

2014 MHYSA Seasonal Coaching Goals

U-10 Teams

Skills;

- 1) Being efficient at 1v1 situations.**
- 2) Develop accuracy and technical speed in passing and receiving, RWB, turning, shooting, ball control.**
- 3) Apply basic attacking and defending principles.**
- 4) Develop coordinated movement. (with and without the ball)**

Method;

- 1) Small sided games.**
- 2) Combination drills.**
- 3) Scrimmages. (To make sure that they learned what you taught)**
- 4) Positively motivate individuals. (Create an 80 % success rate.)**

Objectives:

- 1) Efficiently occupy space in relation to teammates and the ball (shape).**
- 2) Create space in attack and transition quickly to defence.**
- 3) Communicate and interact positively and confidently within the team.**
- 4) Increased technical speed**

Organization;

- 1) Preparation – Plan your session ahead and layout the training elements (cones, pinnies, etc.). to insure that your session transition smoothly from one training stage (drill) to another.**
- 2) Sessions - 2 or 3 training sessions per week @ 90 min. per session.**
 - Warm up – 20 min.**
 - Training - 50 min.**
 - Scrimmage – 20 min.**