

# U10 Coach Guide Fall 2024

## Contents

Contact Information

Objectives for Players

General Laws of the Game

Field Diagram

Modifications for Age Groups

Coaching the Developing Player

Helpful Tips

Resources



# Contact Information

## Board Members

Toni Cox      765-438-6872

PJ Reehling      765-480-6152

Tiffany Scott

Jon Yates

Nick Cox

Mike & Heather Gunn

Emily Uitts

Hannah Tina

## Coach Liaison

Nick Cox      765-437-8359

[leagues.bluesombrero.com/TiptonSoccer](http://leagues.bluesombrero.com/TiptonSoccer)

Facebook: Tipton Youth Soccer Club

[tiptonsoccerclub@gmail.com](mailto:tiptonsoccerclub@gmail.com)



## Player Objectives



While knowing that some players only play one season in an age group and that players develop at different paces than others, this is what the hope is for an average player who plays both years in age group. These are objectives that most players should be able to meet and some exceed. If you'd like to see the U6/U7 and/or the U8 objectives, please contact Toni or TYSC.

Please keep the following objectives in mind as you coach this season:

- ~Understand: there are different roles within defenders, midfield, and forward positions. (Coaches pick the formation, see some common ones on "Helpful Tips.") Diamonds and triangles become more important.
- ~Understand: One of the defenders is the goalie/keeper/goal-keeper that can use their hands in a given space as well as their feet.
- ~Understand and sometimes implement: know where your teammates are so you can pass the ball to them or to a space that makes sense or decide to take on a defender instead.
- ~Understand: you can use individual footwork and your body (shielding) to move the ball and take on defenders when not passing.
- ~Understand and try to implement in games: there are different kinds of passes and the difference between a soft pass and a hard one and when to use each.
- ~Implement: use different parts of the foot effectively while individually practicing and experiment with this in games, especially using both feet.
- ~Understand: recognize the importance of getting wide and using the whole field, even if not ever implemented in games.
- ~Understand and sometimes implement: see how the defense can support and be involved with the attack and how it's important for midfielders to get back and on offense be available for passes.
- ~Understand and implement: increase in passing, moving together, and the awareness of the game being a team game.
- ~Begin to understand: how to cut off the opponents' angle verse running parallel to them or toward where the ball was.
- ~Understand and implement: it's great to experiment with different things. That's how you learn.
- ~Understand: on a developing and ever-increasing comprehension of the laws of the game, field terminology, including the introduction of offside, knowing what to do on different kinds of free kicks (build a wall, take a shot,) etc.

# Laws of the Game: U10

Goal of the game: Score the ball into your goal more times than the other team scores it.

The duration of the game is 25 minute halves with a short break at halftime.

Each team plays 7 on 7. If a team only has 6 or 7 players present, you can play 6 on 6 or take a water break at 15 minutes into each half.

The timing will be done by a referee, though you are free to keep time as well to have a general idea. Keep in mind that the time the ref says is what sticks. IN ALL THINGS, TREAT OUR REFS WITH RESPECT. Most of our referees are young players themselves and being discouraged and yelled at by an adult over 9-year-olds playing soccer is prohibited.

At the half, whichever team did NOT have the kick off at the start of the game will have kick off.

For U10, teams switch directions you're going at the half. Player reminders are helpful!!

In soccer, players may use their feet, legs, torso, whatever part of their body is not their hands to move or stop the ball. If a player uses their hands, it is a foul and a free kick is given to the other team. Goalies MAY use their hands, but only inside the 18 (penalty) box, otherwise it's a foul. A foul is also awarded for pushing, kicking another player, tripping, heading the ball, and slide tackling, etc. at the discretion of the ref.

Some free kicks are indirect, some direct, and some are penalty kicks.

An indirect kick is for certain minor fouls. That just means that the ball has to touch someone from any team after the kicker before the ball can be scored.

A direct kick means it can be scored directly into the goal. A kick off is considered a direct kick, and therefore a goal can be scored off the kickoff.

A penalty kick is a direct kick-inducing foul that occurs inside the 18 yard line box. Only the goalie and kicker may be inside the box and a direct kick is taken from the PK spot.

An indirect kick will be award if the goalie punts it past the midline before a bounce. Ball will be placed on the midline as close to the foul as possible.

Offside (see Laws of the Game continued and Modifications for more information) calls result in an indirect free kick at the spot of the foul.

