

Characteristics of U10 Soccer Players

(Fourth & Fifth Grade)

Repetitive Technique Is Very Important, But It MUST BE DYNAMIC NOT STATIC!

- Physical Development
- Mental Development
- Social Development

Physical Development

- Boys and girls begin to develop separately.
- More prone than adults to heat injury
- Affected by accelerated heat loss, increasing risk of hypothermia.
- Greater diversity in playing ability
- Physically mature individuals demonstrate stronger motor skills.

Mental Development

- Lengthened attention span, ability to sequence thought and actions.
- Pace factor becoming developed – they are starting to think ahead.
- Intrinsically motivated to play.
- Demonstrate increased responsibility
 - Bring ball and water to practice
 - Tuck in jersey & pull socks up
 - “Carry own stuff”

Social Development

- May initiate play on their own
- Continued positive reinforcement needed.
- Explanations must still be brief, concise and purposeful.
- Team identification important
- Peer pressure significant.
- Adult outside of the family may take on added significance.

Characteristics of U10 Children

- Lengthened attention span
- Team oriented
- Still in motion, but not as busy . . . Will hold still long enough for a short explanation.
- Psychologically becoming more firm and confident.
- Boys and girls beginning to develop separately
- Gross and small motor skills becoming much more refined.
- Prefer team type balls and equipment.

PACE FACTOR BECOMING DEVELOPED - DO THINK AHEAD.

- Some are becoming serious about their play.
- Enjoy the uniforms, team association.
- Are now more inclined toward wanting to play rather than being told to play.

Coaching Methods

- Coach = Facilitator
- Makes the training player-centered
- Asks guiding questions
- Creates problem solving opportunities
- Positively reinforces players
- Simple to complex activities (Time, Space, Players)

Coaching Methods

- How to Coach...
- Coaching at a stoppage
- Coaching during flow of play

Guided Questioning Examples...

- "How could you..."
- "Is there another way to..."
- "What happens if you..."

Typical U10 Training Session

- Should not exceed 1 hour and 15 min.
- Warm-up, partner and small group activities, stretching (15 min.)
- Introduce small group activities (4-6 players)
- Add more directional games. Play to targets and/or zones (25 min.)
- Conclude with small-sided game 6v6 with GK's (25 min.)
- Finish with cool down activity (10 minutes)

U10 Tactical Sign - Awareness of Width & Direction**Coaching Activities Checklist**

- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Is the coach guiding or controlling the players in the activity?
- Are there implications for the game?