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# OVSL Coaches' Guide – U10

Fall 2018 – Age Coordinator: Jon Hurley (740 350-0890)



Featuring Training Program by Warren High School Soccer and US Youth Soccer

# U10 AGE GROUP

This age group mostly consists of players 9-years old and introduces the offsides violation.

## BASIC RULES

1. **Number of Players:** 7v7 including goalkeeper
2. **Periods:** 25 minute halves
3. **Referees:** 1 center referee, 2 assistant referees
4. **Out of Bounds Procedures:** corner kicks, goal kicks and throw ins are all observed. Referee will allow two attempts to complete a legal throw in. All players of the defending team must remain behind the center line during goal kicks. Players can cross the line as soon as the ball is kicked.
5. **No Headers:** purposeful headers will be considered violations resulting in an indirect free kick for the opposing team.
6. **Offsides Violations:** be familiar with the offsides rule and be patient teaching the rule to your players. Over-emphasis of the offsides rule in this age group can discourage players to move and make runs when they're off the ball.
7. **Direct and Indirect Free Kicks**
8. **Substitutions:** substitutions can take place at any play stoppage per the referee's discretion. Instructing substitutes to stand on the sideline at midfield will signal the referees to call for subs at the next stoppage.
9. **Positions:** OVSL encourages all players to get time at every position, however, do not force a player to play goalkeeper if they're uncomfortable with the position. No player is to play goalkeeper for more than ½ of the game.
  - a. There is no rule against defensive players crossing the centerline. Some coaches prefer their defenders never cross the centerline to help keep the team organized and spread out.
  - b. To help players get an understanding of the Offsides Violation, encourage defensive players not to play deep with their goalkeepers and to use the offsides rule to their advantage.
  - c. Most coaches in this age group introduce midfielder positions. Starting the season with a complicated formation is discouraged. Start simple and add new/advanced roles as the players get more comfortable. Explaining the difference between an Stopper and a Sweeper is going to be a tough task in Week 1.
  - d. Adjust your formation based on your players' skill-sets.

## GOALS

1. **This young age group is all about having fun, understanding positions and starting to work as a team:** The larger field allows for more controlled possession. The most successful teams keep the ball out of their own defending half and have players willing/able to work as pairs and trios to advance the ball up-field.
2. **Understanding the Game:** Players at this level should start to understand not to over-pursue the ball and to commit to their assigned areas of the field. Players should also *start* to understand when to pass to open teammates. Teach players how to be physical without fouling and to celebrate their goals without taunting their opponents.

## EQUIPMENT

1. Size 4 ball: every player should have their own ball for practice
2. Water: for every practice and game
3. Cleats: Cleats must be soccer-specific. Baseball cleats and football cleats are not safe for play.
4. Shin Guards: shin guards must be worn UNDER socks.
5. Jewelry: jewelry and accessories (earrings, necklaces, etc) are not to be worn on the field.
6. Uniform: shirts and socks for games will be provided

## PRACTICES

1. Each team should practice once or twice per week (weather permitting).
2. Limit practice times according to your players' attention spans.
3. Keep players engaged. Try to avoid too many drills that require players to wait in line.
4. Get as many touches on the ball as you can.
5. Teach players to defend by jockeying with the attacker instead of lunging for the ball. Encourage defenders to dribble and pass when they aren't near their own goal instead of kicking the ball as hard as they can, as soon as they can.
6. Coordinate with other coaches and hold occasional scrimmages in-place of practices when you can.



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# U10 Training Program

Andy Pinkerton, Head Coach Warren High School Girls Soccer

## U10 MAIN OBJECTIVES:

- Dribbling moves under pressure
- Role of first and second defenders
- Use of both feet consistently
- Delivering long balls
- Learning to serve and properly receive flighted balls consistently
- Supporting runs off the ball and more sophisticated combination play
- Recognize roles and responsibilities by position
- Introduction of catching the ball and angle play with the keeper