On any kick that is close to your goal, it's advisable you have your team form a wall. You will need to practice this in order for it to be used in a game. Also teach proper technique so they don't get drilled in the face. The goalie should have reign to ask the wall to move before the kick if they can't see.

Make sure your goalie and kickers don't stress too much over close direct kicks or penalty kicks. They are a small amount of time in the whole game, and it's okay to make mistakes. The same is true of understanding offside. Introducing this in U10 is to help players have a better understanding for U12.

# Laws of the Game: U10 (continued)

The ball is only considered “out” when it passes in its entirety over a line. When the ball goes out of a touchline/endline, it will be put back into play by 1 of 2 types of kicks: a corner kick or a goal kick.

A corner kick is awarded to the offensive team if the defense was the last to touch the ball before it went out. The ball is placed on the closest corner somewhere inside the little wedge formed at the corner. One player kicks it in to another.

A goal kick is awarded to the defensive team if the offense was the last to touch the ball before it went out. The ball is placed anywhere inside the penalty box for U10. One player kicks it to another.

(Please see modifications for this age group.)

If the ball goes out on a sideline, a throw in is awarded to the team who was not the last one to touch it. The player must keep both feet on the ground behind the line, both hands on the ball, and bring the ball over their head to release it. For an incorrect throw, one rethrow each time will be given. If the throw is still incorrect, the other team gets to take the throw in.

The ball does not need to go to the back of the goal/net to be counted. The ball must in its entirety pass over the line between the goal posts. When a team scores, the other team gets the kick off.

For any kick off, the opposing team must be on their defensive half outside the circle. The kicking team IS ALLOWED to kick the ball backwards for the kickoff. It does not have to go forward or sideways.

For any restart (kick off, throw in, corner kick, and goal kick) the player who kicks the ball or throws the ball cannot be the first player to touch the ball again. It does not have to be a teammate that touches it before they can touch it again.

Off-Side: This is a rule that people often find confusing, though isn't really so much once you understand it. YouTube is a great place to watch different explanations!

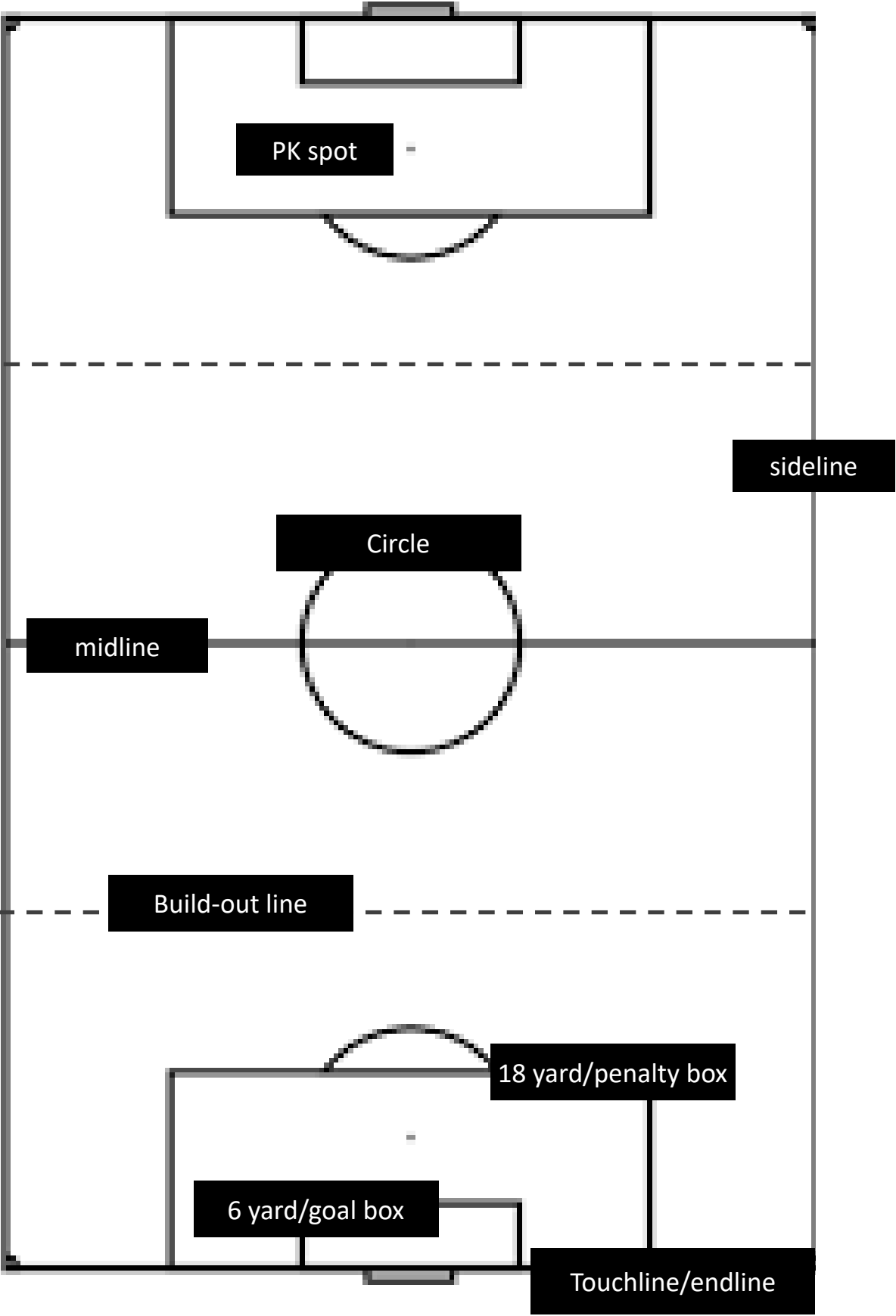
Basically, there have to be two opposing players of *any* position OR the ball between a player and the endline on their offensive half.

