

AYSO

Region 120



10U Coaching Handbook

Spring 2019

www.ayso120.org

Thank you for choosing to be an important part in the character building of the youth in Costa Mesa. Volunteering means so much to your child, and the children in the community. It sets an example of selflessness and shows your interest in their lives. So thank you for giving back to your community, and enriching the lives of the children around you.

It doesn't matter if you are an experienced coach, someone who hasn't played soccer before, or a world class soccer player. Coaching 10U will be the same progression no matter who is coaching. Now this isn't to say you don't matter, because that's not true, but the plan to get these soccer players on the right path will be the same no matter who is coaching. The technique suggested by the United States Soccer Federation (USSF) to all AYSO and club teams is called Play-Practice-Play.



PLAY - PRACTICE - PLAY

This is the fundamental practice setup for younger divisions ages 6U-10U.

The 1st Play in play-practice-play is a good way to get them warmed-up and excited about soccer. Start small sided games with 2 mini goals as players are arriving. No static stretching, no dynamic warm-up, it doesn't take much to get those little bodies ready for action. You can start 1 on 1 and progress to 3v3. You can get involved in the play as well, or just observe them playing (refrain from verbal instructions), just let them play. You can throw in a couple "good job passing James", or "way to pressure the ball Julia", but that's about it. Once you have completed 15-20 min of a short sided game it's time for a water break. During that time, you can set-up your drill.

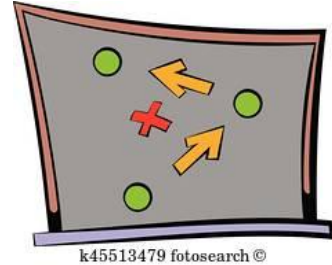
Practice in play-practice-play will be the drill that you decide to use to teach a fundamental skill of soccer. The good thing is these players need to improve on almost every skill, so no matter what skill you pick they need work on it. Listed later in this handbook are the 3 skills your drills should focus on for your team.

The 2nd Play in play-practice-play means you finish with another round of playing. Depending on your preference you can end with small sided games again, a small sided tournament, parents vs kids, or a bigger game on a bigger field. The main thing is get the kids running (you can even play with no out of bounds to get them running more) and enjoying their favorite part of soccer. Use the same keywords that you used in the drills during the practice section that day. Make sure to give, out loud, positive encouragement so everyone can hear when you see a player use the skill you just worked on.

How do I make a drill for the practice section?

It's as easy as 1-2-3. Each practice you will choose 1 of the 3 skills to improve upon. You can design 1 or 2 drills to work on those skills. It's best to create game like situations rather than drills which don't mimic the game. However if you see the need to work on proper technique you may need to slow it down for a brief instruction. You can also go from player to player to give instruction while the others are continuing on with the drill.

Let the design of the drill create success of the desired result. Also let the design of the drill create failure if they make the incorrect decision.



For example if you want to improve dribbling and ball control have them dribble from one specific safe area to another, and then stop the ball with their foot on it. If they are completing the skill of ball control they will be able to do this. If they are unable to keep the ball under control they won't be able to. Good drills have about 80% success rate. You can always make it harder by adding an outside stressor (like a coach trying to steal the ball). Whenever possible you want to add the outside stressor as that is always more game like.

Kids will learn better through experience rather than words. (Keep all instruction under a minute, with the aim of 20 seconds, and then a brief demonstration).

In region 120 the 3 skills to be coached in Fall are:

- 1) Ball control such as dribbling
- 2) Passing
- 3) Finishing

Later in the Fall season, and by Spring the kids have progressed and they may be ready for more of a challenge. Make sure the focus of practices is still assertiveness and ball control, but you can add a passing element into a drill once they have mastered these first two skills.

In region 120 the 3 skills to be coached in late Fall or Spring are:

- 1) Passing
- 2) Finishing
- 3) Spreading out





Helpful Hints for drills of 10U



1. No lines greater than 3 players
2. Minimize standing around
3. No Lectures (instructions/talking longer than 1 minute aim for 20 seconds)
4. Keep it positive
5. Demonstrate with another coach/parent (picture is worth 1,000 words)
6. Tell them how you want them to use the skill in the game, and use the same key words in practices and games
7. Start by ask them questions rather than tell them what to do. (What do you think you should do when you have the ball and an opening in front of you?)
8. About ½ way through the drill bring the team back together and re-explain concepts that aren't being execute properly. Remember asking questions is better than saying "You're not doing this right"

Basic concepts a coach needs to teach a 10U player

1) Ball control/Dribbling: The first and most basic skill that all soccer players need. The best players in the world keep the ball right at their foot, and it starts here at 6U with the most important fundamental skill of soccer. If the player doesn't learn ball control, they will not be a good soccer player. Ball control means able to collect a ball in their area, keep the ball at their foot, and dribble forward, sideways, or even backward.

2) Passing: Kicking the ball toward a teammate in order to keep possession or advance the ball toward the goal. Usually passes are completed with the instep of the foot, but can be completed with laces or outside as well.

