

U10 Coaching Resource Guide



CRM Recreational Soccer

U10 Coaching Guidelines – Key Points

1. All the players must be having fun
 2. All players must have equal participation at all positions all the time
 3. The players must be regarded as children, not mini-adults
 4. Do not yell at kids, do not point out bad stuff, only reward good stuff
 5. All activities must include a ball (i.e. don't run around the field with out a ball)
 6. Practices no longer than 1hr. with good breaks in between
 7. Keep kids moving and involved/not a lot of talking from coach
 8. Incorporate more rules, don't talk too much, make sure players are having fun
 9. Rotate players on team as goal keeper.
- Be organized, have the practice plan with you at practice. Have all cones lined up where you need them for the entire practice, with penny's out, before the start of the practice. Do not make the kids wait, while you set up for the next drill or game. Any questions please forward to goalside@charter.net . Good luck this season.

-Scott Pirnstill
Director of Coaching and Player Development.

THE ADVANTAGES OF PLAYING SMALL-SIDED GAMES

The Child Has:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent

The Small Field Allows for:

- More efficient use of space
- Games to be played simultaneously across a full size field
- Children to be physically more efficient in smaller space
- Less time to achieve a goal or advance to goal, successfully
- Children to be actively involved for a longer period of time

CHILDREN GROWING, CHILDREN HAVING FUN What is MYSA?

All boys and girls under the age of 19 are eligible. Through Minnesota Youth Soccer Association our children and volunteers have access to:

- Free player and coach clinics
- Licensing programs for coaches and referees
- Access to liability and medical insurance coverage
- MN Thunder Ticket
- Subscription to Soccer Times newspaper
- Olympic Development Program
- Recreational programs for all players

AGE GROUP CURRICULUM FOR YOUTH PLAYER DEVELOPMENT U9/U10

The motivation to learn basic skills is very high at this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games. The "Six Principles" of U9/U10 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate.
2. Provide clear, concise and correct information.
3. Organize activities simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

Coach: Sensitive Teacher; Patient; Enthusiastic; Imaginative; Ability to Demonstrate; Understanding of Technique.

License—State Youth Module Level 2

Technique: Repetition of technique through fun games and dynamic activities.

Dribbling: Use of all surfaces, basic turns, basic moves to beat an opponent, speed dribbling in open space

Receiving: Body behind the ball, cushion ball=> ground, bouncing and air balls.

Shooting: Proper striking technique (Open body, position of plant foot, toe down, ankle locked, strike ball with laces, follow thru) hit moving ball.

Passing: Proper technique for Laces, Inside, Outside.

Heading: Introduction—Build confidence, eyes open, mouth closed, hit ball with forehead.

Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Are there implications for the game?

Tactics: Fundamental tactical concepts

Play a variety of positions => Develop the complete player.

Attacking 1 v 1

Support, Width, Depth => 3 v 1

Shape

Defending 1 v 1

Goal side; Immediate chase; Pressure to the ball

Physical: All fitness with the ball

Coordination

Agility—Changing Direction while in Motion

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation). Demonstrate increased self responsibility for preparation, and discipline. Let them initiate play and learn through self discovery/self expression. Enjoy competition, all activities should have objectives/method of scoring. Have ability to work in groups, incorporate cooperative game and activities.



corbis.com

Small-Sided Games



Minnesota Youth Soccer Association

11577 Encore Circle
Minnetonka, MN 55343
www.mnyouthsoccer.org

952-933-2384

800-366-6972

Revision (04.16.02)

