

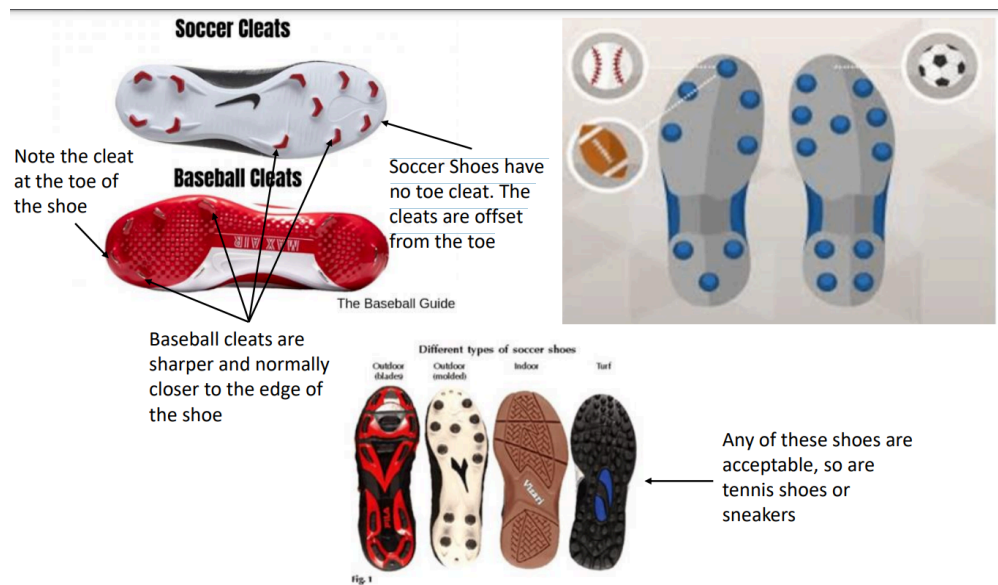
Coach Equipment Bags Include

At the beginning of the season, each team will be supplied with the following equipment:

1. Player Roster
2. Pinnes
3. 3-4 size 4 balls for u10
4. SAY Rule Book
5. Practice cones and markers
6. First Aid Kit
7. Clipboard with short-sided rules
8. Ball Pump

Each player must have the following equipment to play a game:

1. Their assigned tee shirt or jersey
2. Shin guards with a pair of socks which cover them
3. Soccer shoes with cleats are not required, but recommended
 - a. Soccer Shoes have no toe cleat. The cleats are offset from the toe.
 - b. No sharp edges on the cleats
 - c. Gym shoes are acceptable



4. Have a ball with their name on it at every practice
5. Water bottles are also recommended

Items considered dangerous that must be removed include:

1. Any hard hair beads, hard barrettes, hair clips, hair pins, etc. even if covered.
2. Any necklaces, rings or earrings – using tape to cover earrings is not permitted.
3. Any loose bracelet and any hard or soft wrist band that is not securely wrapped or taped over.

Coach's List of Things To Do

1. Attend the coaches training
2. Pick up equipment at equipment distribution
3. Email the parents of players on your roster and inform the parents:
 - a. When and where you will hold pre-season practices
 - i. It is recommended to have two practices a week and your practices should be on the same nights as games and run no longer than game times for your division.
 - b. Let parents know how you will communicate with them
 - c. Set up a snack schedule
 - d. Remind parents about uniform pickup
 - e. Remind parents about the kid's camp
 - f. Remind parents about travel away games
 - g. Remind parents about the u10/u12 tournament
 - h. Picture information will be communicated through our photographer.
4. During the Season
 - a. Ensure every player plays at least 50% of available minutes
 - i. You do not have to guarantee equal playing time.
 - b. Recruit parents to cover any games you can't make.
5. End of the season (last game at tournament)
 - a. Pick up and distribute medals or trophies at the tournament
 - b. Turn in your equipment bag at the field.

Times Two Policy

All teams that participate in PYSC programs shall ensure that all participants 18 years of age or younger shall have no less than two adults (preferably unrelated), per team, to be present at all team functions such as games, practices, outings, etc. No exceptions! All contact with Minor Athletes must be observable and interruptible. The adults assigned can be a combination of coaches, parents, board members or other persons over the age of 18. While the focus of this policy is on the protection of the child, it also provides a level of protection for volunteers.

u10 Soccer Coaching Guide

Coaching u10 (Under-10) soccer players is an exciting stage in their development. At this age, players are capable of grasping more advanced concepts, and their technical skills are improving significantly. They're also becoming more tactical and starting to understand their roles in both attack and defense. The goal is to continue developing their individual skills, introduce more advanced team concepts, and keep the game enjoyable. This age group is still very focused on learning but is also beginning to understand and apply what they've learned in a game setting.

