

Mass Youth Soccer U10-U12 Specialty Clinic

U10

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

U12

The effect of the role model is very important at this stage of development. Hero worship, identification with successful teams/players and a hunger for imaginative skills typify the mentality of this age. Players at this age can be extremely self-critical. This is the “Golden Age of Learning” and the most important age for skill development. Demonstration is very important and the players learn best by doing. This is an appropriate time to introduce and teach 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

U10 Role of Coach

The role of the coach in the U10 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 Requirement

The F License is required. The National Youth License is recommended.

U12 Role of Coach

The role of the coach in the U12 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. Specifically, individual and small group tactics should be the focus of the training sessions.

License Requirement

The F License is required. The National Youth License is recommended.

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The U10 Player Characteristics

Mental/Psychological (cognitive)

Lengthened attention span

Ability to sequence thought and actions; begin to think in advance of the ball...anticipate

Ability to remember, follow more complex instructions and solve higher-level problems (i.e. simple combination play)

Developing ability to focus and stay on task

More understanding of time and space relations

Physical (psychomotor)

Gain a tremendous amount of physical strength, endurance and power; this is related to body size and muscle mass

Motor performance includes a variety of motor tasks that require speed, balance, flexibility, explosive strength and muscular endurance; pace factor is developing quite well

Gross and small fine motor skills becoming refined

Children this age are in a linear growth mode (head to toe)

Height can approach 5 feet and weight can approach 80 pounds

Socially (psychosocial)

Self-concept and body image are important

Less Sensitive...but still dislike personal failure in front of peers

Begin to initiate play on their own...they want to play

Becoming more serious about their play

Inclined more toward small group and team activities

Peer group attachment and pressure becoming significant

Adults outside the family become influential (coach, teacher, etc.)

Gender differences becoming more apparent

The U12 Player Characteristics

Mental/Psychological (cognitive)

Fertile period for learning...eager to learn

Ability to sequence thought and actions and perform more complex tasks...can simultaneously run, strike a ball and think!

Ability to use more abstract thought to meet the demands of the game (i.e. well-timed overlapping run)

Use their teammates to solve game problems

Training must replicate the game

Physical (psychomotor)

Continue to gain a tremendous amount of physical strength, endurance and power

Flexibility training is key to prevention of injury

More confident with physical technical demands above their waist (receiving with the chest; heading the ball)

Goalkeeping skills are becoming refined

Children continue to be in growth spurts

Overuse injuries occur when age appropriate development is ignored

Height can be well over 5 feet and weight can be 100+ pounds

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The age range for the beginning of pubescence in girls is 7-14, with the average being 10 years of age

The age range for the beginning of pubescence in boys is 9-16, with the average being 12 years of age

Socially (psychosocial)

Gender differences are more apparent

Whether a child enters puberty early or late has important psychological implications regarding relationships with their teammates

Spend more time with their friends and less time with their parents

Children tend to conform to peer pressure

Developing a conscience, morality and a scale of values

Psychology (mental and social):

- Teamwork
- Confidence
- Desire
- Mental rehearsal
- Intrinsic motivation
- Handling distress
- How to learn from each match
- Sportsmanship
- Parental involvement
- Emotional management

Fitness (conditioning):

- Speed
- Strength
- Aerobic exercise
- Proper warm-up and cool-down now mandatory

Tactics (decisions):

- 2 v 1 through 3 v 3 attacking & defending
- Introduce the principles of play
- Verbal & visual communication for all players
- Half-time analysis
- Beginning to identify potential roles for players (goalkeeper, defender, midfielder &/or forward)
- Commanding the goalmouth by the goalkeeper
- Near post play by the goalkeeper
- Saving penalty kicks
- Simple set play patterns
- Speed in setting up walls

What to Teach U10 Players (Game Components)

Techniques (skills):

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Running with the Ball

- At speed
- Under Pressure

Passing

- With outside of the foot
- Heading

Instep Drive

- Shooting
- Crossing

Receiving Ground Balls with the Inside and Outside of Foot

- Away from pressure
- Past opponent

Receiving Air Balls

- With the Instep (cushion) and sole, inside and outside of the foot (wedge)

Throw-In

- Short and long distances

Moves in Dribbling

- Half-turns
- Step-overs

Introduce Heading

- Juggling (alone and in small groups)
- Feet in contact with the ground
- Introduction to jumping