MYSA

6 v 6

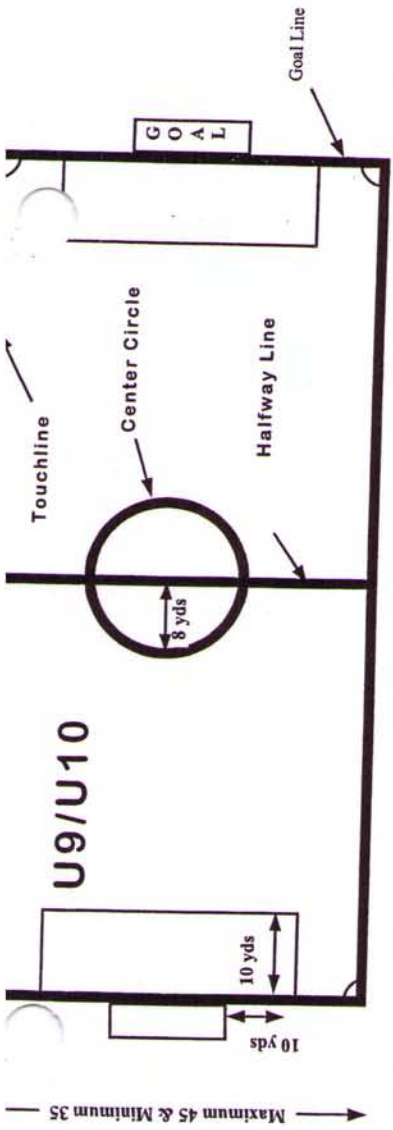
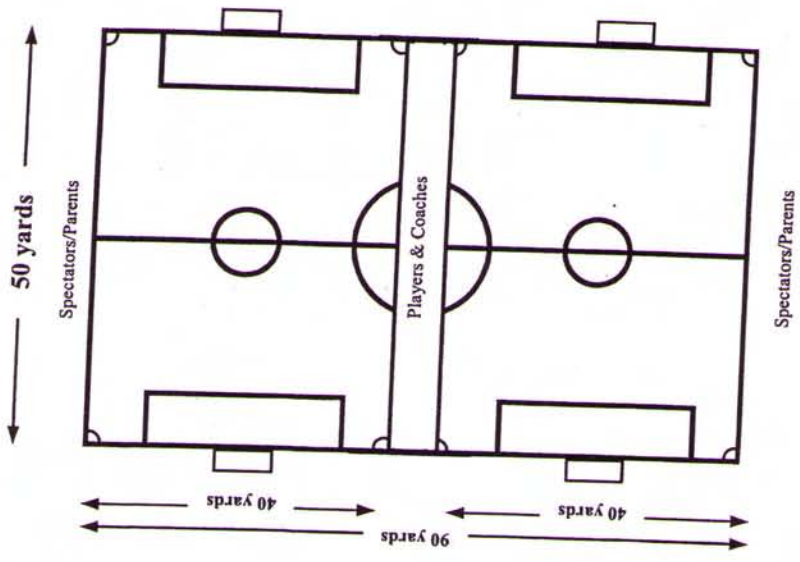
Developmental Travel League

Under 9 & Under 10
(3rd & 4th Grade)
(no standings)

U9/U10 MYSAs 6V6 SMALL SIDED GAMES FORMAT

Starting out with a 50x90 yard field. Divide that into two (2) smaller fields with a ten (10) yard space in between.

The players and coaches are in between the fields while the spectators/parents are on the outside.



U9/U10 MYSAs 6V6 SMALL SIDED GAMES PROGRAM

Maximum 45 & Minimum 35

U9/U10 MYSAs 6V6 SMALL SIDED GAMES PROGRAM

Maximum 55 & Minimum 45

Law I—The Field:

- A. Dimensions: The field of play shall be rectangular, its length being not more than 55 yards nor less than 45 yards and its width not more than 45 yards nor less than 35 yards. The length in all cases shall exceed the width. Recommendation: 40 x 50 yards.
- B. Markings: Penalty area ten (10) yards from each goal post and ten (10) yards into the field of play joined by a line parallel with the goal line.
- C. Goals: 6' by 12'

Law II—The Ball: Size four (4)

Law III.—Number of Players:

- A. Maximum number of players on the field at any one time is six (6) including the goalkeeper.
- B. Teams must have at least eight (8) and no more than twelve (12) registered players on the roster.
- C. Substitutions: Any stoppage in play, at referees discretion.