3) Finishing: Teaching the kids to kick it where the goalie isn't, is the best way to teach finishing. Teaching them to use their laces is the best way to get the most power on the ball as well. You will do them a great service to teach them to kick it where the goalie isn't as this will help them look up while dribbling and make a plan with the ball.

4) Spreading Out: Having players spread out is an important concept on offense and defense. On offense it allows for enough space between players so they don't take the ball from one another, and passing will be a more effective way of moving the ball forward. On defense there should be one player pressuring the ball, and the remaining players should spread out to mark/cover the players on the opposing team. This defensive concept is called "pressure cover".

* **Mistakes happen**: Teach that mistakes happen, and the best way to learn is to make mistakes and try again. Some children are perfectionists, and may get down on themselves with mistakes. Positive encouragement by the coach regarding effort levels, not outcomes, is always the best approach. By teaching the athlete that mistakes happen, and how to learn from it, you can give them a skill they will use in their life beyond soccer. **Best to ask questions rather than tell them what they did wrong.**



Six Roles of a Coach are:

1. Coaching Training Sessions (players safe, fun, best prepare them for games)
2. Coaching Games (role on game day, players have fun)
3. Leading the Player (have fun, and improve)
4. Leading the Team (get players on same page, inspire them to work together)
5. Managing the Performance Environment (learning environment, what factors do I have control over)
6. Leadership (what does it mean to be a leader, what are the qualities of a good leader, and bad leader. What are your personal core values, Directing the Team Manager for tasks to be completed)

Tasks of the 10U coach

Be Positive

Take all required courses on AYSOU

Attend the Coaches meeting where you will get information about the season

Determine practice times and days

(1-2 days per week 45-60 min practice)

Have a parent meeting before the season starts

Assign Assistant coach(Referee), Field Set-up, Team Manager, 2 other Referees any other volunteer positions people want (Ribbon maker, banner maker etc....)

Have everyone volunteer for something

Ensure the referees sign-up for the Regional Referee course online at www.aysou.org

Ensure the Regional Referees complete the field test (usually at Costa Mesa) and pass

Come up with a team name using child input

Plan out a couple practices using Play-Practice-Play

Learn the field layout for games and practices

Learn how to set-up goals

Have Fun



Example Parent Meeting

4 Skills to focus on for 10U for Region 120 in order of priority

1. Ball control
2. Passing
3. Finishing
4. Spreading out



Arrive 45 minutes before game time.

7 on 7 soccer with goalies to encourage more touches and more goals.

Practices: Monday and Wednesday 5:30-6:30pm Games on Saturday morning.

Equipment for players: Water bottle, shin guards, cleats, socks, ball Size 4, activewear

Head coach: Matt Freeland (Emma's dad)

Assistant coach/Referee: Ed Wannis (Lara's dad)

Referee: Juan Cruz (Valeria's dad)

Referee: Elda Ochoa (Emma's mom)

Referee: Adam Johnson (Gracie's dad)

Team manager: Jason Kensey (Game info, snacks, etc)



First Game: March 10th 2018 9:00am at Jack Hammett Sports Complex Fields 3

Uniforms: March 8th

Coaching Philosophy

Positive Instruction & Encouragement (PIE) not critique

Games only cheering, during practice is time for correction

2 on defense at all times

Referee always right



AYSO Vision Statement: To provide world class youth soccer programs that enrich children's lives

AYSO Mission Statement: To develop and deliver quality youth soccer programs which promote a fun, family environment based on our philosophies.

6 Philosophies: 1) Everyone plays 2) Balanced teams 3) Open registration 4) Positive coaching 5) good sportsmanship 6) player development

Drive slow in parking lot.

Mudline: (714) 754-5041 Mon-Fri after 2:00pm Sat & Sun after 7:30am

Field cancellation complaints: CM Parks and Community Services (714)754-5300 or go to City website and fill out a Recreation Athletic Use Survey

Coaches Email: Forthekids@yahoo.com or text (714) 714-7147 if child can't attend practice/game

<http://www.ayso120.org>



Coaching Guidelines

	Player development <u>Beginning of season</u>	Player development <u>End of the season</u>
6U	<ol style="list-style-type: none"> 1. Soccer Player 2. Assertiveness 3. Ball Control 	<ol style="list-style-type: none"> 1. Assertiveness 2. Ball Control 3. Passing
8U	<ol style="list-style-type: none"> 1. Assertiveness 2. Ball Control 3. Passing 	<ol style="list-style-type: none"> 1. Ball Control 2. Passing 3. Finishing
10U	<ol style="list-style-type: none"> 1. Ball Control 2. Passing 3. Finishing 	<ol style="list-style-type: none"> 1. Passing 2. Finishing 3. Spreading out
12U	<ol style="list-style-type: none"> 1. Passing 2. Finishing 3. Spreading out 	<ol style="list-style-type: none"> 1. Finishing 2. Spreading out 3. Support the attack
14U	<ol style="list-style-type: none"> 1. Finishing 2. Spreading out 3. Support the attack 	<ol style="list-style-type: none"> 1. Spreading out 2. Support the attack 3. Heading
16U	<ol style="list-style-type: none"> 1. Spreading out 2. Support the attack 3. Heading 	<ol style="list-style-type: none"> 1. Support the attack 2. Heading 3. Tactics
19U	<ol style="list-style-type: none"> 1. Support the attack 2. Heading 3. Tactics 	Coach Referee