Tackling

- Balance foot and contact foot (block tackle)

Goalkeeping (skills)

Ready Stance for Goalkeepers

- Foot positioning
- Body posture

“W” Grip

- Positioning of thumbs
- Fingers spread

How to Hold a Ball After a Save

- Ball to chest
- Forearm protection

Catching Shots at the Keeper

- Body alignment path of ball

Punting

- Distance and accuracy

Throwing

- Bowling
- Over-arm

Goal Kicks

- Distance and accuracy

U10 Rules:

- Review Fouls and Misconduct

What to Teach U12 Players (Game Components)

Technique (skills):

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Dribbling

- To beat an opponent (penetration)
- To possess (shielding)

Feints with the Ball

- Subtle body movements to unbalance the opponent

Receiving Air Balls with Feet, Thighs and Chest

- Away from pressure
- To beat an opponent

Heading to Score Goals and for Clearances

- Accuracy (direction)
- Timing

Finishing

- Chipping
- Bending
- Toe
- Introduce Half Volley and Volley Shooting

Passing

- Deceptive use of foot surface (toe, outside of foot, heel)

Crossing to Near Post and Penalty Spot Space

- Driven
- Flighted

Introduce Slide Tackle

- Timing
- Poke Tackle

Goalkeeping (skills)

Footwork for Goalkeepers

- Post to post (lateral)
- Forward

Throwing

- Side-arm
- Round-house
- Baseball

Kicking

- Drop-kick

Diving

- Step and Collapse (low)
- Step and slide onto forearms and thighs (forward)

Angle Play

- Fast footwork
- Body shape

Introduce Parrying and Boxing

- One hand
- Two hands

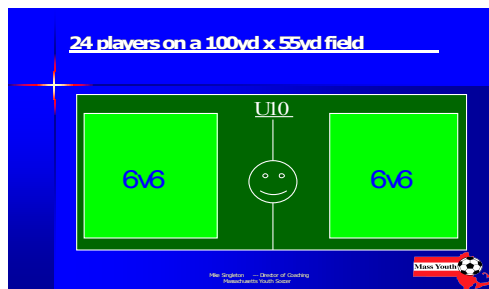
Rules:

- Offsides

US Youth Soccer U10 Modifications to The Game

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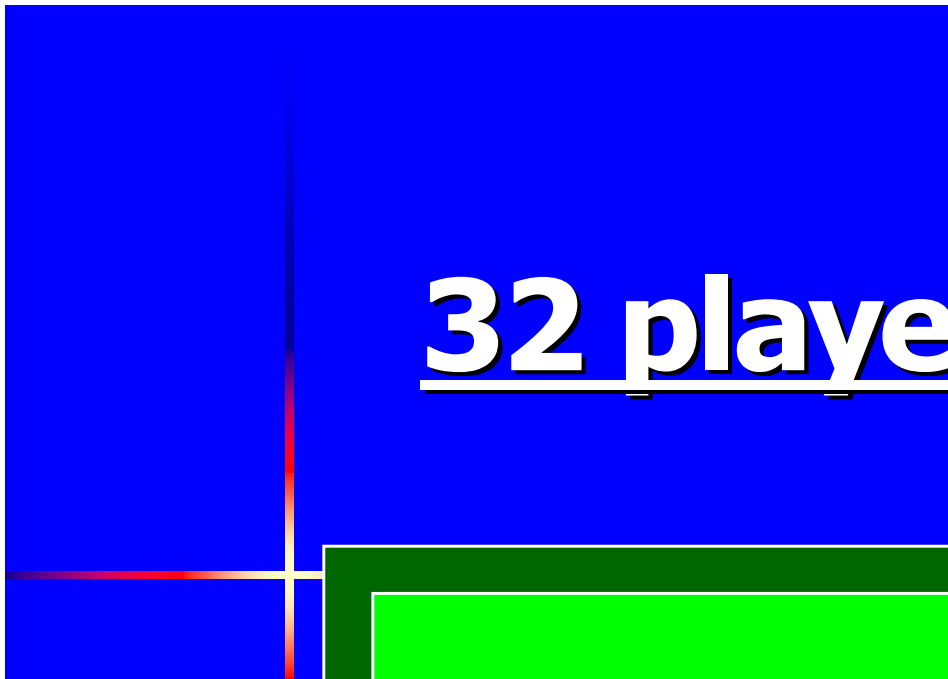
Playing numbers: 6v6 (with goalkeepers)
Field Dimensions:
 Length 45-60 yards
 Width 35-45 yards
Goal Dimensions:
 Height 6 feet
 Width 18 feet
Duration: two periods of 25 minutes
Ball: number 4



