

Botkins SC

<u>Age Group</u>	<u>Skill Priorities</u>
U-10	Continue with dribbling focus from U8 Passing with inside and outside of both feet Shooting with both feet---using laces Receiving the ball with all parts of body Heading

Tactical Priorities

Basic Attacking Ideas

Basic Defending Ideas

Comprehend 1 vs 1 concepts

Comprehend 2 vs 1 concepts

Introduction to 2 vs 2 concepts

Comprehend roles of 1st and 2nd defenders

Comprehend roles of 1st and 2nd attackers

As we move up the age ladder from the U8 level to the U10 level there are many differences we must attend to in order to provide an optimal experience for young players of this age. However, there are also many similarities. Just as in parenting, it is important to be consistent in coaching and we must make sure that we follow a progressive trend of development for young players. To this ends, we need to continue to focus on technique during our practices, as we did at the younger ages. Creating environments in which players get maximum repetitions of technical skills is key. Players at this age should still work on ball mastery and demonstrate growing familiarity and comfortability with a ball at their feet.

Typical Characteristics of U10 Players

- *attention span lengthens from U8---they start to show the ability to sequence thought and actions*
- *they start to think ahead and think “If this, then that”*
- *they are more inclined towards wanting to play soccer rather than being told to play*
- *demonstrate increased self-responsibility – bringing a ball, water and all gear should now be their complete responsibility*
- *they start to recognize fundamental tactical concepts*
- *children at this age begin to become aware of peer pressure*
- *players greatly affiliate with their team or their coach—“I play for the Tigers” or “I play for coach Amy’s team”*

- *players at this age are extremely rule bound—remember each rule you create is the equivalent of a bar in the prison in which you would like to live*
- *there is a wide continuum of maturity evident on most teams this is still a crucial age for technical skill development*

The U10 Age Group

The motivation to learn basic skills is very high at this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games. The game itself should be central to all skills training. Small-sided games continue to be the method of choice for this age group. This is an appropriate time to introduce some of the basic **Principles** of play:

Attacking Principles

Support

Penetration
Mobility
Width
Depth (length)
Spacing
Improvisation (deception, creativity)

Defensive Principles

Recovery (Immediate Chase)

Organization

Pressure
Cover
Balance
Compactness
Counter Attack

Role of Coach

The role of the coach in the U10 age group is to be a patient and motivating teacher. At this level, in addition to understanding technique, coaches should be able to provide environments conducive to problem solving (decision-making) by the players utilizing guided discovery methods.

The U10 Player Characteristics

Mental/Psychological (cognitive)

- Lengthened attention span
- Ability to sequence thought and actions; begin to think in advance of the ball...anticipate
- Ability to remember, follow more complex instructions and solve higher-level problems (i.e. simple combination play)
- Developing ability to focus and stay on task
- More understanding of time and space relations

Physical

- Gain a tremendous amount of physical strength, endurance and power; this is related to body size and muscle mass
- Motor performance includes a variety of motor tasks that require speed, balance, flexibility, explosive strength and muscular endurance; pace factor is developing quite well
- Gross and small fine motor skills becoming refined
- Children this age are in a linear growth mode (head to toe)

Socially

- Self-concept and body image are important
- Less Sensitive...but still dislike personal failure in front of peers
- Begin to initiate play on their own...they want to play
- Becoming more serious about their play
- Inclined more toward small group and team activities
- Peer group attachment and pressure becoming significant
- Adults outside the family become influential (coach, teacher, etc.)
- Gender differences becoming more apparent

What to Teach U10 Players (Game Components)

Techniques (skills):

Running with the Ball

- At speed
- Under Pressure

Passing

- With outside of the foot
- Heading

Instep Drive

- Shooting
- Crossing

Receiving Ground Balls with the Inside and Outside of Foot

- Away from pressure
- Past opponent

Receiving Air Balls

- With the Instep (cushion) and sole, inside and outside of the foot (wedge)

Throw-In

- Short and long distances

Moves in Dribbling

- Half-turns
- Step-overs

Introduce Heading

- Juggling (alone and in small groups)
- Feet in contact with the ground
- Introduction to jumping

Tackling

- Balance foot and contact foot (block tackle)

Goalkeeping (skills)

Ready Stance for Goalkeepers

- Foot positioning
- Body posture

“W” Grip

- Positioning of thumbs
- Fingers spread

How to Hold a Ball After a Save

- Ball to chest
- Forearm protection

Catching Shots at the Keeper

- Body alignment path of ball

Punting

- Distance and accuracy

Throwing

Bowling

Over-arm

Goal Kicks

Distance and accuracy

Psychology:

- Working in groups of 3-6
- Staying focused for one entire half
- Sensitivity; learning how to win, lose or draw gracefully
- Sportsmanship
- How to handle parental involvement
- Communication; emotional management

Fitness:

- Endurance
- Range of motion-flexibility
- Proper warm-up is now mandatory
- Introduce cool-down

Tactics (decisions):

- Roles of 1st attacker and defender
- Roles of 2nd attackers and defenders
- 2v1 attacking (simple combinations)
- Man-to-man defending
- Throw-ins to teammate's feet
- Introduction to the tactics of set plays/restarts (goal kicks, corner kicks, other free kicks)
- Introduction to setting up walls

Rules:

Review Fouls and Misconduct

The Training Session

- ✓ The training session should involve fun and imaginative game like activities, as well as technical and tactical repetitive activities.
- ✓ Coaching technical skills is very important at this age as well as light tactical concepts.
- ✓ The training session has a technical and/or tactical theme (focus). For example: dribbling technique, or passing and receiving, or combination play.
- ✓ Small-sided directional games such as 3v3, 4v3, 4v4, 5v4 and 5v5 should be included as well.
- ✓ Training should always conclude with a 6v6 game with goalkeepers if possible (5 field players and 1 goalkeeper on each team).
- ✓ The duration of the training session should be 75-90 minutes.