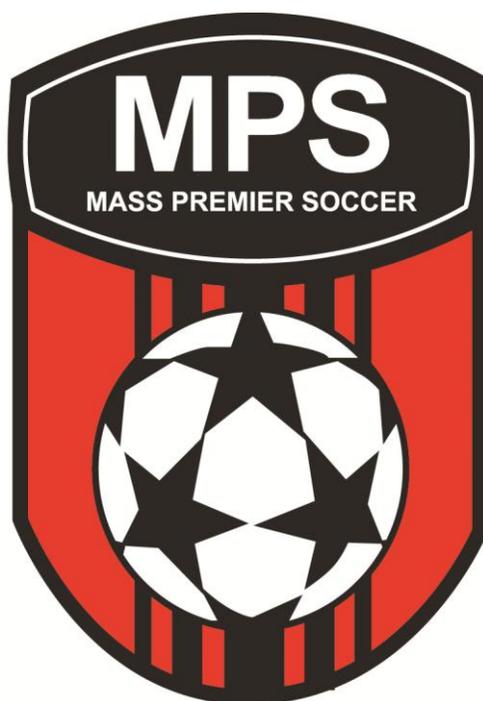




Massachusetts Premier Soccer U10 Curriculum

Massachusetts Premier Soccer Youth Development Academy

U10 Coaching Manual 2010



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U10 Coaching Guidelines

Coaches at this level will still concentrate mainly on the **TECHNICAL** development of the young player but some simple decision-making will now be appropriate. Players will exhibit a greater desire to compete and win and coaches will have to be prepared to deal with issues arising from this greater intensity. We still need to remember that these are young, developing players who need a lot of encouragement and protection.

Make sure that you have a clear set of expectations for yourself as the coach, for the players and also for the parents.

Here are some simple steps to run a fun and successful practice for the U10 age group:

- a) **Planning** – a successful training session will require good organization and time management. Make sure that you have sufficient equipment. Keep all players motivated and challenged by having sufficient, logical progression. **Have a clear theme to your session.**
- b) **Explanation** – have the complete attention of all players when you are talking. Keep explanations as brief and simple as possible and ask questions to make sure that all players have understood.
- c) **Demonstration** – keep demos slow, simple and technically correct at the beginning. Progress to game speed. Stress key points of technique being demonstrated and do not be afraid to use a player from the group in the demo.
- d) **Play** – the game is undoubtedly the best teacher and playing should take up the lion's share of your session. This should not be down time for the coach but rather an opportunity to intervene and correct when it is necessary. Look for coachable moments (concentrate on the main teaching point of your session), freeze play, correct what went wrong or praise what went right and have the players practice the situation again. This need only be done 3 or 4 times during a game.
- e) **Set High Standards** – you should be the role model to your players and lead by example. Keep your expectations clear and simple (punctuality, appropriate dress – shin guards, behavior, language, sportsmanship, teamwork) and reinforce them regularly. Be enthusiastic and always create a positive learning environment for your players. If you are having fun, they will too.



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Training Session Breakdown

1.) WARM-UP

15mins

A warm-up should be a fun and enjoyable start to your training, which gets your players in the right frame of mind, mentally and physically, for the session ahead. Your training should now have a clear progression and the warm-up should lead into the theme for the session. Your warm-up should include a ball as often as possible.

2.) SKILL BUILDING

15-20mins

The warm-up should be followed with coaching the basic techniques required to play soccer. This will involve individual or group activity and players will get a lot of repetition to practice and improve on the technical theme for the session.

3.) SKILL BUILDING GAMES

15-20mins

These games are designed to be high energy, fun activities that reinforce the basic techniques practiced above at speed.

4.) SMALL SIDED GAMES

30-35mins

Teams can vary from 4v4 to 6v6. These games are perceived as real by the players and are used to improve skills, develop skill concepts and introduce basic tactical awareness in a fun and challenging environment. Keep things exciting and competitive for the players by giving them team names and play mini competitions. Make sure players experience different roles on the field and try to ensure a measure of success for all players.