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US Youth Soccer U12 Modifications to The Game

Playing numbers: 8v8 (with goalkeepers)
Field Dimensions:
 Length 70-80 yards
 Width 45-55 yards
Goal Dimensions:
 Height 6 feet
 Width 18 feet
Duration: two periods of 30 minutes
Ball: number 4



Practice & Game Considerations

Practice Length: 75-90 minutes
Practice/Game Ratio: 2 practices: 1 game

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The U10 Training Session

- ✓ The training session should involve fun and imaginative game like activities, as well as technical and tactical repetitive activities.
- ✓ Coaching technical skills is very important at this age as well as light tactical concepts.
- ✓ The training session has a technical and/or tactical theme (focus). For example: dribbling technique, or passing and receiving, or combination play.
- ✓ Small-sided directional games such as 3v3, 4v3, 4v4, 5v4 and 5v5 should be included as well.
- ✓ Training should always conclude with a 6v6 game with goalkeepers if possible (5 field players and 1 goalkeeper on each team).
- ✓ The duration of the training session should be 75-90 minutes.

Sample U10 Training Session Format

Warm-Up/Stretch – the warm-up prepares the player both physically and mentally for the rest of the training session. Warm-ups should incorporate a technical and/or tactical element as a lead in to the training session. **Stretching** should be integrated throughout the warm-up.

Small Sided Activity – small group games that provide a lead into larger group games. Small group activities will provide the majority of the work within the coaching session and should cover one chosen topic (i.e. dribbling or shooting). This activity may be non-directional such as a keep-away game or directional including goals or targets at each end of the field. These activities will continue providing the technical repetitions as introduced in the warm up and progress to simple tactical concepts.

Expanded Small Sided Activity - small sided games that now include more players and closely resemble the game of soccer. This activity must be directional and include a goal (can be multiple goals, end-lines or target players). Your topic still needs to be focused and taught during this activity. It is important that your coaching be simple, specific and detailed covering technical and tactical issues related to your session's theme (topic).

Scrimmage – this does not necessarily mean 6v6. It means a game without any stipulations. Ideally, you would want playing numbers matching the league play numbers (6v6). This is impossible if you have rosters of 8-10 players. So play the largest scrimmage possible with your numbers.

Cool Down – following the training session a cool down of light, low intensity exercise and static stretching aids the player to recover from the training session. They have worked hard and this will help them to unwind physically and mentally.

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The U12 Training Session

The training session should involve fun and imaginative game like activities, as well as technical and tactical repetitive activities.

The training session has a technical and/or tactical theme (focus). For example: dribbling technique and/or 1v1 decision making.

Introduction to functional training (position specific) is appropriate.

Small-sided directional games such as: 4v4, 5v4,5v5, 6v5, 6v6 and 7v6 should be included as well.

Training should always conclude with an 8v8 game with goalkeepers if possible. (7 field players and 1 goalkeeper on each team) The duration of the training session should be 90 minutes.

Sample U12 Training Session Format

Warm-Up/Stretch – the warm-up prepares the player both physically and mentally for the rest of the training session. Warm-ups should incorporate a technical and/or tactical element as a lead in to the training session. **Stretching** should be integrated throughout the warm-up.