## COMPONENTS OF THE GAME

- **Fitness:** Factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball. Introduce body resistance exercises and the idea of cool down.
- **Technique:** Experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot (emphasis on quality push pass), instep drive, receiving ground balls with the instep and outside of foot (body behind the ball), receiving bouncing balls with the instep (cushion) and the sole, inside and outside of foot (wedge), fakes in dribbling and turning with the ball. Introduce heading and crossing. Practice throw-ins. For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing.
- **Psychology:** Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four or five, stay focused for one entire half. There is an increase in responsibility, sensitivity, awareness of how to win or lose gracefully, fair play, parental involvement, how to play, communication and emotional management.
- **Tactics:** 1v1 defending, roles of 1st attacker and defender, 2v1 attacking, what it means to get goal-side, small group shape in pairs and threes (emphasize support on both attack and defense), playing on and around the ball as a group with purpose, playing a variety of positions to develop the complete player, introduce the principles of attack and set plays.

## TYPICAL U10 TRAINING SESSION

- Should not exceed 75 minutes
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching; approximately 15 minutes
- Introduce small group activities (Technical Warm-Up Activity); approximately 15 minutes
- Add more directional games (Small-Sided Activity) - Play to targets and/or zones - Functional training; approximately 15 minutes
- Conclude with an Expanded Small-Sided Activity or 7v7 scrimmage (Game), two goals and goalkeepers; approximately 20 minutes
- Finish with cool-down activity, including static stretching; approximately 10 minutes
  - All activities should be challenging, motivating, and involving transitions
  - Sample training drills/activities are attached to this document

# Technical Warm-Up Activities



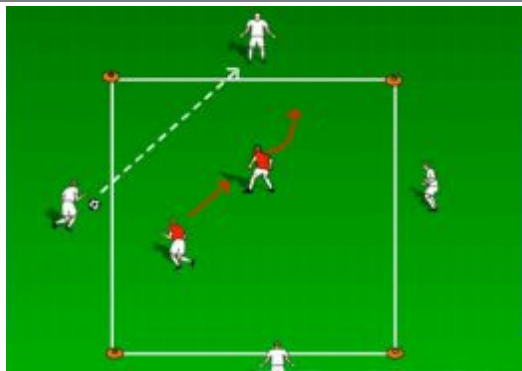
## 2v0 - Combination Play

TRAINING AREA = 20W x 30L

Place a "defender" (wall man, cone, pole, etc.) in the center of the space. Form (4) lines in each corner of the field with ball. The player with the ball dribbles towards the defender to "commit" them. Then plays pass to teammate. Both players run off the field, and stand in the next line. The next group begins a similar movement. \*Combinations = Take-over, through ball, overlap, dribble-give/ go.

### Coaching Points

Dribble with the laces of the foot when dribbling at speed; Pass with the inside of the foot to be more accurate & strike the middle of the ball when passing. *What* - The laces of the foot should be used when dribbling at speed; *Where* - Pass to the open space in front of me.



## 4v2 Possession & Penetration

TRAINING AREA = 12W x 12L

Place (1) play on the outside of the space, on each side of the square. Position (2) defenders inside the space. The defenders may not leave the space, but can block, or intercept passes. Scoring for offense: # of consecutive passes; maintain possession for set period of time; # of split pass between defenders Scoring for defense: # of deflected passes; # of intercepted passes; # of times defenders can win possession and dribble outside the space under control & in possession.

### Coaching Points

Defensive pressure on the ball (speed, body stance, angle, distance); Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball.



## Free Dribble & 1v1 Moves

TRAINING AREA = 30W x 40L

All players in the space have a ball at their feet. Freely dribble throughout the space, performing individual moves. On coaches command players can perform: Inside-Outside, Step-over & go, pull-push-go, outside cut, inside cut, etc.

### Coaching Points

Dribble with the outside of your foot to accelerate into open space with the ball away from your body (toe down, heel up). Dribble with the inside of your foot to change directions, or maintain possession closer to your body to keep it away from your opponents (heel down, toe up). *Where* - Into open space by changing direction and speed. *When* - The moment space becomes available & I recognize that I can enter it.



