



U10 Curriculum

U10 Narrative:

At the U10 Level, MUSC players transition into playing an “The start of US” approach to soccer.

Players incorporate their individual technical, physical, physiological, and psychological abilities that facets of their game to a team setting. During the stage of their development, payer is introduced to both attacking and defending tactics of soccer.

Sessions should be no more than 90 minutes consisting of a warm up, motor development, a technical topic, a tactical component, scrimmage and a cooldown/review of the technical topic of the day.

All activities during the training session will be aligned with the belief players should be increasing their induvial technical ball mastery, physical, psychological, phycological ability as well as crating space and learning to possess the ball

Matches will be played 7 v 7 in a 2-3-1 formation. Below you will see specific standards for each aspect of the game that should be covered during their respective seasons

Athlete Eval

Technical Objectives	Novice	Proficient	Distinguished
Passing	Player is unable to pass the ball 15 yards with accuracy and or pace	Player can pass ball 15 yards with the inside of their dominant with pace and accuracy	Player can pass ball more than 15 yards with the dominant and non-dominant foot with accuracy an pace
Receiving	Player is unable to receive the ball accurately	Player can receive the ball with pace using the inside of their dominant foot and non-dominant foot	Player can receive the ball by taking it across their body and their first touch being a penetrating touch or touch to create space
Running with the Ball	Player is unable to run with the ball using their laces	Player is able to run with the ball using their laces of their dominant foot and non-dominant foot	Player is able to run with the ball under control using the laces of their non dominant foot
Dribbling	Player is unable to maintain control when changing pace when dribbling	Player is able to change pace when dribbling while maintaining control using both dominion tan nondominant foot	Player is able to feint, change of pace, change of direction, and penetrate with the dribble while maintain control using both the dominant and nondominant foot
Turning	Player is unable to turn with the ball	Player is able to turn with the ball using both dominant and nondominant foot	Player is able to tur with the ball using both dominant and nondominant foot to keep possession and create spaces.
Shooting	Player is unable to shoot using their laces/instep	Player is able to shoot the ball using their laces/instep using their dominant and nondominant foot	Player is able to shoot the ball using their laces/instep using their dominant and nondominant foot.
Ball Control	Player is unable to control the ball with multiple surfaces I.E. foot, thigh chest, head	Player is able to control the ball with all four surfaces foot, thigh, chest, head	Player is able to bring the ball under control instantly and smoothly using all four surfaces foot, thigh, chest.
Heading/Chesting	Player is unable to chest	Player can use the chest and control	Player is bale to chest the ball for control or passing,
1 v 1 attacking	Player is unable to take on a defender 1 v 1	Player is able to take on defender 1 v 1 at pace	Player is able to use variety of moves (i.e.

			scissors, step overs, cuts, etc.) to take defender on a 1 v1 and maintain possession
Crossing and Finishing	Player is unable to cross and finish	Player is able to cross or finish the ball	Player is able cross and finishing the ball using multiple surfaces of their body including dominant and nondominant foot
1 v 1 Defending	Player is unable to defend 1 v 1 properly	Player is able to defend properly i.e. fast, slow, pick a side, low in matches	Player is unable to defend properly i.e fast , slow, pick a side, goal side, low. Players is able to come at an angle forcing their opponent in towards their help, the sideline, or backwards
Shielding	Player is unable to shield the ball	Player is able to shield the ball	Player is able to shield the ball while looking for options or turning out