Key Principles for u10 Coaching:

1. **Fun and Development:** While players at this age are ready to learn more tactical aspects of the game, it's still important to keep the environment fun. The focus should remain on skill development, teamwork, and building a love for the game.
 2. **Basic Tactics:** Begin introducing the idea of team shape, positioning, and how to work together both defensively and offensively.
 3. **Technical Skill Mastery:** Ensure that players continue to work on their ball control, dribbling, passing, and shooting while also introducing more advanced techniques.
 4. **Positive Reinforcement:** Praise effort, teamwork, and good decisions on the field. Encourage players to take risks and try new skills.
 5. **Increased Game Understanding:** Start teaching players to read the game, understand spatial awareness, and be more involved in both offensive and defensive plays.
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Practice Structure:

A typical u10 practice session lasts around 60 minutes. Sessions should balance technical skill-building and tactical development with plenty of time for game play and fun.

1. **Warm-Up (10 minutes):**
 - **Objective:** Get the players moving and mentally ready for the session, while reinforcing basic skills.
 - **Activities:**
 - **Dribbling Relay Race:** Set up cones and have players race in pairs while dribbling the ball through the cones. This can be done with different dribbling techniques (inside-outside of the foot).
 - **Passing Triangle:** Pair up players and have them pass the ball back and forth while moving to new positions. Introduce the idea of passing and moving into space.

- **Dynamic Stretching:** Start with light jogging, followed by dynamic stretches (leg swings, high knees, butt kicks, etc.) to prepare the body for the session.
- 2. **Skill Development (20-25 minutes):** Focus on 2-3 key skills each session. At this age, players should begin mastering fundamental techniques while also developing more advanced aspects of the game.
 - **Dribbling:**
 - **Activity:** Dribble through a series of cones or obstacles, practicing changes of direction, and using both feet. Introduce dribbling at different speeds and with a focus on quick turns.
 - **Objective:** Improve close ball control and the ability to change direction quickly.
 - **Tip:** Focus on encouraging players to keep the ball close and use both feet for more control.
 - **Passing and Receiving:**
 - **Activity:** Set up a passing grid where players pass to each other while moving. Add variations, such as one-touch passing, to develop quick decision-making.
 - **Objective:** Improve passing accuracy, receiving the ball, and decision-making when passing.
 - **Tip:** Teach players to "open up" when receiving the ball so they can quickly assess the field.
 - **Shooting:**
 - **Activity:** Set up a goal with cones to target certain areas and have players shoot at those targets. Add movement before shooting (e.g., dribble toward the goal, then shoot).
 - **Objective:** Develop accuracy and the ability to shoot under pressure.
 - **Tip:** Encourage players to focus on striking the ball with the inside of their foot for accuracy and keeping their shots low and on target.
- 3. **Tactical Development (15-20 minutes):** At u10, it's important to start introducing basic tactics. This involves positioning, understanding team shape, and learning how to attack and defend effectively.
 - **Activity 1: Small-Sided Games (4v4 or 5v5)**
 - Organize small-sided games to help players develop their positional play, passing, and movement without the pressure of a full match.
 - **Objective:** Encourage passing, spreading out, and creating space. Teach the importance of defending as a team and transitioning from defense to attack.
 - **Tip:** Keep the games fast and focused on ball movement. Emphasize the importance of spacing and positioning over individual play.
 - **Activity 2: Defensive Positioning Drills**
 - **Activity:** Set up a small defensive drill where players work on tracking attackers and positioning themselves to block passes or shots.

- **Objective:** Teach players the concept of tracking the ball, staying between the ball and the goal, and marking players.
 - **Tip:** Encourage players to communicate and stay close to the ball, but also to keep an eye on their opponent's movements.
- **Activity 3: 1v1 Duels**
 - Set up one-on-one situations where attackers try to beat defenders while staying within the boundaries.
 - **Objective:** Improve individual defending and attacking skills. Teach defenders how to jockey and attackers how to use tricks and feints.
 - **Tip:** Emphasize staying on your feet and using your body to shield or dispossess the ball.
- 4. **Game Play and Scrimmage (10-15 minutes):**
 - **Objective:** Put everything learned into a game setting with positions, passing, shooting, and defending in action.
 - **Activity:** Set up a 7v7 scrimmage, depending on your team size. Give players time to apply the skills and tactics they've worked on during practice.
 - **Tip:** Rotate positions so that all players experience both attacking and defending roles. Make sure to provide brief tactical feedback during breaks in play.
- 5. **Cool Down (5 minutes):**
 - **Objective:** Wind down the session and encourage recovery.
 - **Activity:** Gentle jogging followed by static stretching (e.g., hamstring stretch, calf stretch, quad stretch). You can also have a light conversation with players about what they learned during practice.
 - **Tip:** Encourage players to reflect on what went well and what they can improve on next time.