## How Close Can You Get?

TRAINING AREA = 20W x 30L

Each player has a ball at their feet dribbling in the space. When the coach yells, "GO!" the players make eye contact with one another and begin to dribble towards one another. They should dribble at normal speed, and try to get their balls as close to each other as they can, before turning away at the last minute. After they turn away they should accelerate into open space and wait for the next "GO!" Turns: Inside foot, Outside foot, Drag back, Pull back

### Coaching Points

Push the ball away from body, plant foot/standing foot should be away from the ball, and under the body; Reach for the ball with 1 foot (inside, outside, or bottom of foot); Take a touch to change direction of the ball, second touch should be into space to accelerate into a new direction

# Technical Warm-Up Activities



## Individual Partner Defending Technique

TRAINING AREA - 40Wx 30L

Players in groups 2-3 with (1) ball. Each group works on "defensive technique."  
 \*1v1 Dribbling Technique - dribbling \*1v1 Defensive Technique - no turn \*1v2 Defensive Technique - intercept pass. Players should go through each type of defending situation and rotate. Player in possession (dribbling/passing) tries to beat the defender. Rotate offense-defense each turn. Rest after 45 secs, stretch 90 secs, repeat.

### Coaching Points

Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball.



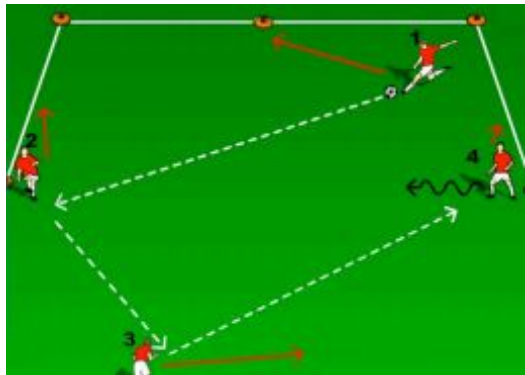
## Numbered Shooting Technique

TRAINING AREA = 30W x 40L

Place (4) goals on each side of the space. All player should have a ball at their feet. Number each color/group evenly (1-4). Players will dribble around the space, and when the coach calls their "Number" they then look to shot on goal (closest, or farthest). Variations - Shooting Technique (at coach's discretion): Driven; Curled; In-step Drive; Lofted.

### Coaching Points

First touch when receiving should be away from the body into space; Place plant foot/non-kicking foot behind ball (elevate ball); Place plant foot/non-kicking foot next to the ball (keep ball lower); Strike the middle of the ball to keep the ball lower; Strike the bottom of the ball to elevate the ball.



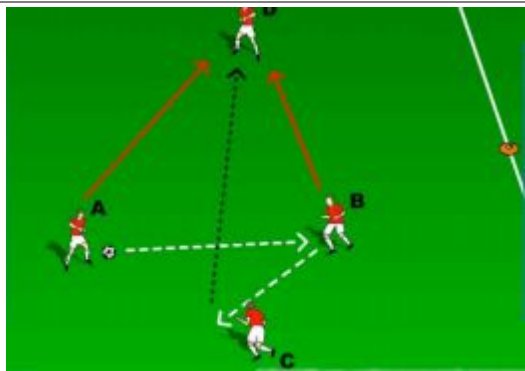
## Sequential Passing

TRAINING AREA = 20W x 30L

Break the players up into even divided groups (3,4,5) as numbers allow. (1) ball between each group. Number each player #1-3,4,5 as numbers allow. Players should pass & receive throughout the space in a sequential manner #1-2-3-4-1. (example). Move into new space after completing the pass. Variations: Reverse the number order; Touch restrictions; Add another ball (for groups of 5+).

### Coaching Points

Strike the middle of the ball, position the non-kicking/plant foot towards your teammate or target; Use the inside part of the foot when striking the ball – lock the ankle & knee when striking the ball; Head down, and watch foot strike the ball – follow through the ball/pass.



## Stay & Play - "If you play the ball down, you stay put"

TRAINING AREA = 20W x 30L

Players should be in groups of (4-5) with (1) ball between them. Horizontal players (A,B) provide off ball support, while penetrating players (C,D) make penetrating passes. A-B-C-D (A,B move off ball in support of D) - Repeat pattern & combinations for 90 seconds. Rotate position, roles, and combination pairs.

### Coaching Points

Keep head up to direct first touch with the inside of your foot into open space; Move towards the player with the ball with "open" body shape to play in multiple directions; Run without the ball with a curve path to provide a large window for teammate to pass into.