5.) COOL DOWN

5mins

Use this time to review the training session and make sure that they have enjoyed themselves and learned something new.



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Small-sided Games – 4v4 to 6v6

Every session should conclude with a small-sided game. Remember that the game is the best teacher of all. These games should be a positive experience for all with the emphasis placed on having *fun*. Your main aim is to create a low-stress, fun-filled environment in which your players can develop. This should be the largest portion of your practice – about one half hour in length. At the U10 level, you should still focus on the technical aspects by reinforcing the main theme of the session. Reward players for trying the skill of the practice by giving points for executing the skill as well as for goals. The competition – and score - means more to the players at this age. Continue to stress sportsmanship and teamwork. Keep your expectations high with regard to behavior, attitude and effort.

Organization

- 1.) Field Size: 40x30yds (4v4) to 60x40yds (6v6)
- 2.) Equipment: Use cones to clearly mark out the area of the field.
- 3.) Use upright cones or flags as goals and place them about 10 feet apart.
- 4.) Use pinneys to avoid confusion amongst players.
- 5.) Play with a size 4 ball.
- 6.) Play 12-15 minute periods and then allow time for substitutions, water breaks, etc.
- 7.) Teams have a goalkeeper. Try to create the notion of a “keeper sweeper” to prevent the goalkeeper from remaining static on the line all the time. Every player should have the opportunity to be goalkeeper. You can use this time to briefly explain the role of the goalkeeper in the game.

Keep instructions clear and to a minimum and use your enthusiasm to keep all players motivated. Always stress the importance of fair play and sportsmanship. There are different formations that can be used in a 6v6 game. Coaches should not lose sight of their players’ development by over-teaching the tactical aspects of the game. When the players become comfortable with their techniques, they will then open their minds to tactical consideration.

Also, do not impose rigid guidelines on the players, particularly when it comes to positioning. Defenders CAN cross the half line and join the attack. All players need to learn to attack and



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defend. Allow, indeed encourage, the players to solve problems on the field by themselves. Choose the players' development over winning.

COACHING GUIDELINES

There are four main pillars of soccer, which are evident at every level of the game – technical, tactical, psychological and physical. Clearly there will be different emphasis placed on each one depending on the age and ability of the player in question. It is important that a coach has clear goals for himself/herself and for his/her team prior to working with any age group.

The goals for working with a U10 program are outlined below:

1.) Technical

Players will be expected to already know and have covered the contents of the U8 curriculum.

Scheme of work	-	8-week program
Weeks 1-3	-	Dribbling/Turning/1v1 attacking
Week 4	-	1v1 Defending
Weeks 5-7	-	Passing/Control
Week 8	-	Shooting/Goalkeeping

a) Dribbling

- Ability to use all parts of either foot.
- Creativity – ability to change speed and direction.
- Turning – ability to perform four basic turns at speed
- Inside hook/outside hook/Drag Back/Stop Turn
- Ability to use feints when dribbling at speed
- Matthews/Scissors/Double touch

b) Running with the ball

- Push ball away from body and under control.
- Acceleration
- Keep head up

c) Passing

- Ankle locked
- Inside and Outside of foot pass



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d) Control/Receiving

- Get body behind line of ball
- Control ball away from pressure
- Use of different surfaces – foot and thigh
- Check towards ball

e) Shooting

- Instep shooting
- Locked Ankle
- Follow through
- Body shape and non-kicking foot

f) Goal Keeping

- Basic handling techniques
- Distribution from hands and feet
- Basic Mechanics of Diving
- Head up

g) Defending

- Role of the 1st defender

2.) Tactical

At the U10 level, players begin to understand the basic roles of attack and defense. Training sessions should start to have players making some simple 1v1 decisions, both offensively and defensively. Do not focus on positions or systems of play, but rather encourage players to think for themselves more during games. Players can be introduced to the notions of support and cover.

