

## Coaches Training – U10 Basic

- This basic training program is based from United States Youth Player Development Model
- HYSA highly recommends that U10 coaches complete the F-license training. Cost for training is reimbursed by HYSA.

### (1) U10 Objectives

- Further development of individual soccer skills, basic combination play and small group tactics through fun, game-based approach
- Creating a fun environment that ignites a passion for the game

“If it isn’t fun, it’s not soccer” ~**Tony DiCicco** (coach of 1994 U.S. Women’s Olympic Gold Medal Team, current coach of the Boston Breakers)

### (2) Characteristics of the U10 Player

It is very important to understand the kids you are working with.

- Lengthened attention span – they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Team oriented – prefer team type balls and equipment. Enjoy the uniforms and team association.
- Developing the pace factor – thinking ahead
- Gross and small motor skills becoming much more refined

### (3) Role of the U10 Coach

At the U10 level the primary role of the coach is that of a teacher of technique and game application. Your job is to create an environment of play that allows “the game to be the teacher”.

- Choose the activities based upon learning objectives and FUN
- Demonstrate skills, techniques and tactics
- Take control and set tone at beginning during warm up, get into action as soon as possible with an activity that doesn’t involve a complicated explanation, e.g. juggling until a set number of touches without the ball hitting the ground
- Gauge and mark the size of the activity area
- Balancing groups/teams by skill level to get a desired affect
- Calling out one or two of the key coaching points on how to execute a ball skill
- Praising positively when a player does a skill correctly

- Encouraging players to try new things with the ball throughout the season
- Ensuring adequate water breaks

#### (4) Key Skill to Develop at the U10 Level

##### Individual skills:

- Passing with the inside and outside of the foot, quality push passes
- Instep drive
- Receiving ground balls with the instep and outside of the foot, body behind the ball
- Receiving bounding balls with the instep (cushion), the sole, inside and outside of foot
- Dribbling fakes
- Turning with the ball

##### Goal keeping, all players should be exposed to playing goalie during the season

- Ready stance
- Getting feet set
- How to hold a ball after a save
- Diamond grip
- Catching shots
- Punting
- Throwing to distribute
- Falling to side saves
- Goal kicks

##### Tactics:

- Crossing and corner kicks
- Throw ins
- Triangle formation – large when attacking, small when defending
- Playing both sides of the ball, attacking and defending – transitioning between the two during possession changes
- Goal side
- 1<sup>st</sup> and 2<sup>nd</sup> defender
- 2 v 1 attacking

#### (5) Coaching Points and Methodologies

“The game is the Greatest Teacher”. Children learn through playing. By trial and error players learn what works and what doesn’t work.

Rule of thumb: “No laps, no lines, no lectures”

- Laps are not fun, the kids will get plenty of exercise through the activities and games

- Lines require kids to wait. Waiting is not fun and it takes time away from touching the ball.
- Children don't like to be lectured, you'll lose them.

Instructions should be clear and to the point, no more than 30 seconds.

The large majority of kids learn by doing. Recommended method of coaching:

- Brief description
- Provide clear and simple demonstration
- Get them playing
- Give personal attention to those who are having trouble while the others are engaged in the activity

Young players require a lot of encouragement and positive feedback, they are NOT receptive or resilient to negative feedback.

Take a knee when speaking with the kids so you are at their eye level. Stand up and talk with players when you need to show authority and regain control.

#### (6) Practice Guidelines

LENGTH: 60 minutes

- 40 minutes of activities and small sided games (i.e. 1v1, 2v1, 3v1, 2v2, 3v2, 3v3)
- 20 minutes of scrimmage (6v6 with goalkeepers)

ACTIVITIES

- Incorporate 1-2 skills objectives
- Activities should last 10-15 minutes each
- Fit in 2 to 3 activities per practice

WATER BREAKS

- Every 15 minutes

#### (7) Game Guidelines

FORMAT: 6 v 6 (includes goalies)

GAME FORMAT

- Rotate the kids equally. Everyone should have equal time on the field.
- Winning is not the objective, fun and skill development is the objective
- Do not direct kids from sidelines, let them play and make their own decisions
- Rotate positions evenly. No matter their preference or your preference, everyone should play offense and defense equally.
- Recommended to use simple 3-2 or 2-3 formations
- Limit goalkeeping to on half or less per player, all players expected to play goalie throughout the season

## (8) Dealing with Challenging Situations

### AGGRESSION

Aggressive behavior may endanger others and must be treated seriously. It is the duty of the coach to provide a safe environment for all the players. An aggressive child should never be allowed to repeatedly endanger others. That being said, the aggressive player should be provided the opportunity to play.

If a player demonstrates overly aggressive behavior:

1. Immediately talk to him/her and make sure they understand the behavior is inappropriate
2. Provide a clear guideline to the player, such as “if you do that again, you will have to sit out of practice”
3. Once the player reaches the condition you set, immediately take the player off the field. Important that you take the action you promised, empty threats will not deter overly aggressive behavior.
  - Briefly and clearly explain why you took them off the field
  - Show him/her where to sit (facing away from field and without a ball)
  - Extremely important to make sure the player is in your view at all times
4. After a short time (1 to 2 minutes), walk over to the player and ask him/her to tell you why they were taken off the field. If he/she tells you and agrees to discontinue the aggressive behavior, allow the player back on the field to play.
  - If player is stubborn and will not tell you why they were removed from the field, give them some more time to cool off.
  - Try again after a short time. Don't allow player back on the field until he/she communicates an understanding and commitment to stop the behavior.
5. If the behavior continues, repeat the steps.
6. If the behavior does not improve:
  - inform the U10 coordinator so that HYSA is aware of the issue
  - talk to the player's parents and enlist their help and guidance

## HYPERACTIVITY

Be careful when evaluating hyperactivity, it may simply be the result of instructing (talking) too long and not allowing the kids to play enough and utilize their abundant energy.

If a player's hyperactivity is not bothering or distracting the other players, you don't need to do anything. If it becomes a distraction to other players, try to use the player's energy as opposed to curbing or fighting it:

- Give the hyperactive child tasks to do like setting up or cleaning up the practice cones
- Ask the player to show you what he/she can do with the ball, i.e. keep them busy during downtimes

## WITHDRAWN BEHAVIOR

Children who avoid social play and aren't connecting with the other players often simply need a "safe bridge" into group play.

- Try having a coach partner with them at first and then try working them into the player group
- Try partnering them with a player they are friends with or a "friendly" player that may be able to draw them into group play

If the child is extremely hesitant, don't force them into the group. They may simply need a little more time to adjust. Be flexible and allow the child to enter play even if it is in the middle of an activity.

Providing abundant praise and reassurances to withdrawn players often helps with transitioning them into group activity.

## (9) Recommended Activities

Weekly practice plans with detailed activities will be provided by email. It is also recommended you visit the coach's corner on the HYSA website for other age appropriate soccer activities: <http://www.hollistonsoccer.org/coaches/coaches-corner/>.