



COACHING 10U



OUR 10U (“UNDER 10”) DIVISION IS FOR CHILDREN BORN IN 2016. MOST PLAYERS WILL BE 9 YEARS OLD WITH A FEW 10 YEAR OLDS IN THE SPRING, A MIX OF MOSTLY 3RD AND 4TH GRADERS. THERE ARE SEPARATE BOYS AND GIRLS 10U DIVISIONS. ABOUT 75-80% OF PLAYERS HAVE PLAYED SOCCER BEFORE.

KIDS THIS AGE:

- ⚽ May have fear of failure but respond well to **positive instruction and encouragement** (P.I.E.)
- ⚽ Look for role models and value their friendships
- ⚽ May have difficulty staying focused but more likely to embrace **competition** with peers

MANAGING A PRACTICE:

- ⚽ You will need to plan **one weeknight practice**
- ⚽ Practice is **one hour** between 5pm-8pm
- ⚽ Choose the location from among many fields available; you may share the field w/ another team
- ⚽ Parents are to ensure their child has their own **size 4 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- ⚽ **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- ⚽ Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- ⚽ Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- ⚽ Say, Show, Do, Review + **No laps, lines or lectures!**
- ⚽ Maximize the time they have their **feet on the ball**
- ⚽ **Development points:** first to the ball, passing accuracy, maintaining possession with **shielding**, spreading out, high quality shots on goal, **charging on defense**, defensive help, **offsides, goalkeeping**
- ⚽ Take frequent water breaks
- ⚽ Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- ⚽ Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- ⚽ Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap
- ⚽ For every practice and game, Coach is the last one to leave the field

YOUR REQUIRED TRAINING:

- ⚽ No soccer experience necessary; Most training can be done **online** from the comfort of your couch 😊 plus one on-field training
- ⚽ Must complete: 10U coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘**AYSO**’; Safesport requires a separate login
- ⚽ Background check and training paid for by AYSO
- ⚽ Full details for registration, certification and training can be found on our website [here](#)

GAME TIME:

- ⚽ Games are scheduled for **1 hour on Sat morning**
- ⚽ We play **7v7** (6 position players + 1 keeper)
- ⚽ **4 quarters, 12 mins each** + 2 min qtr breaks + 5 min halftime break; kickoffs only at 1st qtr & after halftime
- ⚽ Make a **lineup** before the game: **Everyone Plays** at least two quarters; offense and defense
- ⚽ Connect with the opposing coaches before the start of the game
- ⚽ A **referee** should be provided by AYSO, but if none show, be ready to stand in as referee(s)
- ⚽ Help create an environment where the referee is respected & no one should be challenging calls
- ⚽ **Let them play!** (“Play until the whistle!”)
- ⚽ Endline out of bounds = **goal kick** or **corner kick**; Sideline out of bounds = **throw-in** (2 chances)
- ⚽ No penalty kicks; all fouls result in **indirect free kicks** from the spot of the foul
- ⚽ **Keeper: no punting**; roll/toss the ball to a teammate
- ⚽ All players: **no headers** and no slide tackles
- ⚽ **Offside** is called only if a player has an advantage (behind the last defender) when ball is played to them
- ⚽ **Build-out line** is used on goal kicks to allow the kicking team to build momentum upfield
- ⚽ Lopsided game? Turn focus to passing, but connect with the other coach and **keep things positive!**
- ⚽ Coaches coach, Parents cheer! (See [Parent Pledge](#))
- ⚽ **Good Sportsmanship:** shake hands, thank the ref