3.) Psychological

The U10 player starts to become more interested in competition and is much more able to relate to small-sided games. Their attention span is longer but clarity and brevity of instruction is still important. Skill factor, or lack of it, becomes more obvious and peer pressure begins to rear its ugly head. Coaches need to remember that these players are still



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young and developing and they will require as much positive reinforcement as possible. Training sessions should still be hugely enjoyable and perceived as a fun time by all players.

4.) Tactical

There will be a noticeable difference in the physical maturity of players. The emphasis is still focused on all physical conditioning being received within the context of the training session's activities. There is absolutely no need to have specific conditioning activities set up.



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Age Group: U10 – Smart Soccer

Theme of Session: Dribbling – Week 1.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<u>Warm-up – 9 lives</u> Everybody has a ball in the square. They must dribble and perform a move every 4 touches. They lose 2 lives if they dribble too slowly, lose control of their ball, knock into someone, go outside of the square, when you say freeze don't have their foot on the ball. Gain 2 lives by being in most space when you say freeze, working the hardest, doing a move well at speed. Once all 9 lives are lost they must do a certain number of juggles outside the square to get back in. Finish with some light stretching.	<ul style="list-style-type: none">• Head up while dribbling• Keep the ball close using small, soft, touches• Use both feet
15 minutes	<u>Technical/Tactical</u> Activity 1: Tail Tag - Every player has a pinney and uses it as a tail. On command the game begins and each player tries to steal another player's tail. Player at the end of each game with the most tails is the winner. Players without a tail can do a <u>fun</u> activity.	
15 minutes	Activity 2: 1 v 1 to a line - 15 yards long by 8 yards wide. Players score 'goals' by beating (dribbling past) their opponent and stopping the ball on their opponent's end line. Progress this to play a 'championship'. Have players play each other for 1 minute. 1 point every time you reach opponent end line with ball under control. Winning player moves up, losing player moves down so playing different players all the time	
30 minutes	Game condition: play regular scrimmage. Instead of having goals have two 'end zones' set up. Players score by dribbling into end zones. (Adjust size of area to number of players).	
5 minutes	Cool Down: Light jog across the field with stretches and a recap on the session.	

EVALUATION:



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Age Group:	U10 – Smart Soccer
Theme of Session:	Turning – Week 2.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm-up –</u> Demonstrate turns (inside hook/outside hook/drag back/stop turn), then every 3 or 4 touches the players attempt the shown turns. Start of at a slower pace and gradually increase to a level near to game pace. Stretches can be done while the coach is showing a new turn.</p>	<ul style="list-style-type: none"> • Inside Hook – place the non-kicking foot by the side of the ball, pivot on the non-kicking foot, until facing the other way, use the inside of the foot to take the ball away • Outside Hook – Place the non-kicking foot away from the ball, with the kicking foot flick the ball in the opposite direction with the outside of the foot, pivot is on the kicking foot. • Drag back – place the sole of the foot on the ball, drag the ball back behind you, turn to follow the ball • Stop turn – stop the ball with sole of foot, step over the ball and push the ball away with outside of opposite foot
15 minutes	<p><u>Technical/Tactical</u> <u>Activity 1 –</u> Relays to cones. Each race they have to turn with inside or then outside or drag-back etc. Try to incorporate the turns you have shown in the warm-up.</p>	
15 minutes	<p><u>Activity 2 –</u> 1 v 1 to a cone. Players start facing each other with an imaginary line than runs from one cone to the other. Cones are to their left and right approximately 10 yards apart. One player with a ball tries to stop the ball on a cone. The defender can stop them scoring by putting their foot on the cone first. If ball crosses imaginary line defender can steal it and becomes the attacker. You cannot cross the 'line' to tackle your opponent. Again progress this by playing a 'championship' ladder – 1 min competitions with players moving up and down a 'ladder'.</p>	
30 minutes	<p><u>Game condition –</u> Regular soccer with 4 goals. Coach calls out which goal can be scored into to encourage quick turns in game situation. (Adjust size of area to number of players).</p>	
5 minutes	<p><u>Cool Down –</u> Slow jog with longer stretches and a discussion about the session.</p>	

