



U10 Practice Plans

OSC Player Development Curriculum was introduced to improve the soccer experience of youth players and coaches within our club. The game is the best teacher.

The following curriculum has been designed using qualified, professional coaches and teachers from the United States and other countries with strong soccer traditions.

The OSC Player development team is devoted to providing their absolute best to all players, coaches and Owasso Soccer Club family.

GOALS

There are four main pillars of soccer, at every level of the game – technical, tactical, psychological and physical.

There will be different importance placed on each 1 depending on the age and ability of the player. We will maintain age appropriate activities.

The OSC Player Development curriculums for coaches will show a clear, concise and correct information and activities to pass on their players and teams.

“THE GAME IN THE CHILD”

The mission of the National Youth License and the State Youth Courses is to provide the most current and advanced information on growth and development of the youth soccer player. The youth soccer player is defined as any child from pre-school through adolescence. The courses take the approach that the ***GAME WITHIN EACH CHILD*** is at the center of all beliefs, decisions, and actions taken by the child, coach, and organization. It is the ultimate goal within the United States to unlock the game within each child to reach their full soccer potential.

Age Group

U-10

Skill Priorities

**Continue with dribbling foci 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**



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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:



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Attacking Principles

Penetration

Support

Mobility

Width

Depth (length)

Improvisation (deception, creativity)

Defensive Principles

Recovery (Immediate Chase)

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.

License Requirement

The U10/U12 State Youth Module is required. The "Y" License is recommended.

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 (psychomotor)

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)

Height can approach 5 feet and weight can approach 80 pounds

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Socially (psychosocial)

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)

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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 (mental and social):

- 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 (conditioning):

- 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

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Rules:

Review Fouls and Misconduct

US Youth Soccer Modifications to the Game

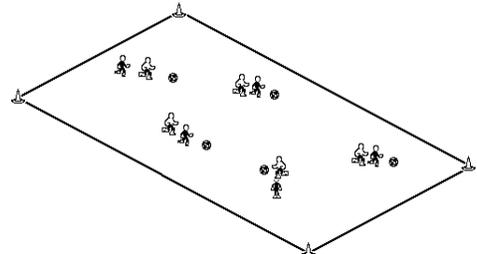
Playing numbers:	6v6 (with goalkeepers)
Field Dimensions:	
Length	45-60 yards
Width	35-45 yards
Goal Dimensions:	
Height	6 feet
Width	18 feet
Duration:	two periods of 25 minutes
Ball:	number 4

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.

Some Recommended Games for U10 Players:

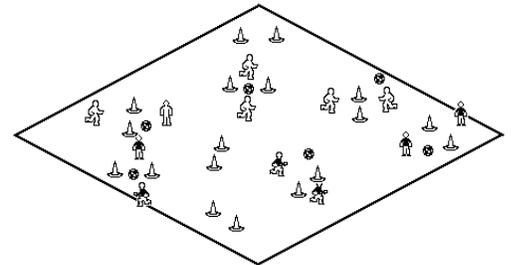
- 1) **Free Dribble**---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. *Version 3:* Make the game a knockout game in which players try to knock each other's balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times. You do not want players sitting out.



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2) **Shield-Steal**---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.

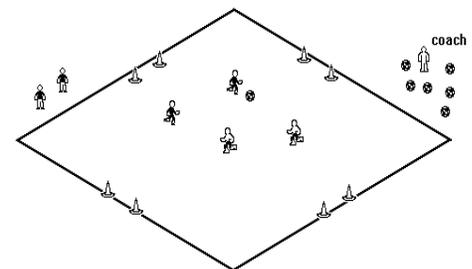
3) **Gates Passing**---Same set up as previous game. However players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to previous game, have them pass only with their left foot or right foot, or the outside of their foot.



4) **1 vs. 1 to lines**---In a grid 10x10 yards, players line up on opposite sides. The first player in each line alternates attacking the player opposite them. When the attacker dribbles over the line they score a goal. If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. *Version 2:* Make the grid larger and make this a 2 vs. 2 or a 3 vs. 3 game.

5) **1 vs. 1 To Two Small Goals**---Same grids as above except now there is a three foot goal in the middle of each line. Attackers try to score by passing the ball through the goal. Defenders can counter attack to the opposite goal if they win the ball. Players switch sides after a goal or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other.

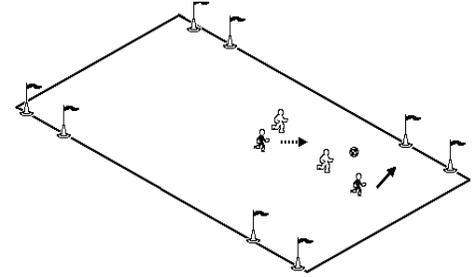
6) **2 vs. 2 to Four Cross Goals**---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yd X 10yd. Have one team of 2 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately.



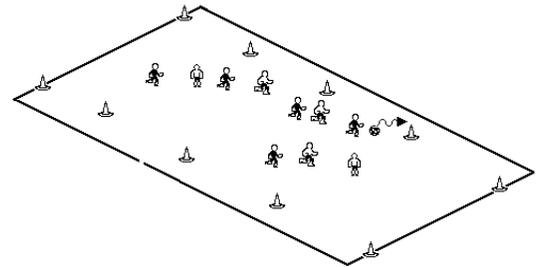


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7) **2 vs. 2 To Four Small Goals**---In a 15 X 15 yard grid with a small goal in each corner teams of two attack the two opposite goals and defend their two goals. The coach will set up as many grids as needed to accommodate the players. When the ball goes out of bounds it can be passed or dribbled in to play. The teams should be rotated every three minutes until all groups have played against each other. *Version 2:* 3 vs. 3 in a 20 X 25 yard grid. Teams should show a triangle shape in attack.



8) **4 vs. 4 Endzone Game**---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes.



9) **Triangle Goal Game**---Make a triangle with three cones in the center of the field. The sides of the triangle each serve as a goal mouth so teams can shoot at three different goals. Place 2 goalies in the triangle and the 2 goalies must protect the three goal mouths. Two even teams play a normal soccer game, except they both can score on any of the three faces of the triangle for a point. The game is continuous and if a goalie catches the ball he just throws it out so the game continues. *Version 2:* Use two balls at the same time.

10) **4 vs. 4 To Four Small Goals**---In a 30 X 35 yard grid, the same rules as 3 vs. 3 but now players must show a diamond shape in attack.

Every practice should include a scrimmage



Owasso Soccer Club

PRIDE

Passion Respect Integrity Discipline Excellence