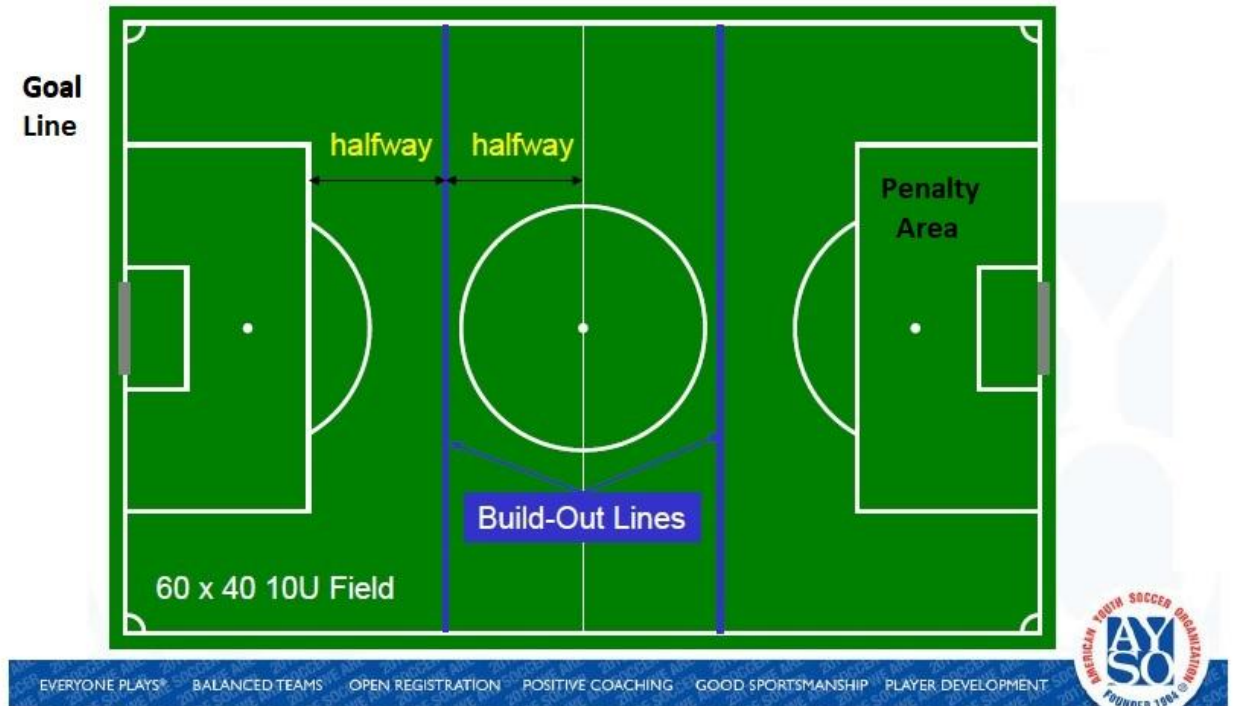
Rules of 10U

Spring 2019

1. Field Size: 45 feet width 60 feet length
2. Team size: 7 players per team on the field (7v7)
3. Goalies: Yes, but no punting
4. Corner kicks: Yes
5. Ball Size: 4
6. No heading
7. Throw-ins: Yes, 1) Feet down 2) Arms overhead 3) Feet on or behind the line. Other teams throw if incorrect. Re-throw if ball never goes in.
8. Kick offs: To start game, at halftime, and after each goal.
9. Game time: Two 25 minute halves with a substitution break midway.
10. Goal kicks: Yes. In the goal area. Must pass to teammate outside the penalty area. Opposing team must wait behind Build Out Line until ball leaves penalty area.
11. Offside: Yes from BOL to goal line.
12. Referees: Certified Regional Referee
13. Fouls: Yes if it's blatant kicking, pushing, or handling of the ball. Direct and indirect kicks.
14. Goals: Maximum is 6.5 feet by 18.5 feet
15. No micromanaging of players by coaches or parents (kick it, score it, do this, do that)
16. Encourage tunnels at the end of games for kids to run through.
17. Goals & corner flags are set-up and taken down by the home team.
18. When the goalie has the ball the opposing team must retreat behind the Build Out Line (BOL). Once the goalie releases the ball it is live and the other team is released from the BOL. If the goalie releases the ball before the other team is all the way behind the BOL it's a live ball.
19. The referee is ALWAYS right.



Build-Out Line (BOL)



Key points of the BOL

- 1)** Offside is from BOL (instead of halfway/midfield line) to goal line.
- 2)** During goal kicks the opponent must wait behind the BOL until the ball has left the penalty area.
- 3)** When a goalkeeper controls the ball the opposing team must retreat back behind the BOL. As soon as the goalie puts the ball in play the opposing team is released from the BOL.