



# U10 PLAYER PROFILE

Orono Westonka Soccer Club

## OBJECTIVE

To define the technical, tactical, mental, and physical attributes of U10 players in our developmental pathway. These attributes are split into expected competencies & key development areas. All attributes are global (i.e., not position specific).



## TECHNICAL

# U10 TECHNICAL PLAYER PROFILE

*This profile will define the competencies we would expect U10 players to have and identify key areas we would like to coaches to develop throughout the season. Curriculum will focus on identified key attributes.*

PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
PASSING	- Little to no competency of passing coming into this age group	- <b>Short passing</b> – teach players how to complete short passes consistently, with good technique, and with both feet
DRIBBLING	- Basic ability to manipulate the ball with the inside and outside of both feet	- <b>Running with the ball</b> – teach players how to dribble at top speed while maintaining control of the ball.  - <b>1v1 Moves</b> - Teach players skill moves like Messi feint, Scissors, etc.
CONTROL	- Little to no competency of control coming into this age group	- <b>Settling the ball</b> – teach players how to receive the ball with all parts of the foot: laces, inside, outside
SHOOTING	- Little to no competency of shooting coming into this age group	- <b>In box finishing</b> – ability to score with finesse shots – controlled shot with the inside of the foot, often to the bottom corner of the goal
TACKLING	- Little to no competency of tackling coming into this age group	- <b>Block tackle</b> – teach players how to tackle opposition by blocking the forward progress of the ball with the inside of the back foot.



# TACTICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
ATTACKING	<ul style="list-style-type: none"> <li>- Basic understanding of the rules of the game, including how to score, what happens when we have the ball on goal kicks, throw-ins, kick-offs, and corner kicks.</li> <li>- Players should know how to maximize the playing area when team has the ball by creating width and depth on the field</li> <li>- Players should know how to position themselves to receive the ball by moving to a clear passing lane</li> <li>- Players should know how to attack the front foot, spin the defender, or create space and use it.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Break lines with a pass or dribble</b> – teach players when and how to break the line of the opposing team’s formation with a pass or a dribble.</li> <li>- <b>Exploit the overload</b>– teach the players how to exploit 2v1, and 3v2 situations.</li> <li>- <b>Shoot in the bottom corners</b> – when inside the box, attempt to shoot on the ground into the corners of the goal.</li> </ul>



## TACTICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
DEFENDING	<ul style="list-style-type: none"><li>- Players should know how to compress the playing area when the opposition has the ball by being narrow and vertically compact</li><li>- Players should be able to defend 1v1 to prevent dribble, shot or cross.</li></ul>	<ul style="list-style-type: none"><li>- <b>Closest player presses the ball</b> - teach players that when they are closest to the ball, they sprint to close down the opposition.</li><li>- <b>Force backward or sideways pass</b> – teach players to defend so the opposing player can't turn forcing them to pass backward or sideways.</li><li>- <b>Clear the ball from the danger area</b> – teach players in what situations to clear the ball if there is no other option.</li></ul>



# MENTAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
CONFIDENCE	<ul style="list-style-type: none"> <li>- Varied levels of confidence in the team coming into this age group</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Creativity</b> – guide players to actively find a variety of solutions for situations in the game by asking leading questions</li> </ul>
ATTITUDE	<ul style="list-style-type: none"> <li>- Varied levels of attitudes in the team coming into this age group</li> <li>- Players should be able to recover from setbacks, adapt to change, and persevere during difficult moments in game or practice.</li> </ul>	<ul style="list-style-type: none"> <li>- Encourage accountability, fairness, and personal responsibility</li> </ul>
COMPETITIVENESS	<ul style="list-style-type: none"> <li>- Players should have a desire to score &amp; win and further their understanding of the game</li> <li>- players should maintain concentration throughout the session, both on the coaches' instruction and in observing what is happening in the game</li> </ul>	<ul style="list-style-type: none"> <li>- Set expectation for consistent effort in training and matches</li> <li>- Encourage mental toughness during adversity</li> </ul>
SPORTSMANSHIP	<ul style="list-style-type: none"> <li>- Players should have an elementary understanding of treating opponents, referees, and coaches.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Encouragement</b> – promote an atmosphere of support for teammates within the team. Players should celebrate individual successes collectively.</li> </ul>



# PHYSICAL

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PRINCIPLE	EXPECTED COMPETENCIES	KEY DEVELOPMENT AREAS
SPEED	<ul style="list-style-type: none"> <li>- Players should be able to sprint and change direction with moderate to little efficiency</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to <b>sprint</b> in a straight line for 20-30 yards without slowing down</li> <li>- Improve <b>change of direction</b> by cutting hard off the outside foot when cutting</li> </ul>
STRENGTH	<ul style="list-style-type: none"> <li>- Players should be able to use their body to retain possession.</li> </ul>	<ul style="list-style-type: none"> <li>- No specific attributes of strength should be addressed at this age group</li> </ul>
ENDURANCE	<ul style="list-style-type: none"> <li>- Players at this age can repeat runs and soccer actions without tiring</li> </ul>	<ul style="list-style-type: none"> <li>- Encourage players to stay active and engaged throughout training and games</li> <li>- Set a team culture values effort and work rate</li> </ul>
COORDINATION	<ul style="list-style-type: none"> <li>- Players at this age generally lack basic coordination, including difficulty balancing</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Balance</b> – improve ability to stay on feet during decelerations, changes of direction, and other soccer actions</li> </ul>