# Small-Sided Activities



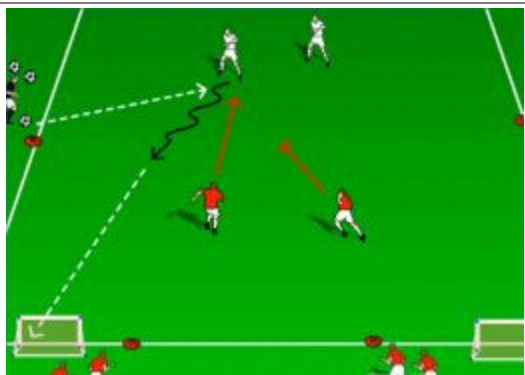
## 2v2 Continuous

TRAINING AREA = 20W x 30L

Place 1 large goal at each end of the field. Position players in each corner of the field. Ball starts from the GK. Play until there is a goal, or ball out of bounds. Then switch groups. Ball always with the GK of the team in possession.  
Variations: Play for time; Play for total score; Play series of games (2 of 3)

### Coaching Points

Application of technique (shooting); *What* - The decision to shoot on goal, and the technique used; *Who* - The player in the best shooting position, with the ball; *Where* - The part of the goal that the shooter aims for with their shot.



## 2v2 Score on Two Goals

TRAINING AREA = 20W x 30L

Place (2) cones 3 yards apart in each corner forming a "goal" for a total of (4) goals. Coach starts with the balls. Coach plays ball to one team. While the ball travels, the team who did not receive the ball runs on to defend against the team in possession. Both teams score by passing/shooting the ball through the "goals."

### Coaching Points

Defensive technique = cover the ground, get down & stay down; Tackle the ball: when the ball is AWAY from offensive player.



## 3v2 - Dribble Goals (2)

TRAINING AREA = 20W x 30L

Play (2) goals on each end-line using (4) cones. The goals should be 3 yards wide. Designate a group of attackers (3), and a group of defenders (2). Play 3v2, scoring by dribbling through the gate. Rotate attack & defense. \*If the defense wins the ball they can attack the goals on the opposite endline.

### Coaching Points

Point your standing leg/plant foot towards the player or space you wish to pass the ball; Follow through with your foot after you pass the ball to increase speed and accuracy when passing *What* - Recognizing the moment to attack & engage the defender with the dribble; *Why* - To enable commit the defender, which will open more space for my teammates to enter without the ball.



## 3v3 Knock Over the Cone

TRAINING AREA = 30W x 40L

Set up (2) tall cones on each end-line, representing (2) targets/goals. Score by passing the ball into the cone. Knock both cones over to win the game.

### Coaching Points

Time the run to support the ball as it travels towards your teammate; Position yourself at an angle so the player with the ball can see you & the defender; Move feet, and up on your toes as your prepare to receive the ball. *Who* - The player(s) without the ball; *How* - Move towards my teammate with the ball so that my body is open to the field.

# Small-Sided Activities



## 3v3 to 1 Goal

TRAINING AREA = 20W x 30L

Place (2) tall cones on each end-line 5 yards apart making (1) goal on each endline. Red v White. Score by passing the ball on the ground through the goal. Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; Double points if a goal comes after an interception.

### Coaching Points

Defensive pressure on the ball (speed, body stance, angle, distance); *Who* - The 2nd defender, or player who is closest to their teammate defending the ball; *Why* - The 2nd defender can help to cover any mistakes made by the 1st defender.



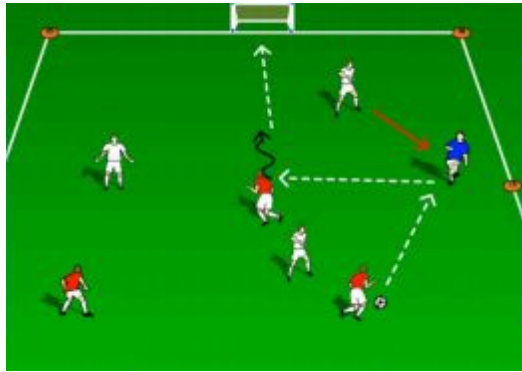
## 3v3 to 4 Goals - Dribble to Score

TRAINING AREA = 20W x 30L

Place (2) cones on each endline, in each corner. Making (4) goals. The goals should be 3 yards wide. Play 3v3. Dribble through the gates to score.

