them there.

Please remember our philosophy in anything you do and most of all to have fun. If you ever have any questions or need help feel free to call us or email us.

Russ Matthews  
Dan Ayotte

# Expectations for U10 Soccer

The expectations for this division are built off of what has been learned in the younger divisions. There will be a curve as to what the children on your team know coming into the season, you should try your best to make sure they are equal in knowledge by the season end. We will not repeat what they should have already learned but how those skills should be honed for this division. If you do not know the basic skill set, please find the appropriate resource.

- we recommend that you design your practices so that there are very few activities that involve the children waiting to touch the ball.

Teach the basic idea first. Make it more difficult after to challenge the player

**Shooting** – The child should be able to shoot the ball in the air as well as the ground into open areas in the net(area where the goalie is not) preferably the corners. They should have enough strength in their legs to do this from within 10 yards out consistently. They should be willing to do this with both legs. They should also be able to attempt to shoot the ball on the move and while the ball is rolling on the ground as well as stationary.

- **Passing** - The child should be able to pass the ball on the ground consistently through a 2 foot wide gate from within 10 - 15 yards out. Also the child should be able to pass the ball in the air for 5 yards consistently.
- **Trapping** - The child should be able to trap the ball and start to turn to face their attacking goal. The child should attempt to trap a ball out of the air and get it under control to the feet. The child should understand the necessity to trap the ball quickly.
- **Heading** – The child should start to learn the difference in techniques for heading a ball for a shot and for clearance. Any try should be heavily applauded.
- **Tackling** – The player should start to understand when to tackle and when to jockey. The child should also know the proper techniques for doing both.
- **Field Presence** – The child should know what the name of the positions of all of the field players and should know where their boundaries are.

## Practices and drills

One thing we have learned from our experience in coaching with any age group is that practices that include making players wait to touch the ball are less productive than those that consistently engage all of the players. When children are made to wait in lines they get bored easily and get distracted. You will notice that you are constantly reeling the children in to perform an easy task. With this being said,

- we recommend that you design your practices so that there are very few activities that involve the children waiting to touch the ball.
- Make the same activities harder as you go to challenge the kids.

### FIND THE COACH

Have an assistant coach or parent help you out. All players with a ball facing one way. Have the assistant go far out and then tell the kids to throw the ball up high in the air, trap the ball and then find the coach. They will dribble the ball over to the assistant and give him a high five and return to the line they are started on. Time them. See if they can beat their time. Promotes dribbling in a crowded area, field awareness, speed and agility.

### TEAM KEEP AWAY

Have two teams play in a confined area and see who can keep possession of the ball the longest. There are no goals.

- **1 2 3** – in groups of 2 or more. Player passes to another player and tells the receiver before receiving the pass how many touches(1, 2, or 3) they have before passing the ball. Whatever the number is the ball must be passed on that number. When the receiver passes the ball they also give a number to the person they are passing the ball to.( IE. the passer says 2, the receiver should be passing the ball on their second touch and telling the new receiver how many touches they must perform to get rid of the ball.) The number is small so that the pace remains upbeat.

This exercise promotes forward thinking. One aspect of the game that is being worked on for this age group is their decision process. For anyone to be successful in soccer it is necessary to not only focus on what action is

needed to be performed immediately, but what their next move will be. When the player receives the ball and told how many touches they have before passing to someone else, they are focusing on an immediate task. By telling the next receiver how many touches they have to perform, they are thinking about their next move