



Scappoose Soccer Club

Principles of Youth Coaching for U10-U15:

- Target developmentally appropriate activities
- Training now progresses to a more traditional approach where sessions begin with a dynamic warmup (not static stretches), a physical-oriented drill, a simple technical drill followed by a more complex technical drill that builds on the simple drill, and finishing with scrimmage time. The end of practice should be for static stretching and announcements.

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Kids at these ages have very short attention spans, are individually oriented (work with it, don't discourage it at this age), are constantly in motion when moving, and have two speeds – on or off. The hand, foot, and eye coordination at this age is very primitive and undeveloped. Boys and girls are developing on similar timelines. As these children progress from 5 to 7, they will gradually develop more coordination, more sense of self, and some limited abilities to work in groups.

Nearly all children in these age groups are very sensitive to negative feedback and dislike personal failures, especially on display in front of a group of other kids.

At this stage, there are no prodigies ready for World Cup or Olympic competition. Even if that is an end-goal for some, focus on developing each individual in the context of where they are developmentally. A 6-year old star today may be out of the game entirely at 12. Don't presume to know how children will develop or who will succeed at this level. Instead, focus on passing along a passion for sports and active participation! At this age you are a shepherd and caretaker, not a Vince Lombardi – learning is the key, winning will come once the skills are developed.