

# Vision Soccer Academy

## U9's – U10's Coach and Parent Quick Reference Guide

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### 1. Quick Facts for the U9 and U10 soccer player

- a. Characteristics of the player
  - i. "Body and Mind" developing rapidly
    1. Attention span is lengthening
    2. Boy and girls are beginning to develop at a different pace
    3. Body temperature increases quickly and cooling down takes longer
      - a. Be sure to take water breaks!
    4. Pace factor becoming developed; ability to think ahead is improving
      - a. Less running until they drop; more pacing their movements
    5. Becoming serious and excited about their play
    6. Thinking about the "team" more; less "I" focused

### 2. Training Sessions – Homework

- a. The player's needs
  - i. A ball should be included in all warm-up activities
    1. Ball mastery (activity that promote foot skills)
    2. Fundamentals (dribbling, passing and shooting)
- b. Demonstrate if possible; still very visual at this age.
- c. Warm-up should include both partner and small-group activities
  - i. This is the primary structure for U9 and U10 practice
  - ii. Small-group activities should include 3 or more players
- d. Involve all children in activity
  - i. Using uneven numbers is OK; modify to make the activity work
- e. Players need continuous, consistent positive encouragement
- f. End with small-sided games: either 5 vs. 5 or 6 vs. 6, with two goals and goalkeepers

### 3. (U9's - U10's) – SAMPLE PRACTICE SESSION OUTLINE

- 5:00 – 5:07pm Warm-up Activity (7 min)
- 5:07 – 5:09pm Quick demonstration of main topic (2 min)
- 5:09 – 5:24pm 1st Activity (related to main topic) (15 min)
- 5:24 – 5:26pm Water Break (2 min)
- 5:26 – 5:38pm 2nd Activity (related to main topic) (12 min)
- 5:38 – 5:50pm 3rd Activity (related to main topic) (12 min)
- 5:50 – 5:52pm Water Break (2 min)
- 5:52 – 6:02pm Scrimmage #1 (with conditions) (10 min)
- 6:02 – 6:12pm Scrimmage #2 (Free play – no coaching) (10 min)
- 6:12 – 6:15pm (Practice Review) (3 min)

### 4. Principles of Youth Coaching

- a. Developmentally Appropriate
  - i. How will the topic be received
- b. Clear – Concise – Correct Information
  - i. Make it clear and brief
- c. Simple to Complex
  - i. Coach by starting small and progressing
- d. Safe and appropriate training area
  - i. Survey the practice and game area before play
- e. Decision Making
  - i. Does the activity allow for decision making by the player?
- f. Implications for the game
  - i. Is the activity game-related?

### 5. General Information

- a. Practice should not exceed one hour and 15 minutes
- b. During starting phase, briefly discuss game performance with players (two minutes, keep it positive)
- c. Finish with a cool-down activities to lower heart rates

## 6. Injury Prevention

- a. Proper use of equipment (shin guards) with socks pulled over the shin guards
- b. Check field for problem areas (rocks, holes and glass)
- c. Field-appropriate footwear (soccer cleats)
- d. Adequate water supply and breaks
- e. Avoid training during peak heat hours
- f. Follow-up call to parents if a serious injury occurs

## 7. Game Day

- a. Arrive 25-30 minutes prior to starting time so players can get a feel for the atmosphere
- b. Clarify rules with referee prior to the start of the game
- c. Survey the field
  - i. Are there any safety issues? Look for rocks, holes and glass on the field
- d. Rotate positions of players; do not lock in a player into one spot
- e. Encourage group movement on field
- f. **Consistently reinforce practice topics** (“We worked on this at our last practice”)

## 8. Review of Game Day Rules

- a. **The Ball** – size 4
- b. **Number of Players** – the game is played 6 vs. 6 (this includes a goalie). Each team shall have no more than six players on the field. Each roster will not exceed ten players.
- c. **Player’s Equipment** – Cleats, shin guards, socks that cover the shin guards and team uniform are mandatory
- d. **Referee** – A certified referee shall be refereeing the game. A parent or coach can help assistant referee (AR).
- e. **Duration of the match** – twenty-five minute halves with a five minute halftime.
- f. **Start of Play** – The ball must be played by the team in possession before it can be touched by an opponent.
- g. **Ball in and out of Play** – The ball must completely cross the end line or touchline
- h. **Free Kicks** – All free kicks will be indirect free kicks; the ball, after being played by the team awarded the kick, must touch another player before a goal may be scored.
- i. Do-over’s are NOT allowed at this age.
- j. Substitutions are allowed during goal kick, own throw-in, goal scored and start of the half.
- k. A goal cannot be scored off a kickoff
- l. No offside’s, No penalty kicks and No side tackles

## 9. Coaches / Equipment

- a. A basic first aid kit
  - i. You should always carry the players medical information and contact information
- b. Age-appropriate balls (Size 4)
- c. Cones and practice vests
- d. Well thought-out plan for each practice
  - i. Including a game day player rotation
- e. Stop watch (be sure to monitor playing time)

## 10. Resources

- a. The Club
  - i. Director of Recreational – Ginger Parson-McGill (515)419-9836 or [gingermvpm@gmail.com](mailto:gingermvpm@gmail.com)
  - ii. Director of Coaching – Chris McGill (515)419-5112 or [chriscbm@yahoo.com](mailto:chriscbm@yahoo.com)
  - iii. Club Website – [www.visionsocceracademy.com](http://www.visionsocceracademy.com)
- b. Iowa Soccer Association – [www.iowasoccer.org](http://www.iowasoccer.org)
- c. US Youth Soccer – [www.usyouthsoccer.org](http://www.usyouthsoccer.org)
- d. Two excellent books that can be found at Barnes and Noble
  - i. The Baffled Parent’s Guide to Great Soccer Drills by Fleck and Quinn
  - ii. The Baffled Soccer Parent’s Guide to Coaching Youth Soccer by Bobby Clark
- e. Some great soccer websites:
  - i. <http://www.strongsoccer.com/Kingdrills/clipspractice.htm>
  - ii. <http://www.eteamz.com/soccer/pills/jpill.htm>
  - iii. <http://www.ucs.mun.ca/~dgraham/manual/>
  - iv. [http://www.usyouthsoccer.org/coaches/index\\_E.html](http://www.usyouthsoccer.org/coaches/index_E.html)