This is based off when the ball is kicked. So a ball can be passed up in front of a player who is onside, and they run before the ball gets to them, and the player who receives the ball should not be called offside.

Some tricky things: a player can be in an offside position and not be called offside. Only if a player is interfering with the goalie or receives the ball should they be called offside.

A player cannot be offside on the first touch after a throw in or corner kick. Please see modifications for more information on offside.

# Field Diagram



# Modifications

## Corner Kicks:

While not necessarily a modification, some space should be given by defenders to where the ball is. It is advisable that they get back in a defensive position with their eyes on the ball.

## Throw-Ins:

The team not making the throw does not have to go anywhere in particular on the field. They SHOULD mark up by the other team and battle to show bravery and win the ball back first. For the thrower, if on their first throw they break a rule, instruct and let them rethrow. If the second throw is also incorrect, the other team gets to throw the ball.

## Goal Kicks:

The offensive team not taking the goal kick MUST retreat to on or behind the build-out line until the ball is kicked. Not doing so will result in the play being blown dead and a rekick awarded. Once the ball is kicked into play, they may charge. The kicking team can be wherever they would like. Ball is placed on the small box anywhere and does not have to leave the big.

## Goalie Distribution:

The goalie must stay within the penalty box to distribute to their team. They can roll, throw, or punt the ball. If they set the ball on the ground, that counts as putting the ball into play. The opposing team MUST retreat to on or behind the build-out line until the goalie puts the ball into play. If a player is running back to the build-out line and the goalie puts the ball into play, the opposing player does not have to finish retreating. The first bounce of a punt must be on your own defensive side. Otherwise, it's a free kick at the midline.

## Off Side:

Unlike regular offside which is called once a player crosses into their offensive half, offside is only called beyond the build-out line. So a player who is between the midline and build-out on their offensive half should not be called for offside.

## During Play:

Your defender/s should also not be coached to just stand on the box. This sort of pigeon-holes players and does not give them a chance to be creative in making their own decisions or making critical-thinking decisions. Defenders should move up and back based on where the ball is. No player should play any position for more than a half of the game during regular season (unless they request to, but that still cannot be the goalie,) and each player should get at an opportunity at each position at some point during the season.

**ALL PLAYERS GET TO PLAY AT LEAST 1/2 THE GAME.**

## Coaches:

It can be difficult to remember to substitute players. If you struggle, set a timer on your phone or something. Remember to keep players on the bench engaged by asking questions, having them cheer, etc. And keep in mind that they can hear what you say about the players on the field. Everything should be positive or stay in your mind.

Make sure the way you substitute allows for each player to play at least 1/2 the game (they can play more) each game unless extenuating circumstances don't allow it or for tourney.

# Coaching the Developing Player

## What Do They Want?

Players at this age still for the most part just want to have fun. And that's what they should have. Above everything else you do, fun should be at the top.

## What Do They Need?

Players at this age should be developing their comfortability with the ball, cognitive thinking that's age appropriate, and learning how to socialize with teammates and adults who may not be a part of their every day life before this experience. Activities at practice should have a goal in teaching soccer or ball familiarity but should also build some of the above skills.

