

# Massachusetts Premier Soccer Youth Development Academy

## U10 Coaching Manual 2005



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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.

**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.**

**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.

**Demonstration** – keep demo 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.

**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 and have the players practice the situation again. This need only be done 3 or 4 times during a game.



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**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 also include a ball.

### **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 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.

Stretching and warm-down should be encouraged for players at this age. Use this time to review the training session and make sure that they have enjoyed themselves and learned something new.



# MASS PREMIER SOCCER LESSON PLAN

<b>Age Group:</b>	<b>U10</b>
<b>Theme of Session:</b>	<b>Dribbling – Week 1.</b>

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> 9 lives. 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.</p>	<ul style="list-style-type: none"> <li>Head up while dribbling</li> <li>Keep the ball close using small, soft, touches</li> <li>Use both feet</li> </ul>
15 minutes	<p><b>Activity 1:</b> Tail Tag - Every player has a pinnie and uses it as a tail. On command the game begins and each player tries to steal another players 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.</p>	
15 minutes	<p><b>Activity 2:</b> 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</p>	
30 minutes	<p><b>Game condition:</b> play regular scrimmage. Instead of having goals have two 'end zones' set up. Players score by dribbling into end zones.</p>	
5 minutes	<p><b>Cool Down:</b> Light jog across the field with stretches and a recap on the session.</p>	

<b>EVALUATION:</b>
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# MASS PREMIER SOCCER LESSON PLAN

**Age Group:**

**U10**

**Theme of Session:**

**Turning – Week 2.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> 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.</p>	
15 minutes	<p><b>Activity 1:</b> 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>	<ul style="list-style-type: none"> <li>• 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</li> </ul>
15 minutes	<p><b>Activity 2:</b> 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>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
30 minutes	<p><b>Game condition:</b> Regular soccer with 4 goals. Coach calls out which goal can be scored into to encourage quick turns in game situation.</p>	<ul style="list-style-type: none"> <li>• Drag back – place the sole of the foot on the ball, drag the ball back behind you, turn to follow the ball</li> </ul>
5 minutes	<p><b>Cool Down:</b> Slow jog with longer stretches and a discussion about the session.</p>	<ul style="list-style-type: none"> <li>• Stop turn – stop the ball with sole of foot, step over the ball and push the ball away with outside of opposite foot</li> </ul>
<p><b>EVALUATION:</b></p>		



# MASS PREMIER SOCCER LESSON PLAN

**Age Group:** U10

**Theme of Session:** Turning/Dribbling – Week 3.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<b>Warm-up:</b> All dribble in large square. There is also a smaller square within the larger one. On coaches command all players must now dribble in smaller square. On the command of 'King of the Ring', while in the smaller square, the players play kick-out and attempt to knockout the other player's balls. The commands therefore will be large square, small square and 'King of the Ring'.	<ul style="list-style-type: none"> <li>• Ball needs to be close to you</li> <li>• Turn needs to be performed at appropriate distance away from defender</li> <li>• Dip the upper body to create fake</li> <li>• Bend the legs to increase power</li> </ul>
15 minutes	<b>Activity 1:</b> 1 v 1 in square. Must have possession of the ball when the coach calls Freeze. Looking for players to beat their opponent by using turns instead of 'running away'. Progress this session by making it mandatory to do 10 turns in 1 minute. Change up the types of turns they can do i.e drag back only, inside hook only etc...	
15 minutes	<b>Activity 2:</b> half team on the outside of the square has a ball (feeders and receivers) half inside without a ball. Those inside work for a minute to go to servers and receive a ball turning and then pass to an open player on the outside of the square (One that doesn't already have a ball). Then change positions. This can change by limiting touches in the middle, 3 touch, 2 touch. Progress so must pass with same then opposite foot they turned with. Progress so players must turn twice, giving ball back to player they got it from.	
30 minutes	<b>Game condition:</b> Same as week 2, regular soccer with 4 goals. Coach calls out which goal can be scored into.	
5 minutes	<b>Cool Down:</b> Jog, stretches and a question and answer session on what was learnt.	

