

The 10U Age Group (Grades 3-4)

The motivation to learn basic skills is very high at this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games. The game itself should be central to all skills training. Small-sided games continue to be the method of choice for this age group. This is an appropriate time to introduce some of the basic *Principles* of play:

Attacking Principles

Penetration

Support

Mobility

Width

Depth (length)

Improvisation (deception, creativity)

Defensive Principles

Recovery (Immediate Chase)

Pressure

Cover

Balance

Compactness

Counter Attack

Role of Coach

The role of the coach in the 10U age group is to be a patient and motivating teacher. At this level, in addition to understanding technique, coaches should be able to provide environments conducive to problem solving (decision-making) by the players utilizing guided discovery methods.

License Recommendations

The E License is recommended. The National Youth License is recommended.