## Psychology (mental and social):

- Working in groups of 3-6
- Staying focused for one entire half
- Sensitivity; learning how to win, lose or draw gracefully
- Sportsmanship
- How to handle parental involvement
- Communication; emotional management

Fitness (conditioning):

- Endurance
- Range of motion-flexibility
- Proper warm-up is now mandatory
- Introduce cool-down


## Tactics (decisions):

- Roles of $1^{\text {st }}$ attacker and defender
- Roles of $2^{\text {nd }}$ attackers and defenders
- 2 v 1 attacking (simple combinations)
- Man-to-man defending
- Throw-ins to teammate's feet
- Introduction to the tactics of set plays/restarts (goal kicks, corner kicks, other free kicks)
- Introduction to setting up walls

Rules:

Review Fouls and Misconduct
Offside

## US Youth Soccer 10U Modifications to The Game

Playing numbers: 7v7 (with goalkeepers)
Field Dimensions:
Length 47 yards

Width 30 yards
Goal Dimensions:
Height $\quad 6.5$ feet

Duration: two periods of 25 minutes
Ball: number 4
Offside: yes