## What Do Parents Want?

Parents like seeing their child have fun, build general skills, and develop as a soccer player through the season. Communicate from the start of the season what your goals for the team are, and none of those goals should be to win games. Celebrate the small wins and include families in that. Did someone who hasn't all season score? Yay! Did a player try a move with a ball to take on a defender in the game? Again, yay!



## So How Do You Meet All of the Above?

Besides what's already been mentioned, the main thing is to check in on yourself throughout each practice and throughout the season. Is the majority of each practice spent on you talking or the players sitting? Is the majority of each practice spent on drills where one player does one thing with a ball while everyone else waits? If so then you should also ask yourself if you would find that fun. Always consider that the more touches players have on a ball, the more they learn and the more fun they have. The more game like an activity/drill is, the more they learn and the more fun they have. And the more they get to make decisions about what to do in practices and especially games, the more fun they have and the more they learn. That doesn't mean every drill is dynamic with every player having a ball. But it does mean that you're conscious of it and provide more opportunities that are game like verse static, stand-in-line drills.

You also ensure a positive environment by your tone and engagement. Don't be afraid with this age to let your silly, goofy side shine through. And remember that players this age can be very sensitive, and there begins to be a divide between girls and boys in physicality and how they take direction. Take the time to get to know your players.

On game day? Don't do stand-still stretches. It's boring and does nothing to actually warm them up. Try some dynamic stretches and a warm up activity that involves lots of soccer balls and plenty of movement.







# Helpful Tips



## Have a Plan

Having a general idea of what activities, games, and drills you will have in your practice and for how long is helpful for keeping the chaotic transitions at a minimum. You'll look like you know what you're doing even if you don't feel confident.

## Plan with a Purpose

For all youth players, it is best practice to have one or two main goals or focuses for each practice. For example, it might be where and how to kick the ball on defense. Or it might be how can you find an opening.

## Be Prepared to Toss the Plan

Stuff happens. Sometimes, you don't know in advance you're only going to have 6 players at practice. Or a game seems to be going well with the right amount of challenge and fun and takes up more time. Or an activity is too challenging and no one is having success, which can be frustrating. It's okay to scrap your plan and do something else that works for your team.

## Give Chances for Success

Remember that the goals for your team don't necessarily include winning. So maybe for one part of each game you put in all your players who are not the main scorers on offense or dominate players become defenders. They have more of a chance of learning something different then. During practices, you can make uneven in number teams or play for one team to help. Allow times for all your players to find success. And celebrate small wins!

## Formations

Your formation should include at least one of the following positions: defender, midfielder, and forward (or striker, essentially the same at this age.) Some common formations are:

2-2-2 (this means 2 defenders, 2 mids, and 2 forwards); 2-3-1; 1-3-2

Some uncommon ones: 1-1-2-2 (a back and front defender); 1-4-1; 1-2-3

Part of picking a formation involves knowing your team and having patience.

You may have to work on the concept for several weeks before any of them start to understand the concept or you may always end up with 5 players playing bumblebee ball despite your best efforts.

Regardless of the formation you choose, incorporate and discuss the importance of triangles and diamonds in soccer to offer support and pass easier around defenders. The formation 2-3-1 is an especially good one to teach midfield and triangles.

# Resources

Ask for help when you need it.

Ask Toni, Emily, or another coach. We can all work together to help coaches and to help all players develop as best as possible.

## Use the internet!

There are so many activities, games, pointers, drills, etc. available for free online. YouTube has some great resources. One channel (also available as an app!) that some coaches have found useful is YouGotMojo. If on YouTube, visit the channel and go to their playlists and there are plenty for soccer and many are grouped by age. They break down each activity while using real players.

For a fairly low cost, anyone can get a certificate in small-sided grassroots soccer through a virtual course on [learning.usoccer.com](http://learning.usoccer.com).

After completing a course, you gain access to their practice guide as well.

## Get Creative

While it's important for young players to understand the difference between different roles on the field and in the game, you don't necessarily have to call them that. I've heard sharks, horses, and tigers or knights, alligators, and dragons to distinguish between defender, midfield, and offender.

Another fun way to engage players is by including their parents. Can they beat their parents in a scrimmage? Involving parents in practice can translate to them getting involved at home with developing soccer in their player.

Thank you so much for your willingness to coach!

