

# ***10U Pella Soccer Club***

## ***Curriculum & Practice Plan***



## **10U Age Group Characteristics**

Players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age. 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.

### ***Technical Focus Points for this Age Group***

*Dribbling   Turning   Ball Control   Shielding the Ball   Shooting  
Passing/Receiving   1v1 Attacking   1v1 Defending   Goalkeeping*

### ***Tactical Focus Points for this Age Group***

*Attacking and Defending Principles  
Possession and Combination Play*

### ***Physical Focus Point for this Age Group***

*Coordination and Balance   Speed and Quickness  
Reaction   Acceleration   Agility*

### ***Psychosocial Focus Points for this Age Group***

*Motivation   Self-Confidence   Cooperation  
Respect and Discipline   Communication*

## **Breakdown of Skill Area and Other Things to Consider**

### **Training Habits:**

*Focuses on development rather than outcome of matches*

*Has respect for teammates, opponents, referees and coaching staff*

*Gives best effort in an attempt to better develop potential*

*Develops understanding of basic principles of play/positioning*

*Plays a variety of positions and understands concepts of those positions*

*Listens to coach and ready to train at assigned time*

*Has proper equipment*

### **Ball Skills:**

*Uses several different turns/moves*

*Has relative composure with the ball when receiving and distributing*

*Attempts to play with both feet*

*Use of different parts of the foot to move the ball*

*Confident in possession of the ball*

*Has been introduced to juggling*

*Should practice working on individual ball skills outside of training sessions*

### **Dribbling/Attacking:**

*Uses a variety of moves to beat an opponent*

*Ball remains close to body and in control*

*Develops knowledge of where and when to dribble*

*Develops insight into proper supporting positions and angles of attack*

*Has width and depth in attack*

*Understands combination play and overlapping to create space*

### **Passing/Receiving:**

*Uses the inside and outside of the foot when passing*

*Passes with proper pace, accuracy, and timing*

*Proper technique with short and long passing/crossing*

*Uses different controlling surfaces when receiving a ball*

*Takes a positive 1<sup>st</sup> touch into space and attacks with speed*

*Able to pass efficiently under pressure*

*Positive movement after a pass in an effort to support the play*

**Heading:**

*High and wide in defense*

*Low and hard in attack*

*Attack the ball and head for a purpose*

*Use of proper form when heading to prevent injuries*

*-very important to head the ball using the forehead*

**Goalkeeping:**

*Hand position - "M" or "W"*

*Body position and goalkeeper stance/set position*

*-proper stance: toes leaning forward, knees bent, hands in front*

*Collecting balls at all levels: ground, waist, chest, overhead, jumping*

*Footwork-all types, side shuffle, jumping, quick feet*

*Able to catch the ball with hands and with the body*

*Distribution by punting*

**Shooting:**

*Proper striking technique-uses laces for power and instep for placement*

*Able to beat an opponent and strike ball on frame from different angles*

*Strikes through middle of the ball*

*Takes shots when they are available and hits the target area*

**Defending:**

*Proper defensive stance when approaching the attacking player*

*Proper form when tackling an opponent*

*Pressures the ball after loss of possession*

*Doesn't dive in and is composed when containing attacking player*

*Attempts to recover defensively and provides basic cover in defense*

*Uses verbal communication when defending*

*Understands team shape and players roles on the field*



# **Pella Soccer Club 10U Season Plan**



**Trainings Per Week - 2 (75-90 Minutes)**

**Formation for 7 v 7 : Keeper - 2 - 3 - 1 or Keeper - 3 - 2 - 1**

## **Training Session Structure**

- Warm-up (10)
- Technique (15-20)
- Small Sided Activity (25-30)
- Expanded Small Sided Activity (10-15)
- Scrimmage 4v4 or 5v5 (10)
- Debrief (5)

## **Objectives for this Age Group**

- Physical: Develop Speed, agility, coordination and balance
- Technical: Accuracy in individual soccer techniques
- Tactical: Creating space and applying basic principles
- Psychosocial: Interact positively and confident within the team
- Scrimmage: Efficiently occupy space in relation to the ball and to teammates

**By the End of the Season a player should be capable of:**

1. Being efficient in 1v1 situations
2. Applying basic attacking principles
3. Coordinated movement with speed

## **Reference List**

**This Curriculum was adapted from the following resources.**

- 1- US Soccer Age Group Organization and Curriculum Resources
- 2-Mike Kobylinski -Central College Women's Head Coach
- 3-Garry Laidlaw-Central College Men's Head Coach
- 4-Russ Goodman-Central College Goalkeeping Coach
- 5-Scott Treft-Pella Soccer Club Technical Director