EVALUATION:



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Age Group:	U10 – Smart Soccer
Theme of Session:	1v1 Defending – Week 4.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm-up –</u> In 2's, pass and pressure. Once the pass is played the player (defender) must pressure the ball and jockey, delay the attacker. Change positions after each pass. Stretch off players every 2 – 3 minutes between exercises.</p>	<ul style="list-style-type: none"> Pressure the ball quickly Arc your run towards the attacker making the play 'predictable' Take a side-on stance, showing the attacker only 1 way to go Your stance should be like 'a surfer' – bent knees and side on
15 minutes	<p><u>Technical/Tactical</u> <u>Activity 1 –</u> 1 v 1 to a line in a channel, (World Cup Ladder). Make each channel 10 yards wide, play for a minute each and at the end move players either upwards or downwards. Players score points by stopping the attacker from making the end line, either by winning the ball (tackling) or by putting the ball out of play.</p>	
15 minutes	<p><u>Activity 2 –</u> 1 v 2 to a line in a channel, (World Cup Ladder). Make each channel 10 yards wide, play for a minute each and at the end rotate the player defending on their own. Players score points by stopping the attacking pair from making the end line, either by winning the ball (tackling) or by putting the ball out of play. Emphasis should be on their initial approach to the ball, denying a pass to the second attacker and channeling the attacker with the ball towards the sideline.</p>	
30 minutes	<p><u>Game condition –</u> Small sided to end lines or end zones. Players score points dribbling into end zone or stopping ball on end line.</p>	
5 minutes	<p><u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players</p>	

EVALUATION:



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Age Group: U10 – Smart Soccer

Theme of Session: Passing – Week 5.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm Up -</u> Destroyers and Dodgers – introduction to passing In the same space each player has a ball. Two or three players are designated as “destroyers”. The “destroyers” dribble around grid trying to pass their ball against a dodger’s ball. If a player’s ball or legs are struck then he too becomes a “destroyer”. The last player to get struck by a “destroyer” is the winner.</p>	<ul style="list-style-type: none"> • Keep head and eyes up to avoid opponents as well as locate targets. • Changes of speed to get close to opponent prior to passing ball • The preparation touch must be out and at a 45 degree angle. • Quality technique of push pass – ankle locked (toe’s up), non kicking foot besides ball, strike ball in the middle, follow through. • Ask for the ball every time – Communicate!
15 minutes	<p><u>Technical - Passing Races –</u> In pairs, with one ball, players compete to be the first to finish different passing techniques (20 passes). Before each race, pairs would practice after demo.</p> <ol style="list-style-type: none"> a) 2 touch – both with same foot b) 2 touch – with opposite feet each touch c) 1 touch – strong foot d) 1 touch – weak foot only 	
15 minutes	<p><u>Technical/Tactical 1 v 1’s –</u> Play 1 v 1’s to two small goals. Each player has to defend their small goal and score by passing the ball into their opponent’s goal.</p>	
30 minutes (combine)	<p><u>Game Related -</u> Place 2 or 3 cones at both ends of each playing field, spread out across the field (but in line with each other), 5 yards off the end lines. Place balls on top of each of these cones. Play 3 v 3 / 4 v 4 with the goal being to pass the ball onto each of the cones down the end that your team is attacking and knock the balls off. The team that knocks off all their balls win.</p>	
5 minutes	<p><u>Game –</u> Finish with a 3 v 3 to 6 v 6 game with goals. This will be based around numbers and space. Play with no Goalkeeper’s and smaller goals.</p>	
5 minutes	<p><u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players</p>	<ul style="list-style-type: none"> • When to pass, when to dribble. Look at individual player’s technique when passing