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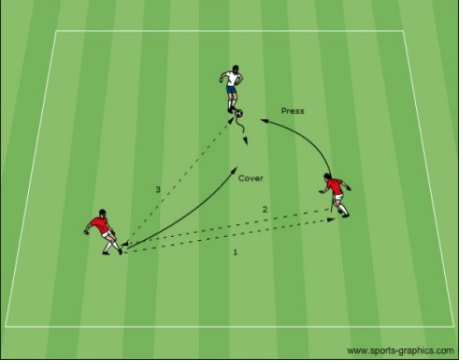
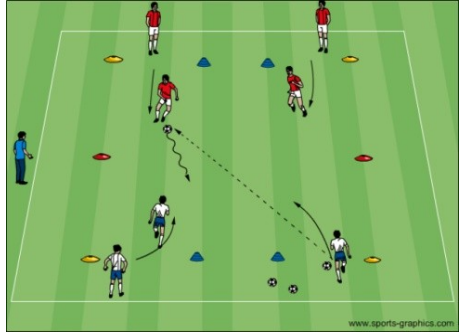
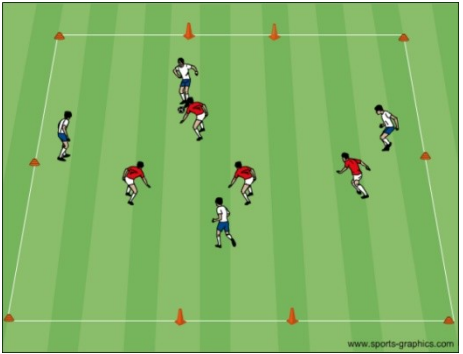
Scrimmage – this does not necessarily mean 8v8. It means a game without any stipulations. Ideally, you would want playing numbers matching the league play numbers (8v8). This is impossible if you have rosters of 10-14 players. So play the largest scrimmage possible with your numbers.

Cool Down – following the training session a cool down of light, low intensity exercise and static stretching aids the player to recover from the training session. They have worked hard and this will help them to unwind physically and mentally.

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Topic: Defending-Pressure and Cover

Objective: To improve pressure and cover technique

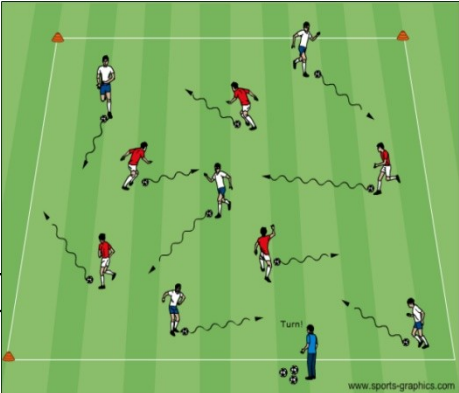
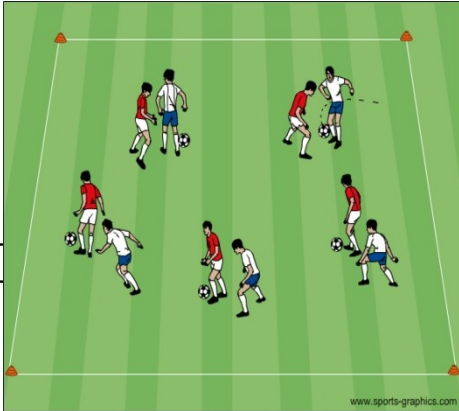
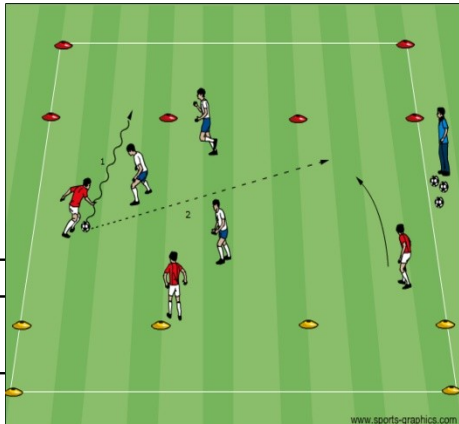
Technical Warm up	Organization	Coaching Pts.
	<p><u>Pressure Cover Warm-Up (10 min):</u> 3 players with one soccer ball. Two players about 10 yards apart pass and move with each other. The third player moves with the group staying about 10 yards away. One of the players passes a ball to the third while his teammate immediately applies pressure (1st defender). The passer becomes the cover player (2nd defender). Player three tries to split defender with a one touch pass or a dribble.</p>	<ul style="list-style-type: none"> • 1st defender should bend their run to press attacker and force the opponent the direction they want them to go • Approach fast, arrive slow • Defensive stance-on their toes, knees bent, one foot forward, one foot back • 1st Defender “Ball” • 2nd Defender “Force him left/right” <p style="text-align: right;">Time: 10 Minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>2v2 to Two Small Goals (10 min):</u> In a 15x20 grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<ul style="list-style-type: none"> • Speed and angle of approach • Pressing defender forces head down of attacker • Covering defender is positioned about 30 degrees behind pressure • Patience; do not over commit • Good communication to facilitate role switching while defending <p style="text-align: right;">Time: 20 Minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>4v4 to Small Goals</u> In a grid two teams will play to score in the goals. Player will defend applying the principles and roles of 1st, 2nd and start introducing the 3rd. defending roles. (20 minutes)</p>	<p>All of the above plus:</p> <ul style="list-style-type: none"> • Recognizing when to be the 1st and 2nd defender. • Shape and communication • Visual and verbal cues <ul style="list-style-type: none"> ○ When and how to switch ○ Angle of coverage ○ When and how to tackle <p style="text-align: right;">Time: 25 Minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6, 7v7 or 8v8 Scrimmage</p>	<p>Play with goalkeepers in an appropriate size field for the number of players. As the game is going on, praise successful defending and connection by the 1st and 2nd defenders</p>	<ul style="list-style-type: none"> • All of the above • Goalkeeper communication with defenders <p style="text-align: right;">Time: 30 Minutes</p>

