

U10 Priorities

Having fun and gaining skills

Training priorities for the category

Technical	Tactical	Physical	Psychological	Games
Passing	Creating space	Coordination	Focussing	7 vs 7
Controls	Marking / Eluding marking	Speed	Integration	1 vs 1
Movement with the ball	Depth and width	Agility	Self-esteem	2 vs 2
Dribbling	Looking up	Duels	Patience	2 vs 1
Shooting				

The challenges for the coach

At this age, kids are ready to learn how to do different movements in constant motion. It's important to put emphasis on the effort while having fun. The goalkeeper must learn to give the ball to the defenders in short passes so that we can continue to control the play instead of booting it up the field but losing the ball to the other team. It's not a big deal to lose balls or games in U10 because we are working on gaining possession, control of play and developing a tactical sense of play for the future years to come. The player can and will make mistakes but they have to learn from them. It's the coach's job to make them realize when they've done something good and to make the parents understand that their kid is in a learning process. It's more important to be challenged now but learn from the situations otherwise the players will hit a wall when they are U14 if they don't have the proper skills on a technical and tactical level. Then it will be too late.

1

DEVELOPMENT

It's the perfect opportunity to develop technical skills.

2

CIRCULATION

Practice movement of the ball starting from the back.

3

TACTICAL

It's the perfect time to introduce some tactical notions.

Goalkeeper



He must react like a player and follow the play off his goal line.

Substitution



Players enter as defenders and move up to become a forward.

Possession



We must work on ball possession.

The basic techniques

Coaches must start to be demanding about the development of technical abilities.

Passing

Passing is mostly done with the inside of the foot, although it can also be done with the outside. The pass is useful to move the ball quickly. The supporting foot must be beside the ball and pointing in the direction that you want the ball to go. The foot that is hitting the ball must be «locked» which means that the ankle stay solid so that there is power in the movement of the ball. If the foot hits the ball a little under the center of the ball it will have a tendency to lift up but if it's hit straight in the middle, it will be straight and strong. After passing, the player must move in order to be available for his teammates.

Controlling the ball

It's the motion that a player executes when he receives the ball. If it's a pass, the player will normally control with the inside of the foot. He must go towards the ball in order to be the first there, lock his ankle and absorb the ball by doing a little backwards movement on reception. If the ball is airborne, he can execute control with his chest, his thigh or his head. It's not recommended to practice headers because of the risk of concussion. The player will

automatically develop the reflex to do it in games.

Movement with the ball

The player must keep the ball close to his body and lift his head to look up. There is no need to look down at the ball. All the surfaces of the foot can be used.

Dribbling

It is the action of outplaying an opponent. It is composed of a feint followed by a change of pace in order to bypass the opponent completely. The player must start practicing these moves early but, of course, they will not be able to succeed right away. It's important that they try because it will become useful in the near future. On YouTube you can easily find some videos about the different feints and moves used to bypass a player. Invite the parents and the kids to go take a look.

Shooting

Shooting is the kids favorite technical motion although it can be difficult to get it just right. The player has to put his body over the ball for precision and transfer weight on the supporting leg. The shot must be executed using the laces or the inside of the foot like a pass to increase the precision.

SOCCER CHELSEA IS HERE FOR YOU

During the season a technician will be assigned to your category. He will be giving the coaches comments, suggestions and will be able to provide specific exercises on different themes.

If you need more information, our technical director Patrick Woodbury will gladly help. You can always reach him by email: patrick@soccerchelsea.ca