EVALUATION:



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Age Group: U10 – Smart Soccer

Theme of Session: Passing – Week 6.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm up –</u> Pairs passing through gates - Set up a series of gates around playing area. Players now work in pairs with one ball and race against other teams to perform a set number of passes through a set number of gates i.e. 5 x 2 touch passes between 10 different sets of gates. Set conditions like 2 touches with different feet or 1 touch only.</p>	<ul style="list-style-type: none"> • The preparation touch must be out and at a 45 degree angle. • Quality technique of push pass – ankle locked (toe's up), non kicking foot besides ball, strike ball in the middle, follow through. • Ask for the ball every time Communicate! • Accuracy and weight of the pass are equally important. • Strike through the middle of the ball with the inside of the foot. • Look at the target. • The preparation touch on a diagonal will enable players to have more success in their passing. Accuracy and weight of the pass are equally important. • Draw the defender in. • Disguise your pass. • The preparation touch on a diagonal will enable players to have more success in their passing accuracy. Can we also disguise this 1st touch i.e. drop a shoulder before you receive.
15 minutes	<p><u>Technical/Tactical</u> <u>Technical Squares -</u> The focus of these technical games is to develop accuracy and weight of passing and the quality of the player's preparation touch.</p>	
15 minutes	<p>a) Set up two small grids for each pair to work in. Set this up in a ladder format. The cones are placed to create a 2 yard square at each end of the grid. The distance between each box should be 3-5 yards.</p> <p>b) Both players must stand behind their square. Player (A) must try to pass the ball through the middle of his partners square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball <u>diagonally</u> through the side of the square before attempting to return the ball to (A) in the same fashion. (Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass). Points are awarded for each successful pass through the square.</p>	
30 minutes	<p><u>Progressions</u></p> <p>a) Reduce the size of the target squares as the ability level increases. b) Receive on left to pass on right etc. c) One touch accuracy game.</p>	
5 minutes	<p><u>Game – 3 v 1</u> Play 3 v1 (4 v 1 if needed) in 12 x 12 yard square. Ensure players take a turn in defending role.</p>	
5 minutes	<p><u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players</p>	

EVALUATION:



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Age Group: U10 –Smart Soccer

Theme of Session: 1st touch – Week 7.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<u>Warm up-</u> Players dribble around square and on coach's command they:- a) Pick all up, throw it in the air and try and control the ball as it lands (can they do this with inside of the foot, outside and perform a Cruyff turn as it lands?) b) Perform a certain amount of juggles	<ul style="list-style-type: none">• Move body to be behind ball• Relax as you receive• Firm passes back• Check away from space before going to receive• Receive side-ways on to protect ball• Look at defender before receiving to see their position
15 minutes	<u>Technical/Tactical</u> <u>Activity 1 –</u> Split your team into half. Half the team is outside the square with a ball each (feeders) and the other half inside without a ball. Those inside work for a minute to go to servers, receive the ball in different ways and return to servers i.e. one touch, two touch, thigh and back, laces, chest and back, headers etc. Switch groups over after a minute.	
15 minutes	<u>Activity 2 -</u> Similar to above but now split your group into 2 groups. One group is outside of the square as servers and receivers. Now players in the middle pair up, with one starting as an attacker receiving balls and the other putting pressure on them as a defender. This should start passive and then move onto: - If the defender wins the ball or attacker does not get the ball back cleanly they switch roles. Again play for about 1 minute each before switching roles.	
30 minutes	<u>Game –</u> Small sided game, limit number of touches, e.g. 3 touches, adjust to player's ability.	
5 minutes	<u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players	

EVALUATION:



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Age Group:	U10 – Smart Soccer
Theme of Session:	Shooting – Week 8