Law IV—Players Equipment:

- A. Athletic shoes, shin guards covered by a pair of high socks, clothing that is not restrictive and a soccer ball.

Law V—The Referee:

One referee.

Law VII—Duration of the Game:

- A. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half time break of five (5) minutes.

Law IX—Ball In and Out of Play:

- A. Corner kicks, Goal kicks, Throw ins.

Law XI—Offside:

- A. Does not apply

Law XII—Fouls and Misconduct:

- A. Shall be classified under one heading: INDIRECT

- B. Opponents must be eight (8) yards away before kick is allowed.

Law XIV—Penalty kicks: None, Indirect kicks in the goal area would be placed on the line.

Law XV—Throw-In/Kick-In:

Law XVI—Goal Kick: The ball is kicked from any point within the goal area.

Law XVII—Corner Kick: The ball is placed inside the corner arc at the nearest corner flag post.

PROGRAM TEACHING PLANS.

KEY TO DIAGRAMS.

A, B, C Etc.



Player.

Playing area.

O

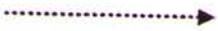
Ball.

X

Cone.



Movement of ball.



Movement of player



Movement of Player with ball



Feet with ball.



Goal

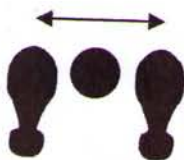
PRACTICE TIPS

WEEK	FORMAT	PRACTICE	GAME
1.	INTRO.	BASIC TECHNIQUE - FOOT SKILLS	15 - 20 MIN
2.	INTRO.	BASIC TECHNIQUE - PASSING	15 - 20 MIN
3.	CONTROL	CONTROL AND TURNING	4 * 10 MIN
4.	PASSING	PASSING GAMES	4 * 10 MIN
5.	ATTACK	SHOOTING TECHNIQUE AND GAMES	4 * 10 MIN
6.	DEFENCE	DEFENDING AND GOALKEEPING	4 * 10 MIN
7.	TEAMWORK	COMBINING SKILLS LEARNT	4 * 10 MIN
8.	FESTIVAL OF FUN		SERIES OF GAMES.

WEEK 1: BASIC FOOT SKILLS

WARM - UPS: 10 - 15 MINS.

TIC - TOC



BALL GYMNASTICS:

Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

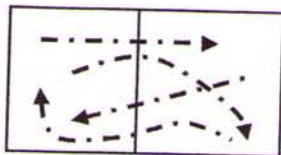
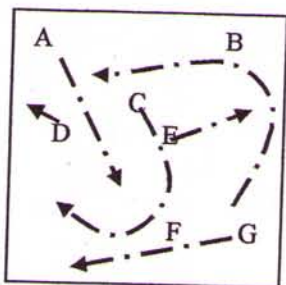
On Toes.

Tick-Tock. Pass the ball from inside of left to inside of right (See Diagram)

Hat Dance. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

TECHNIQUE: 10 - 15 MINS.



2 Squares C

SQUARE ACTIVITIES. (SEE DIAGRAM)

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

Other Commands. Body Parts. Touch ball with that BP.

Find Spaces. As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

2 Squares A. Add a 2nd square and have players on command move ball into new square.

2 Squares B. Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

2 Squares C. Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

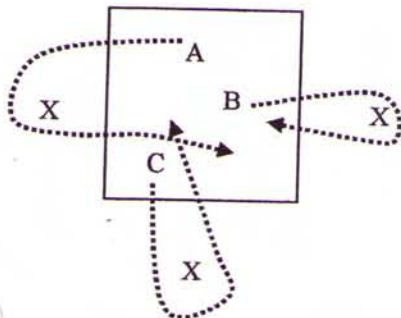
Lose your Shadow. In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of 2 Square C. Partners Switch between Leader and Shadow.

WATER BREAK:

GAMES 1: 10 - 15 MINS.

Musical Soccerballs

X



SQUARE GAMES:

Pac Dudes. Kids inside square dribble around, 1 player (GHOST) outside square. On command Pac Dudes the for Musical Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts. U7 all have go as Ghost. U8 have 2 Ghosts.

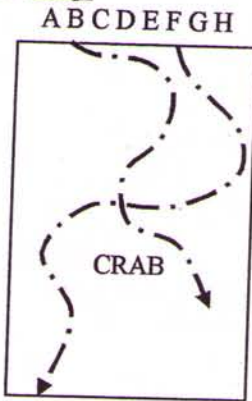
Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)

WEEK 1: BASIC FOOT SKILLS

WATER BREAK:

GAMES 2: 10 - 15 MINS.

TMNC set-up.



TEENAGE MUTANT NINJA CRABS.

Players start at end of the Island with their Soccer balls. Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end (Beach.) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner. Emphasize. close control and movement from side to side to get past the crabs. (See Diagram)

WATER BREAK: RECAP: GAME PREP: Use this time to recap on the practice and to organize for the game.

GAME: 15 - 20 MINS.

Play 4 vs 4 . Do not use GK's

SEE ADDITIONAL DRIBBLING GAMES AT END OF MANUAL FOR MORE VARIATIONS. BY ADDING THESE ADDITIONAL GAMES TO THIS STRUCTURE, YOU WILL HAVE SEVERAL MORE DRIBBLING PRACTICES.

WEEK 2: BASIC PASSING

WARM - UPS: 10 - 15 MINS.

TEAM GAMES.

Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners.

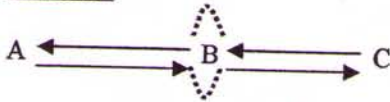
Pass and Stop. In pairs players are 3yds apart. Player 1(X) passes and player 2(X₁) stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

Golf. Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

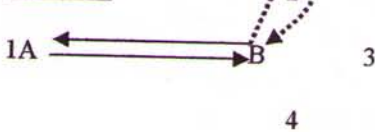
WATER BREAK:

TECHNIQUE: 10 - 15 MINS.

Various 2



Various 3



VARIOUS.

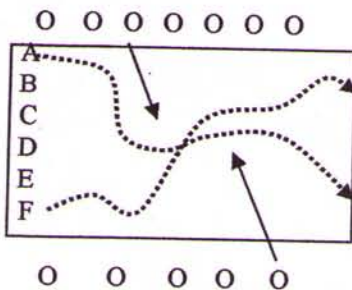
1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.

2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.

3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

GAMES 1: 10 - 15 MINS.

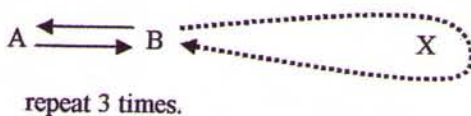


BRITISH BULLDOGS.

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

WATER BREAK:

GAMES 2: 10 - 15 MINS.



repeat 3 times.

Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

WEEK 2: BASIC PASSING

Passing Circle. Set up 2 circles. Player A is in center and other players have to pass to one another. Player A has to try and intercept. All players have a go as A. How many passes can be made without A touching ball.

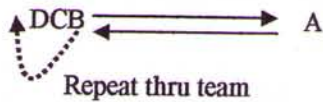
WATER BREAK: RECAP: GAME PREP: Use this time to recap practice and to prepare for practice.

GAME: 15 - 20 MINS.

Play 4 vs. 4. Do not use GK's

WEEK 3: CONTROL AND TURNING

WARM UPS: 10 - 15 MINS.



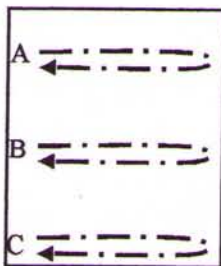
PASSING GAMES.

Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.
Recap. BALL GYMNASTICS.

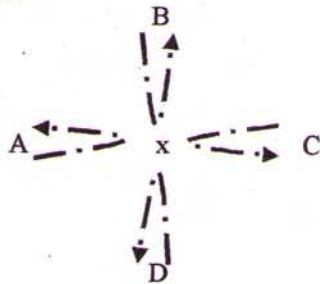
WATER BREAK:

TECHNIQUE: 20 - 25 MINS.

Choice of set ups.



OR:



COERVER MOVES. (ALSO SEE MOVES APPENDIX)

U7

1. roll
2. Cut (inside and outside)
3. Cryuff
4. Barnes

U8

1. roll
2. cut (inside and outside)
3. Cryuff
4. Barnes
5. Step 1 and 2.
6. Scissors.

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot (LUNGE), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks , moves, or coervers.

(SEE MOVES APPENDIX FOR DIAGRAMMED MOVES)

1 V. 1'S.

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair.

Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

WATER BREAK: RECAP: GAME PREP: If Spare time, recap Coerver moves.

Use this time to recap practice, and to organize for the game.

GAME: 4 * 10 MIN. QTRS.

WEEK 4: PASSING GAMES

WARM UP: 10 - 15 MINS.

VARIOUS.

Recap. Coerver moves. Allow players freedom to try and practice moves. assist and re-demonstrate where necessary.

Tag. Area of half the field, players in pairs, 1 ball per pair, playing shadow ball. On coaches command the Shadow has 3 seconds to get away. Player has to pass ball at his shadow. Scoring for U8 is through legs, for U7 within 1 yd or a hit. Switch and repeat. Keep running score.

TECHNIQUE: 20 - 25 MINS.

JUGGLING.

Start with feet. Hold ball in hands. Drop ball onto laces and try to catch. Repeat with other foot. Then kick, let it bounce, and kick again. Increase number of kicks. *Advanced players* shouldn't let bounce.

Emphasize: Be relaxed. Don't throw ball. Focus on Ball. Bend knee to strike. keep ankle solid (don't flick). Controlled kicks.

Thigh. repeat above procedures. Use thigh not knee.

Head. Repeat above procedures. Keep head back, eyes open and looking at ball, and neck tight.

Tony Head. Now try combinations of the above. Try to meet Tony Head. TOE - KNEE - HEAD.

GAMES 1: 15 - 20 MINS.

NETBALL.

Set up. 3 vs. 3 in each half of field.

Objective. Players have to get ball to an end zone, by passing it with their hands.

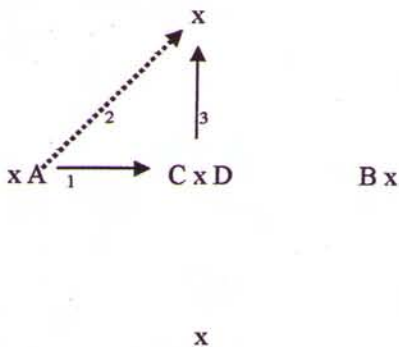
Rules. Players cannot be tackled. Players cannot move when they have ball in hands. Must roll ball to other players to move ball forwards. (U8's can also Basketball pass). To score a player must receive ball standing in end zone.

Star Game. Rotation Clockwise. Emphasize, passing to players, moving to ball to receive.

Set up. In groups of 4 have 2 players at points and 2 in center, and 2 balls. Players A and B at opposite points of start with a ball each, and a center player faces each one of them. On the coaches command of left or right, the ball is passed to the facing center player (1). The center player turns as A and B run to the next point (2), and then passes them the ball (3). They continue passing around in the direction the coach shouted and try to catch the other team. Then switch player roles and repeat.

Emphasize: Turning body and ball, accurate passes, and movement.

Star game



note: B and D do the same

WATER BREAK: RECAP: GAME PREP: If spare time repeat a previous weeks game.
Recap practice and organize for game.

GAME: 4 * 10 MIN. QTRS.

Set conditions for first 3 quarters.

1 and 3: 3 passes = goal

2: Try to beat defender with move. 4: