



## **Rio Rapids Durango Soccer Club U10 Player Standards**

### **Characteristics of the U10 Player**

- Gross and motor skills becoming more refined
- Boys and girls begin to develop at different rates
- Boys constantly moving and poking; girls pace themselves
- Will listen to instructions
- Can anticipate the ball – abstract thinking
- Movement is forward, backward, sideways
- Ability to stay on task is lengthened
- Greater diversity in playing ability, physical maturity (more, mature have stronger motor skills)
- Still more prone to heat injury than adults
- Accelerated heat loss increases their risk of hypothermia
- Attention span lengthened, ability to sequence thoughts and actions
- Pace factor starts to develop (starting to think ahead)
- More inclined towards wanting to play than being told to play
- Demonstrate increased self-responsibility (bring water and ball, tuck in jersey, pull up socks)
- Starting to recognize fundamental tactical concepts such as changing direction of ball but not sure why
- Repetition of technique very important but must be dynamic not static
- May initiate play on their own
- Continued positive reinforcement needed
- Explanations must still be brief, concise, and indicate purpose
- Becoming more serious about “their play”
- Peer pressure starting to be a factor
- Prefer identification with team (uniform, balls, equipment)

### **Focus of U10 Year**

- 1) FUN & Competition
- 2) Build general comfort with the ball (basic touches such as foundations, toe taps, rollies, pulls, start/stop)
- 3) Build **equal comfort in both left and right side** for dribbling, turns (pull backs, chop, cut, drag behind), introductory moves (rummenigge, scissors,

inside/outside rolls, stepover), control (foot, thigh, chest, head), and passing (inside, outside, chips, crosses)

4) Focus on 1v1, 2v1, 2v2 situations—everyone shares role of defending and attacking

5) Creativity within the game—“find the game”

6) Increase of partner skills (passing, receiving, shooting).

7) Begin small group concepts including attacking and defending.

8) Process and performance versus outcome of competition.

## **U10 STANDARDS**

### **(ALL U9 STANDARDS INCLUDED)**

#### **TECHNICAL:**

-Players should be demonstrating accuracy in all individual soccer techniques

#### **Dribbling/Footwork—**

-Player should have the ability to use all parts of the foot (inside, outside, sole)

-Player should be able to change speed and direction (creativity)

-Player should be able to stop with the ball under control-either foot

-Player should be able to perform 4 basic turns (inside/outside cut, drag back, stop turn)

-Player should be able to perform figure 8's under control using both feet

-Player should be able to dribble out of trouble

-Player should be able to use basic moves to dribble past an opponent

-Player should be able to incorporate shielding to protect the ball

-Player should be able to use basic sole moves during play (drag, across, behind, v's, rolls),

#### **Running with the Ball—**

Player should be able to push the ball away from the body under control with head up and accelerate OR decelerate-either foot

#### **Passing—**

-Player should have ankle locked when contacting ball, look up when passing, and have plantar foot pointing in the direction of target.

-Players should be proficient in push pass

-Player should be able to pass with the inside and outside of both feet

-Player should have increased ability of weak foot push pass and laces/distance passing

#### **Control/Receiving—**

-Player should have a “soft” first touch

-Players should have body in line of ball, control the ball away from pressure, and be able to use different body surfaces to receive and control ball.

- Players should know introductory ways on how to receive to self, receive to new space, receive to turn, and perform spin turns.
- Introductory knowledge and skill to receiving with disguise (out of back, letting ball roll)

### **Shooting—**

- Players should be able to shoot with both feet
- Players should be able to properly shoot with both the inside of the foot and laces
- Player should follow through with their kicking motion (Introduction to “Hop, Load, Lock, See BOB (Body Over Ball), Swing, Step”)

### **Heading—**

- Players should have proper attacking contact (player contacts ball, NOT ball contacting player—“breaking through glass”), eyes open, hairline contact

### **Goal Keeping—**

- Players should demonstrate proper hands and body positioning
- Players should be able to initiate basic ball distribution (throwing, rolling, punting)
- Players should be able to have basic diving skills from the ready position
- Players should be able to collect the ball from the attacking players feet

### **Set Piece Organization—**

- Players should be able to throw the ball in with proper technique

### **TACTICAL:**

- Players should be able to make simple 1v1 decisions and think for themselves. -
- Players should have basic skills in 1v1 situations (D-closing in, breaking down, proper body position. O-good first touch, control, creating space by speed and/or moves and turns)
- Players should be efficient in 1v1 scenarios
- Players should be creating space regularly

### **Defending—**

- Players should be able to have the proper defensive stance
- Player should be able to pressure close enough to touch ball, battle for ball, stay in play, no fouls
- Players should be able to use the 3 P’S (pressure, position, patience) while defending, be able to close down a player then break them down.
- Players should have basic skill and understanding of chase, transition, cover, and intercept.

### **Attacking—**

- Application of basic attacking principles:
- Players should demonstrate mobility on the attack with support/balance.

- Players should begin using attacking runs while implementing various speeds based on pressure.
- Players should be able to track play and intended movement of ball.
- Players should demonstrate an “open body” facing the field.
- Players should be able to maintain team shape and roles on restarts,
- Players should be able to use wall passes (“give and go” or 1-2) to develop attack

#### **Set Pieces—**

- Players should understand and apply rules of kick offs, goal kicks, and corner kicks.

