

U10 Game Rules

- 7 v 7
- Goalkeepers
- Throw Ins
- Direct Kicks
- Offside
- Games are comprised of two 25 min halves with a 10 min halftime
- Size 4 soccer ball
- All players must have shin guards and a water bottle
- Goal keepers are allowed in U10. We recommend no punting but since our teams will play outside leagues then we can control other programs
- Any player playing in the goal must get an equal amount of time on the field.
- All players must play 1/2 of the game. No player can play a full game until all players have played 3/4 of the game.
- Jewelry and Metal hair clips are not permitted
- Slide tackling is discouraged
- No heading

U10 Skill Priorities:

- Introducing Shape and Positioning
- Understanding Offside
- Promote decision making: when to pass, when to dribble
- Dribble with all sides of both feet
- Dribble out of trouble
- Dribble past someone
- Shielding
- Soft first touch
- Encourage proper shooting technique and passing

Reasons for Small-Sided Play

- To touch the soccer ball more often and become more skillful with it while making more quality decisions during the game. Increasing individual technical development through more opportunities to possess the soccer ball. Increasing tactical development, because the fewer players on the field, the less complicated the decision making.
- To teach them to be more physically efficient in the field space in which they are playing! (High intensity play with the ball versus long runs chasing after the ball)
- Maximize involved playing time in the game! (More opportunities to solve problems that only the game presents)
- They should have more opportunities to play on both sides of the ball! More exposure to both attacking and defending situations to enhance tactical awareness
- Because we want our young players to have more opportunities to score goals!