Coaching Tips:

- **Encourage Communication:** u10 players are starting to be more vocal on the field. Encourage them to communicate with teammates, whether it's calling for passes or organizing defensively.
- **Focus on Spacing:** Teach players to spread out and make space for themselves and their teammates. Emphasize the importance of positioning and movement off the ball.
- **Create Competitive but Fun Drills:** At this age, players respond well to small competitions or challenges, so make drills competitive to maintain their engagement.
- **Positive Reinforcement:** Focus on reinforcing good decisions, effort, and teamwork rather than only rewarding successful plays. Emphasize the value of trying new things.
- **Keep Tactical Concepts Simple:** Introduce basic formations and positioning but avoid overwhelming them with too much detail. For example, explain the importance of staying spread out and supporting from behind.

Key Skills for u10 Soccer:

1. **Dribbling:** Continue refining close control and introduce more complex dribbling techniques, such as feints and changes of direction.
 2. **Passing and Receiving:** Encourage players to pass with both feet and improve their first touch. Teach the concept of passing to space and not just to the feet.
 3. **Shooting:** Teach players to shoot with both feet and aim for the corners of the goal. Focus on both accuracy and power.
 4. **Defending:** Begin teaching the concepts of marking players, blocking passes, and positioning. Work on closing down attackers and intercepting the ball.
 5. **Teamwork:** Emphasize the importance of passing, moving off the ball, and supporting teammates on both offense and defense.
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Common Challenges and Solutions:

1. **Ball-Hogging:** Players may still try to do everything on their own.
 - **Solution:** Encourage passing and reward players who make smart passes or work as part of the team. Remind players that soccer is a team game.
 2. **Lack of Defensive Awareness:** Some players may struggle with positioning and tracking runners.
 - **Solution:** Set up defensive drills where players practice marking, tracking, and positioning in small groups. Use lots of repetition to reinforce concepts.
 3. **Not Using Both Feet:** Players may rely too much on their dominant foot.
Solution: During drills, encourage players to use both feet for dribbling, passing, and shooting. Praise them when they use their non-dominant foot.
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Parent Communication:

- **Encourage Support:** Remind parents that their child's development should be based on effort, improvement, and enjoying the game, rather than winning or individual accolades.
 - **Progress Updates:** Share feedback with parents on how their child is progressing with specific skills like dribbling, passing, or teamwork.
 - **Home Practice:** Encourage parents to practice basic skills at home with their child, such as dribbling, passing against a wall, or shooting in the backyard.
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Conclusion:

Coaching u10 soccer is about refining fundamental skills, introducing tactical concepts, and enhancing teamwork. Players at this age are becoming more capable on the field, and they are starting to understand how the game works. By focusing on technical skills, such as passing, dribbling, and shooting, along with basic positional play and tactical awareness, you will help your players become more confident and competent soccer players. Keep the sessions engaging, positive, and fun, and the players will continue to develop and enjoy the game!

Essential List of Soccer Terms

Pitch: Official name for a soccer field.

Goal: Rectangular frame located at each end of the pitch. It is formed with a pair of posts standing vertically and one crossbar joining the posts. A net covered the back portion of each goal. When the ball crosses the goal line between the posts and under the crossbar, scoring teams earn a point.

Sideline; Runs the longer sides of the field and represents the pitch vs. out-of-bounds.

Goal/End Line: Two goal lines connect the two sidelines to form a rectangle. Goals sit in the middle of each goal line.

Corners: The four corners of the field, this is the intersection of the goal line and the sidelines.

Pass: Using your feet, a move from one player to another player on your team.

Dribble: Controlling the ball while running on the field.

Offside: A rule preventing offensive players from positioning themselves behind all defenders before the ball is passed to them.

Yellow Card: One of two disciplinary actions available for the referee. This is for a player being “cautioned” by the referee for illegal actions on the field.

Red Card: The more severe disciplinary action available to the referee. Players shown a red card are not allowed to play the remainder of the game and the team is not allowed to substitute a player for them.

Advantage: Although a penalty has occurred, referees are allowed to let the team that has just been fouled continue their offensive motion if stopping play would be non-beneficial to this specific momentum.

Slide Tackle: A defensive action where a player slides on the ground and knocks the ball free from the opposing team, while in control. This play is not allowed and can often turn into penalties if the defensive player makes physical contact with the player before hitting the ball.

Hand Ball: Soccer players cannot use their hands. Refers to a player touching the ball with their hands and results in the other team being awarded the ball.

Free Kick: Officials award free kicks to a team when they are penalized (an illegal action) by the opposing team. Used as a method for restarting play.

Corner Kick: Awarded to a team when the opposing team knocks the ball out-of-bounds on their own goal line (without scoring a goal). A player takes a kick from the corner of the field to restart play.

Penalty Kick: Awarded to a player when the opposing team commits an illegal action in the penalty area in front of their own goal, a rectangular box surrounding the goals. Officials award the offensive team a kick towards the goal, in a 1-on-1 situation against the goalie from the penalty spot (a circle in the center of the penalty area in front of the goal).