**EVALUATION:**



# MASS PREMIER SOCCER LESSON PLAN

**Age Group:** U10

**Theme of Session:** Passing – Week 4.

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> Pairs passing and moving. Players passing to partner in and unrestricted area. First unlimited touches then progress so can only take 3-4 touches then pass, the down to 2. Players are ALWAYS moving, with and without the ball. Stretching, very basic (stretching is not as important at this age however it is more about getting the kids into the habit of stretching)</p>	<ul style="list-style-type: none"> <li>• Inside of foot</li> <li>• Strike the center of the ball</li> <li>• Non-kicking foot at the side of the ball</li> <li>• Locked ankle and follow through in the direction of pass</li> </ul>
15 minutes	<p><b>Activity 1:</b> Small-sided game where each team has 5 tall cones to knock over and defend i.e. you try and knock over the other teams 5 cones by passing the ball onto them (these cones are up their end of the field) and try and stop the other team knocking over your cones. You have an end zone of five yards where the cones are placed evenly, the attacking players are not allowed to enter the end zone and so therefore have to pass from at least five yards away. Play with multiple balls at start.</p>	
15 minutes	<p><b>Activity 2:</b> 1v1 Passing to a cone/marker. Kids pass the ball from their cone to opponents cone and opponent CANNOT stop the ball from hitting the cone. Vary the distances between cones getting gradually further away. Player gets a point every time they hit opponent's cone. Play for 1 minute. Progress again to play a 'championship' ladder with the winner moving up and loser moving down</p>	
30 minutes 5 minutes	<p><b>Game condition:</b> Same as week 2/3 play 4 goal soccer</p> <p><b>Cool Down:</b> Light jog across the field, stretching (same as warm up) and recap on the session with your players.</p>	
<b>EVALUATION:</b>		



# MASS PREMIER SOCCER LESSON PLAN

<b>Age Group:</b>	<b>U10</b>
<b>Theme of Session:</b>	<b>Control – Week 5.</b>

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> Players in pairs, passing in unrestricted area. Make it 2 touch limit ensuring that players 'break pressure' with first touch – get it out of their feet. Progress so all players have a ball and they throw balls in air on coaches command, controlling them as they land.</p>	<ul style="list-style-type: none"> <li>• Select body part you are going to control ball with</li> <li>• Move body into position to control ball</li> <li>• Relax body position you are using to control ball</li> </ul>
15 minutes	<p><b>Activity 1:</b> ½ team on the outside of the square with a ball (feeders), half inside without a ball. Those inside work for a minute to go to servers and return the balls then change (3 touch, 2 touch, 1 touch). Progress by saying right foot only, left foot only, right foot control/left foot pass and alternate.</p>	
15 minutes	<p><b>Activity 2:</b> Same set up as above except divide group into 3 groups. 1/3 are outside as "feeders" the other 2 1/3's pair up and play 1 v 1 where they have to receive a ball from the feeder and play back to <u>any</u> other feeder. If defender wins ball or pass doesn't go accurately back, defender becomes attacker and attacker becomes defender. Same progressions as above.</p>	
30 minutes	<p><b>Game condition:</b> Coach feeds the ball in every time ball goes out of bounds at different heights and power to test players control.</p>	
5 minutes	<p><b>Cool Down:</b> Jog, stretch and recap of the session.</p>	

<b>EVALUATION:</b>
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# MASS PREMIER SOCCER LESSON PLAN

<b>Age Group:</b>	<b>U10</b>
<b>Theme of Session:</b>	<b>Shooting – Week 6.</b>

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> All dribble in large square. There are two goals set up at opposite ends from each other and 20 yards away from the side of the square. Players have a number when you call their number they go to a goal. Stretching off every 2 – 3 minutes.</p>	<ul style="list-style-type: none"> <li>• Strike the ball with the laces</li> <li>• Head down when making contact with the ball</li> <li>• Follow through the ball in the direction of the shot</li> <li>• Land on your kicking foot, toe then heel</li> </ul>
15 minutes	<p><b>Activity 1:</b> As warm up but players now are in pairs and pass and move in square. When you call their pair the player with the ball goes to goal. Change after a couple of goes so that the player without the ball becomes the defender. Progress again by limiting passing touches, only shoot with right foot/left foot.</p>	
15 minutes	<p><b>Activity 2:</b> FA Shooting grid. Groups of 3, goal in middle (made with cones/flags) one player is GK the other two shoot from opposite sides of the square (i.e. GK turns to face shot from player A, if he scores the ball will go through the goal to player B. If the GK saves the ball he turns and rolls the ball to player B to shoot). Change positions every 3 – 4 minutes so that all players go in goals.</p>	
30 minutes	<p><b>Game condition:</b> Small sided scrimmage with full size goals to encourage regular shooting and develop success.</p>	
5 minutes	<p><b>Cool Down:</b> Slow run across field finishing with stretches and a recap of the session</p>	