Tactical Objectives	Novice	Proficient	Distinguished
Attacking principles	Player is unable to create space	Player is able to create space	Player is able to create space in order to continue to posses the ball
Possession	Player is unable to possess the ball	Player is able to posses the ball thru proper receiving technique	Player is able to quickly to execute proper possession then find open space
Transition	Player is unable to quickly transition from attacking to	Player is able to quickly transition from attacking to	Player is able to quickly transition from attacking to defending and

	defending and vice versa	defending and vice versa	vice versa while maintaining possession
Combination Play	Player is unable to quickly play one-two	Player is able to quickly recognize one-two opportunities	Player is able to quickly execute one-two opportunities with accuracy
Switching fields of play	Player is unable to recognize when to switch the field	Player is able to recognize when to switch the field	Player is able to execute switching the field with accuracy
Playing out from the back	Player is unable to play out from the back	Player is able to play out from the back	Player is able to quickly play out from the back with accuracy or able to maintain possession
Defending principles	Player does not understand defending principles	Player is able to properly close down a player at an angle forcing the play	Player is able to properly communicate and close down a player at an angle forcing the play
Zonal defending	Player does not Understand zonal defending principles	Player understand role of 1 st . and 2 nd defender	Player is able to execute role of 1 st , 2 nd ,
Pressing	Player is unable to provide pressure by closing down space or properly forcing the angle of play	Player is able to provide pressure by closing down space	Player is able to provide pressure quickly by closing down space and or properly forcing the angle of play
Recovery	Player is unable to recovery	Players understand when	Player is able to quickly execute

		to recover when beat by the attacker	recovery run and win the ball back
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Psychological Objectives	Novice	Proficient	Distinguished
Motivation	Player does not demonstrate the will to achieve individuals and/ or tea goals	Player demonstrates the will to achieve individual goals	Player demonstrate the will to achieve individuals' goals and team goals
Self confidence	Player does not show self-confidence when in control of the ball	Player show self-confidence when in control of the ball under pressure	Player is able to confidently apply technical and tactical skills when in control of the ball under pressure
Teamwork	Player does not contribute to the team	Player is able to cooperate with teammates and coaches	Player takes on leadership role when cooperating with teammates and coaches
Decisions	Player hesitates when making decisions and is unwilling to compromise	Player displays confidence when making decisions	Player is fully concentrated on their goals and team goals and confidently leads in pursuit of those goals
Competitiveness	Player is not competitive in training and/or 90-minute matches	Player demonstrates a competitive spirit in attack and defense	Player works hard and ruthless in attack and defense during

		during training and 90 minutes matches	training and 90-minute matches
Commitment	Player is not committed to their team goals or play	Player is committed to their play during training and matches	Player is committed to their play and team goals during training and matches even after losing
Self-Control	Player does not demonstrate self-control	Player has discipline to remain in control during training	Player demonstrate self control during training and 90 minutes matches
Communication	Player does not communicate with their teammates or coaches	Players communicate with their teammates	Players bears responsibilities to their teammates through communication to achieve the goals
Self-Discipline	Player does to demonstrate respect and discipline in training or matches	Player demonstrate respect and discipline in training and matches	Player commands respect and discipline in training or matches from their teammates

LIFE SKILLS/FITNESS	Novice	Proficient	Distinguished
Strength	Player is unable to use body effectively to win physical battles while running with the ball or tackling 1 v 1	Player is able to use body effectively to win physical battles while running the ball or tackling 1 v 1	Players is excelling at using their body effectively win physical battles while running with the ball or tackling 1 v 1
Endurance	Players shows fatigue throughout training and 60 minutes matches	Players shows no fatigue throughout training and 60 minutes matches	Player shows no fatigue throughout training and 60minutes

			matches and has the ability to constantly be running into space to open up play or receive back
Speed	Player is unable to accelerate for 25 yards straight ahead	Player is able to accelerate for 25 yards straight ahead	Player is able to accelerate for more than 25 yards straight ahead
Agility	Player is unable to change directions quickly	Player is able to change directions quickly	Player is excels at changing direction quickly
Motor Skills	Player does not have control over large and small muscles	Player has control over large or small muscles	Players has control over all muscles
Balance and Coordination	Player is unable to maintain balance when changing direction, decelerating, and accelerating	Player is able to maintain balance when changing direction, decelerating, and accelerating without the ball	Player is able to maintain balance when changing direction, decelerating, and accelerating with the ball
Awareness & Perception	Players is unable to solve problems during training or matches	Player is able to solve problems during training or matches	Players leads when problems need to be solved during matches or training