#### **Goalkeeping—**

- Players should call for the ball when receiving
- Players should begin communicating with teammates during the game

#### **PHYSICAL:**

- Players should show continued growth of balance and agility, acceleration and sprinting, reaction, back pedaling, turning, jumping, lateral movement.
- Players should be able to demonstrate coordinated movements at speed

#### **MENTAL:**

- Players should have the enjoyment of playing soccer/FUN.
- Players should be able to respect coaches and teammates.
- Players should be able to positively interact with teammates during training sessions and matches and feel confident within the team unit
- Players should feel confident and comfortable with the ball while having a positive self-esteem



**“CORE 16” AVERAGE 25<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>39</b>	<b>40</b>
<b>QUICK TOUCH</b>	<b>40</b>	<b>40</b>
<b>JUGGLING-strong foot</b>	<b>2</b>	<b>1</b>
<b>JUGGLING-weak foot</b>	<b>2</b>	<b>1</b>
<b>JUGGLING-head</b>	<b>3</b>	<b>2</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>8</b>	<b>8</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>8</b>	<b>8</b>
<b>SHARP TURNS</b>	<b>9</b>	<b>9</b>
<b>ATTACK DRIBBLING</b>	<b>6</b>	<b>6</b>
<b>CONTROL PASSING-strong foot</b>	<b>5</b>	<b>6</b>
<b>CONTROL PASSING-weak foot</b>	<b>4</b>	<b>5</b>
<b>PERFECT PASSING-strong foot</b>	<b>5</b>	<b>6</b>
<b>PERFECT PASSING-weak foot</b>	<b>4</b>	<b>5</b>
<b>TOTAL CONTROL</b>	<b>2</b>	<b>3</b>
<b>POWER SPRINT</b>	<b>25</b>	<b>21</b>

**PURE STRIKE**

**3**

**2**



**“CORE 16” AVERAGE 50<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>47</b>	<b>47</b>
<b>QUICK TOUCH</b>	<b>50</b>	<b>50</b>
<b>JUGGLING-strong foot</b>	<b>6</b>	<b>4</b>
<b>JUGGLING-weak foot</b>	<b>4</b>	<b>3</b>
<b>JUGGLING-head</b>	<b>4</b>	<b>3</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>10</b>	<b>9</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>9</b>	<b>9</b>
<b>SHARP TURNS</b>	<b>12</b>	<b>12</b>
<b>ATTACK DRIBBLING</b>	<b>8</b>	<b>8</b>
<b>CONTROL PASSING-strong foot</b>	<b>7</b>	<b>8</b>
<b>CONTROL PASSING-weak foot</b>	<b>6</b>	<b>7</b>
<b>PERFECT PASSING-strong foot</b>	<b>8</b>	<b>9</b>
<b>PERFECT PASSING-weak foot</b>	<b>7</b>	<b>8</b>
<b>TOTAL CONTROL</b>	<b>4</b>	<b>4</b>
<b>POWER SPRINT</b>	<b>27</b>	<b>24</b>

**PURE STRIKE**

**4**

**3**



**“CORE 16” AVERAGE 75<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>55</b>	<b>55</b>
<b>QUICK TOUCH</b>	<b>60</b>	<b>60</b>
<b>JUGGLING-strong foot</b>	<b>10</b>	<b>6</b>
<b>JUGGLING-weak foot</b>	<b>6</b>	<b>5</b>
<b>JUGGLING-head</b>	<b>6</b>	<b>4</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>12</b>	<b>11</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>11</b>	<b>11</b>
<b>SHARP TURNS</b>	<b>14</b>	<b>14</b>
<b>ATTACK DRIBBLING</b>	<b>10</b>	<b>9</b>
<b>CONTROL PASSING-strong foot</b>	<b>9</b>	<b>10</b>
<b>CONTROL PASSING-weak foot</b>	<b>8</b>	<b>9</b>
<b>PERFECT PASSING-strong foot</b>	<b>11</b>	<b>11</b>
<b>PERFECT PASSING-weak foot</b>	<b>10</b>	<b>11</b>
<b>TOTAL CONTROL</b>	<b>5</b>	<b>6</b>
<b>POWER SPRINT</b>	<b>29</b>	<b>27</b>

**PURE STRIKE**

**5**

**4**



**“CORE 16” AVERAGE 95<sup>th</sup>% STANDARDS  
U10 Year**

	<b>BOYS</b>	<b>GIRLS</b>
<b>FOOT SPEED</b>	<b>66</b>	<b>66</b>
<b>QUICK TOUCH</b>	<b>74</b>	<b>74</b>
<b>JUGGLING-strong foot</b>	<b>15</b>	<b>11</b>
<b>JUGGLING-weak foot</b>	<b>9</b>	<b>7</b>
<b>JUGGLING-head</b>	<b>8</b>	<b>7</b>
<b>MASTER DRIBBLING-strong foot</b>	<b>15</b>	<b>14</b>
<b>MASTER DRIBBLING-weak foot</b>	<b>14</b>	<b>13</b>
<b>SHARP TURNS</b>	<b>18</b>	<b>17</b>
<b>ATTACK DRIBBLING</b>	<b>12</b>	<b>12</b>
<b>CONTROL PASSING-strong foot</b>	<b>12</b>	<b>14</b>
<b>CONTROL PASSING-weak foot</b>	<b>11</b>	<b>12</b>
<b>PERFECT PASSING-strong foot</b>	<b>15</b>	<b>15</b>
<b>PERFECT PASSING-weak foot</b>	<b>14</b>	<b>16</b>
<b>TOTAL CONTROL</b>	<b>8</b>	<b>8</b>
<b>POWER SPRINT</b>	<b>32</b>	<b>31</b>



**PURE STRIKE**

**6**

**5**