<b>EVALUATION:</b>
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# MASS PREMIER SOCCER LESSON PLAN

<b>Age Group:</b>	<b>U10</b>
<b>Theme of Session:</b>	<b>1v1 Attacking – Week 7.</b>

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> Heads and Tails. All players have a ball dribbling around inside set area. When coach calls 'heads' players must put head on the ball and then continue dribbling –'tails' players have to sit on the ball and continue. Progression increase the speed of dribbling, add in different body parts such as 'knee' 'back' etc...</p>	
15 minutes	<p><b>Activity 1:</b> 1 v 1 to a cone. Similar to week 2 to start then progress this to then placing a goal behind the defender. The attacker can now score one goal by going sideways and stopping the ball on the cone or two goals by going past the defender and passing the ball into the small goal (Once ball crosses imaginary line defender can win it)</p>	
15 minutes	<p><b>Activity 2:</b> 1 v 1 to two small goals (each player attacks and defends a goal facing each other). Game starts by defender passing the ball to attacker who then attempts to score after beating his opponent. Player who scores then restarts the game by passing to the attacker (he becomes the defender).</p>	
30 minutes	<p><b>Game condition:</b> Player must beat someone on the dribble before they can pass.</p>	
5 minutes	<p><b>Cool Down:</b> Slower controlled jog across field with stretching and finishing with a recap of the session.</p>	

<b>EVALUATION:</b>	
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# MASS PREMIER SOCCER LESSON PLAN

<b>Age Group:</b>	<b>U10</b>
<b>Theme of Session:</b>	<b>1v1 Defending – Week 8.</b>

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
10 minutes	<p><b>Warm-up:</b> 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 the exercise.</p>	<ul style="list-style-type: none"> <li>• Pressure the ball quickly</li> <li>• Arc your run towards the attacker making the play 'predictable'</li> <li>• Take a side-on stance, showing the attacker only 1 way to go</li> <li>• Your stance should be like 'a surfer' – bent knees and side on</li> <li>• Decision making – when to tackle/hold</li> </ul>
15 minutes	<p><b>Activity 1:</b> Have players in groups of 3 in a 10x10 square. 1 player is server, 1 defender (starts on knees) and 1 attacker. The server starts with the ball on one corner of the grid (with defender one side and attacker the other). Server passes the ball (on the ground to start) into the area. The attacker then races to retrieve the ball, as does the defender (from their knees). Attacker scores a point by passing the ball back to the server, defender scores 2 for tackling attacker and passing the ball back and 1 for kicking it out of bounds. Rotate players around. Progress by serving balls in the air/defender starts from further back.</p>	
15 minutes	<p><b>Activity 2:</b> 1 v 1 to a line in a channel (ladder). Make each channel only 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. 2 points for winning the ball and keeping possession (make this the priority) and 1 point for putting ball out of play (secondary).</p>	
30 minutes	<p><b>Game condition:</b> Small sided to end lines emphasizing 1v1 defensive points.</p>	
5 minutes	<p><b>Cool Down:</b> Easy jog across the field, longer stretches and a session recap with players</p>	

<b>EVALUATION:</b>	
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## ADDENDUM

### **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. Often, rewarding the skill with more points than that of a goal produces the desired results. 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.



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



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## 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.

The Academy's series of handbooks for coaches will show a clear progression in each of these areas and define clear parameters on what coaches should be looking for in a particular age group. 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:

### ***Technical***

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

### **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

### **Running with the ball:**

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

### **Passing:**

- Ankle locked
- Outside of foot pass
- Look up when passing



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### **Control/Receiving:**

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

### **Shooting**

- Instep shooting
- Locked Ankle
- Follow through
- Aim for far post

### **Goal Keeping**

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

### **Defending**

- Introduction to the 3 P's
- Pressure – Position - Patience

### ***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.

### ***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 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.

### ***Physical***

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.