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm Up –</u> Players are organized into two groups. Red players are in possession of a ball each: Yellow players do not have a ball. Red players move freely inside the playing area playing combinations with the Yellow players. Rotate roles after several minutes of play. The coach should introduce the following combinations:</p> <ul style="list-style-type: none"> • Wall Pass and Takeover 	<ul style="list-style-type: none"> • Play firm passes • Disguise the initial pass • Play return pass into players run rather than too them • Hold your run if needed so you don't get ahead of the ball • Disguise the initial pass • Play return pass into players run rather than too them • Hold your run if needed so you don't get ahead of the ball
15 minutes	<p><u>Technical -</u> Set up two lines of players going towards a goal (this could be two sets and two goals based around numbers of players and space).</p> <ol style="list-style-type: none"> a) Wall pass followed by shot; b) Overlap followed by shot 	
15 minutes	<p><u>Technical/Tactical</u> Rapid 2v1 to Goal</p> <ol style="list-style-type: none"> a) Position two goals 36 yards apart (two penalty boxes on top of each other). Squad is split into 2 teams and positioned at either side of the goals. A supply of balls is needed for each group. b) The first two players on the opposing team (players A and B) dribble at speed towards the defender and the goal. c) These players must try to score a goal as quickly as possible. d) The player who shoots on goal now becomes the defender. e) The first two players in line for the red team (players 2 and 3) must now dribble towards the new defender (A) and attempt to score as quickly as possible. f) This 2 v 1 sequence is repeated for a period of time or for a predetermined number of goals 	
30 minutes	<p><u>Game -</u> 3 v 3/ 4 v 4 numbers down Finish with a game of 3 v 3 or 4 v 4. Once there is a turn-over of possession the defending team always has to have the player nearest the goal drop back into goal becoming a GK. This player steps out of goal once his team has possession and becomes a field player creating numbers up whilst the defending team now has to drop a player into goal.</p>	
5 minutes	<p><u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players</p>	

EVALUATION:



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Age Group:

U10 – Smart Soccer

Theme of Session: Addendum - Goalkeeping, Basic Handling & Footwork – Week 8 (optional)

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><u>Warm Up –</u> In a 6 x 8 area, with the Goalkeeper being between the 6 yard cones, a server allows the Goalkeeper to get set and then goes through the following preparations:</p> <ul style="list-style-type: none"> • Server rolls ball into Goalkeepers feet; • Server rolls ball to Goalkeepers right; • Server rolls ball to Goalkeepers left; • Server throws ball to Goalkeepers midriff; • Server throws ball in the air for Goalkeepers to catch; • Goalkeeper starts with back to server who calls, 'turn!' Server serves any of the above. 	<ul style="list-style-type: none"> • Knees bent • Hands in save position • Correct diving technique, body does not rotate • Ensure ball is protected in midriff by hands • When ball in the air, collect at highest point
15 minutes	<p><u>Technical 1 -</u> Goalkeeper stands outside their goal. Server starts at an angle to goal, and serves ball into Goalkeepers left. Goalkeeper to hold or palm ball away from goal. Progress to different serves:</p> <ul style="list-style-type: none"> • On ground; • In Air; • Switch sides 	
15 minutes	<p><u>Technical 2 -</u> Goalkeeper stands outside their goal around the 6 yard line. Place a cone either side of the goalkeeper about a yard inside the line of each post. Goalkeeper starts outside a cone, facing the server/coach. Goalkeeper must jump over the cone with both feet together, and continue side stepping across the 6 yard line. When Goalkeeper just past midway of the line the server passé the ball into the corner of the goal. Goalkeeper to perform diving save. Then returns ball back to server before jogging back to start position. Repeat 10-12 times. Remember to swap start positions.</p>	
30 minutes	<p><u>Game Condition -</u> Goalkeeper goes in to big goal and repeats the above or joins in main game with other players and uses techniques above.</p>	
5 minutes	<p><u>Cool Down –</u> Easy jog across the field, longer stretches and a session recap with players</p>	<ul style="list-style-type: none"> • Quick sideways movement of feet • Catch ball or palm ball away, NOT back into play • Eyes on the ball

EVALUATION: