

CHARACTERISTICS OF THE UNDER 10 PLAYER:

In order to make practices run smoothly and be fun, it is important to have a basic understanding of the intellectual, emotional, and physical developmental stage of the players we are coaching. Here are some typical characteristics of the Under 10 player:

- Attention span lengthens and they start to show the ability to sequence thoughts and actions.
- Players start to think ahead and think "If this, then that"
- Players are more inclined towards wanting to play soccer rather than being told to play
- Demonstrate increased self-responsibility
- Players start to recognize fundamental tactical concepts
- Begin to become aware of peer pressure.
- Players affiliate with their team or their coach
- There is a wide continuum of maturity evident on most teams.
- U10 is still a crucial age for technical skill development.