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COOL DOWN	Juggling in 2's and 3's only using their feet or head. Players will do static stretching of the major muscle groups	Time: 5 Minutes
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Topic: Dribbling for Possession

Objective: To improve dribbling and shielding technique

Technical Warm up	Organization	Coaching Pts.
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
	<p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 15 minutes</p>
	<p>3v3 End-zone Game: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender <p style="text-align: right;">Time: 20 minutes</p>
	Organization	Coaching Pts.
	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> • All of the above

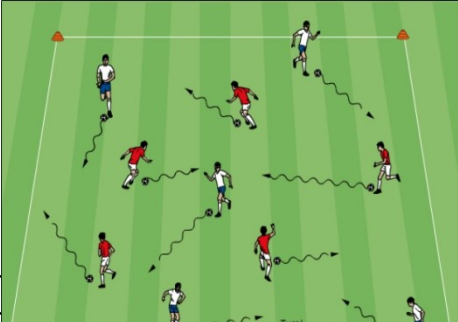
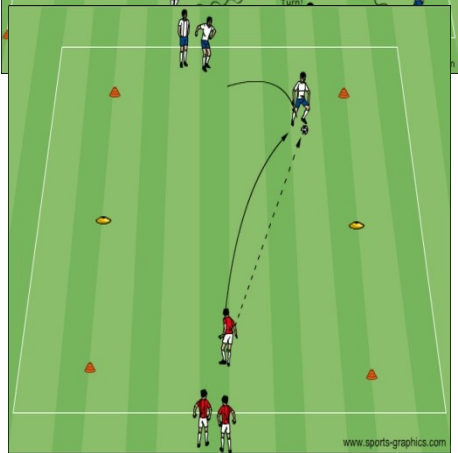
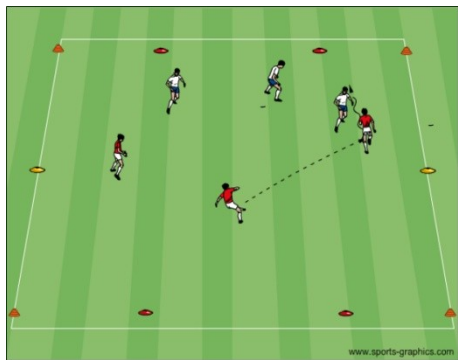
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COOL DOWN

Activities to reduce heart rate, static stretching & review session – **Time 10 min.**

Topic: Dribbling for Penetration

Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on

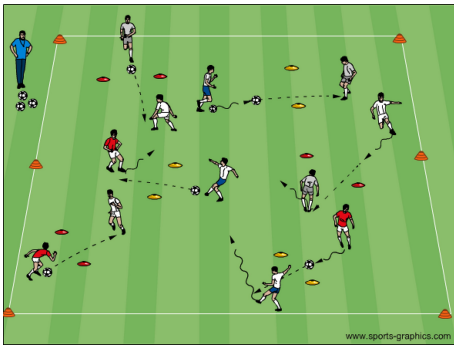
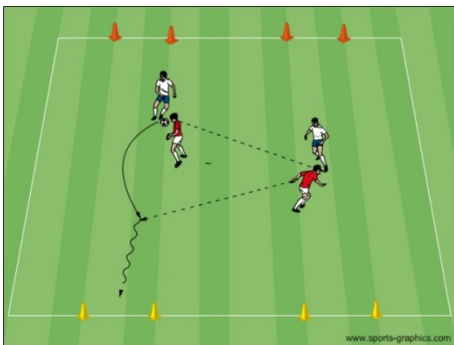
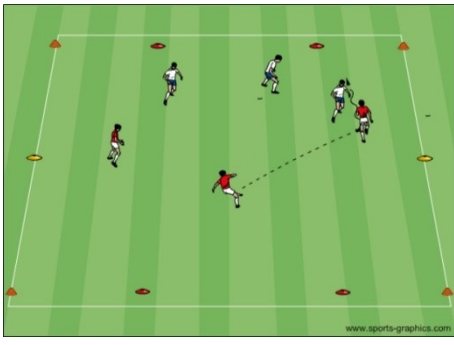
Technical Warm up	Organization	Coaching Pts.
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
	<p>1v1 to End Lines: In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. Coach: Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<p style="text-align: right;">Organization</p> <p style="text-align: right;">Coaching Pts.</p> <ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past them with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>3v3 or 4v4 to End Zones: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<p style="text-align: right;">Organization</p> <p style="text-align: right;">Coaching Pts.</p> <ul style="list-style-type: none"> • Work together to score • Verbal & visual communication • Use support players to make attacking decisions • Encourage players to be creative and take risks near the end zone. <p style="text-align: right;">Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>

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6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	

Topic: Passing and Receiving

Objective: To improve the teams' passing technique and to recognize the correct timing and opportunity to pass

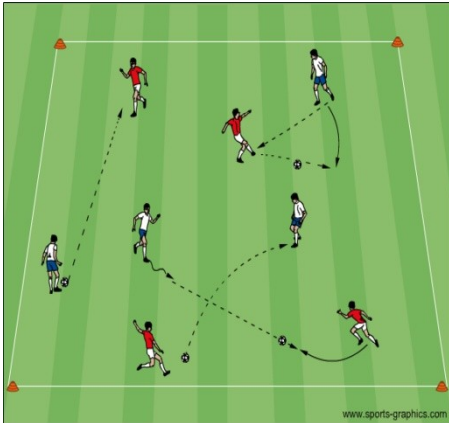
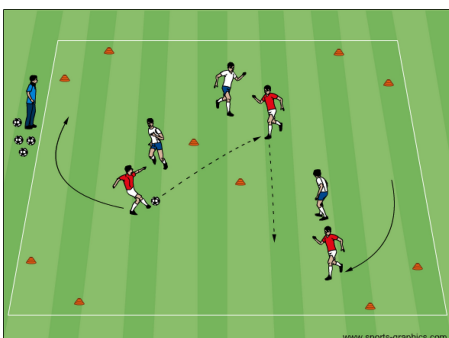
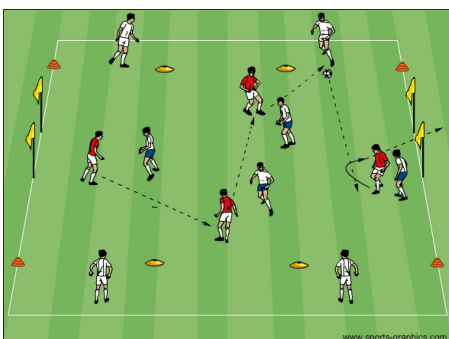
Technical Warm up	Organization	Coaching Pts.
	<p>Gate Passing: In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.</p> <p>Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<ul style="list-style-type: none"> Technique of passing <ul style="list-style-type: none"> locked ankle, toe up eyes on ball at instant of contact, follow through to partner strike ball solid through the middle, knees bent and balanced receiving first touch - directional Communication to ask for the ball <p style="text-align: right;">Time: 10 minutes</p>
<p>Small Sided Game</p> 	<p>2v2 to 4 Goals: In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.</p>	<ul style="list-style-type: none"> Tech of passing and receiving Pace of the pass First Touch – Directional Clear Communication (demand the ball) Supporting Shape <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>3v3 to End Zones: In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> Soft 1st touch receiving into space, away from pressure Proper weight, accuracy and timing of passes Possession vs. Penetration Proper angle and distance of support off the ball Communication between players <p style="text-align: right;">Time: 25 minutes</p>
Game	Organization	Coaching Pts.

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COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time: 10 min.	

Topic: Passing and Receiving

Objective: To improve the ability of the players' to pass and receive balls on the ground

Technical Warm up	Organization	Coaching Pts.
	<p>Paired Passing: Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.</p>	<ul style="list-style-type: none"> Technique of passing <ul style="list-style-type: none"> locked ankle, toe up eyes on ball at instant of contact, follow through to partner strike ball solid through the middle, knees bent and balanced receiving first touch – directional Communication to ask for the ball <p style="text-align: right;">Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>3v3 5 Goal Game: In a 20x50 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins. Coach: First have the players receiving with inside of foot, outside, and weak foot.</p>	<ul style="list-style-type: none"> Tech of passing and receiving Finding the open gate or goal Pace of the pass First Touch – Directional Clear Communication (demand the ball) Supporting Shape <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>4v4 with Bumpers: In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive. Coach: Stress correct technique, receiving sideways on, and facing where</p>	<ul style="list-style-type: none"> Soft 1st touch receiving into space, away from pressure Proper weight, accuracy and timing of passes Possession vs. Penetration Proper angle and distance of support off the ball Communication between players <p style="text-align: right;">Time: 25 minutes</p>

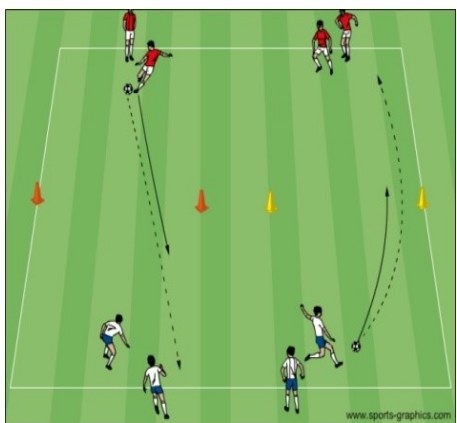
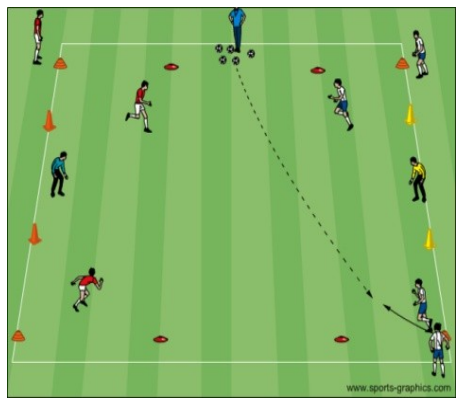
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they wish to play.

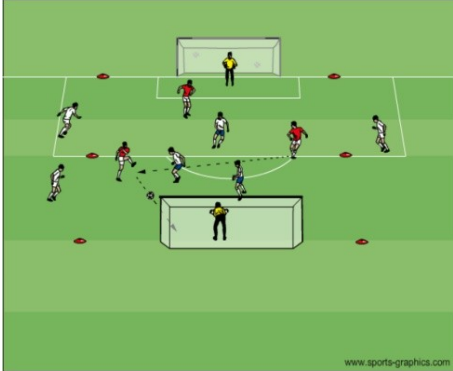
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	

Topic: Shooting

Objective: To improve the technique of shooting with the inside and instep of both feet



Technical Warm up	Organization	Coaching Pts.
 <p>The diagram shows a rectangular field with four lines of players. A ball is placed between players in each line. Two orange cones represent a goal. Dashed arrows indicate the path of the ball from each line towards the goal.</p>	<p>Shooting Through the Cones (15 min): Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p>	<ul style="list-style-type: none"> Body position and balance Eye on the ball at moment of contact Strike ball with ankle locked and hard bone on top of foot Non-kicking foot directed at target Strike the center of the ball and follow through towards target landing on shooting foot <p>Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
 <p>The diagram shows a rectangular field with four cones at the corners. Two teams of two players each are positioned behind their respective cones. A goalkeeper is in the center. A ball is on the sideline. A dashed arrow shows the ball being served from the sideline to a player in a corner.</p>	<p>4 Corner Shooting (15 min): Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> Proper technique and body control Placement vs. power Quality preparation touch Proper selection of contact surface Timing and shape of attacking runs Creativity and deception Combination Play <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.

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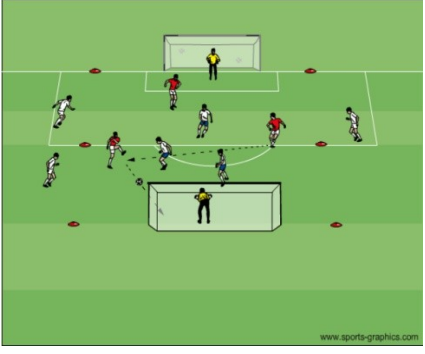
	<p>3v3 (4v4) Plus Team on Deck (15 min): Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception <p>Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	

Topic: Shooting

Objective: To improve the technique and confidence of shooting with the inside and instep of the foot

<p>Technical Warm up</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>Numbered Shooting: Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • Shooting technique of a moving ball <p>Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>4 Corner Shooting (15 min): Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>

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	<p>3v3 (4v4) Plus Team on Deck (15 min): Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	

For More U10 & U12 Practice Plans go to:

www.mayouthsoccer.org/coaching/practice_plans_u10.aspx

www.mayouthsoccer.org/coaching/practice_plans_u12.aspx

SAMPLE U10-12 PARENT MEETING AGENDA

Team Goals: Our primary goals as a team are to have fun and to develop as young soccer players. I hope to be able to teach the players needed skills that will help them improve in the game. We will have fun practices that focus on technical skills. Winning will not be a priority for our team. Team priorities will be developing skills and enjoying the game. If you watch practice you may at times see us engaging in activities that do not look like “real soccer”. Please be assured that all activities we do will help with skill building, motor development, and enjoyment.

Style of Play: I will be encouraging the players to try new things and to be creative. We will focus primarily on developing dribbling skills, and also spend time on passing, receiving, and shooting skills so players begin to develop in age appropriate skills. It is my hope that players have the confidence to show their skills in the game and show comfortability on the ball. We will try to move up and down the field as a team and I will be moving players into multiple positions to help them learn all parts of the game. We will not be spending a lot of time on positions and organization. We will spend most of our time on skill development.

Attendance: I will be at every practice and game, foregoing any unforeseen emergencies. Please make every attempt to have your child at every practice and game (on time) as well as it is part of learning the responsibility of being on a team. Given our hectic lives, I do understand that players may have conflicts here and there. Please let me know before the first game of any conflicts you might have for the season so I can prepare my practices accordingly and we can make sure our team has enough players at every game. Please have your children at the field 20 minutes before the game starts and please pick up your children promptly after every practice and game.

Discipline: I have been told that I run a tight ship and will continue to do so. If players are acting out, I will ask them two times to fix their behavior. If they fail to do so after these warnings, I will sit them down at practice or during a game. If the behavior continues, we will need to talk about it to find a way to help resolve the behavior best without it detracting from the rest of the players' experiences on the team.

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Communication: I am typically a difficult person to reach by phone. The best way to contact me is via email at soccercoach@sampleclub.com. Should you wish to talk by phone, my office number is 1-800-852-6666 and the best time to reach me is between 12pm and 3pm. If these times do not work, let's schedule a time that works for both of us. Please do not ask to talk to me during a practice or game or immediately before or after the game or in front of your child. I do encourage open communication and questions as we all hope to make this a great experience for the children.

Sideline Behavior: Please be supportive and enthusiastic on the sideline during games. The players and I will truly appreciate your applause and encouragement. However, if everyone is coaching, this will only confuse the players. Please do not coach from the sideline. The players need to make their own decisions and we need to support them and educate them at practice. Remember, you are a role model on the sideline for the players. Please set a good example.

Overall: I am excited for a great year and I hope you and your child are as well. Let's all have fun and enjoy the game. If you have any questions, please, let's keep open communication. 😊

*** Have the schedule of all practices and games and the weather/medical emergency plan attached to these agendas.