### Coaching Points

Application of technique (dribbling, receiving); *What* - Turning away from pressure; *Who* - The player with the ball.



## 3v3 +1 to 1 Goal

TRAINING AREA = 30W x 40L

Place (1) goal on each end line for the teams to attack. Score by passing the ball in the goal.

### Coaching Points

First touch should be across the body – in space away body without pressure; First touch should be across the body – close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball.



## 4v4 Endzone Soccer

TRAINING AREA = 30W x 40L

Build a small "endzone" at each end of the field = 30W x 5L. Score by dribbling into the endzone. Players can only enter the endzone if they are dribbling the ball, or recovering defensively after the person dribbling the ball. 1pt. = dribble into endzone under control; 2pts = beat (1) opponent, and dribble into the endzone under control; 5pts = beat more than (1) opponent, and dribble into endzone under control; \*Play to 10pts.

### Coaching Points

Keep your head up when receiving the ball, or in possession to identify areas of the field to penetrate with the dribble. If there is space behind a defender, look dribble and change direction to unbalance the defender. *What* - Recognizing 1v1 situations to try and beat your opponent. *Where* - Open space in front, and behind the defender.

# Expanded Small-Sided Activities



## 4v4 Score on One Large Goal & Two Goals

TRAINING AREA = 30W x 40L

Place (2) cones 3 yards apart in each two corners forming a "goal" for a total of (2) goals. Place one large goal at the opposite end. Play for predetermined amount of time. Red team defends large goal, and white defends two goals. After each period change the goals defended.

### Coaching Points

Defensive technique = cover the ground, get down, & stay down! Tackle the ball: when the ball is AWAY from offensive player; *What* - The direction to apply pressure, or force the ball; *Why* - This is to encourage the opposition to go away from the goal, and towards your supporting teammates.



## 4v4 to 1 Goal

TRAINING AREA = 30W x 40L

Place (1) goal on each end-line for the group to attack. Play 4v4. Score by passing the ball into the goal. The goal is equal to the number of successful consecutive passes before the goal is scored.

### Coaching Points

Pass into space in front of teammates so they can run onto the ball – non-kicking foot/plant foot should point to the space the ball will travel; Toes down, heel up to drive the ball across the space – to move the ball quickly *What* - Knowing when to move to support the ball; *When* - If there is a defender near the ball and I am closest to the ball.



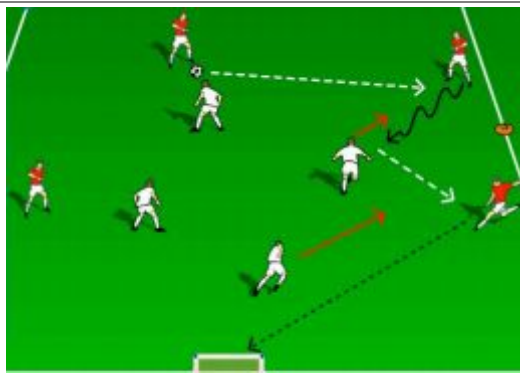
## 4v4 to 1 Large Goal

TRAINING AREA = 30W x 40L

Place (1) on each endline for each team to attack. Red (4) v White (4). Score by shooting into the goal.

### Coaching Points

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; *When* - The player looks up, then down - should be ready for a shot.



## 4v4 to 1 Goal & 2 Counter Goals - Dribble/Pass to Score

TRAINING AREA = 30W x 40L

Place (2) cones on one endline, in each corner. Making (2) goals. The goals should be 3 yards wide. Place (1) goal on the opposite end line. Red scores by passing into the goal, white scores by passing through the cones goals.

### Coaching Points

First touch should be across the body – in space away body without pressure; First touch should be across the body – close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball *What* - Turning to change the point of attack; *Why* - To keep the ball, and move it to open space to have a better chance to score.



# Expanded Small-Sided Activities



## 5v5 to Goal

TRAINING AREA = 40W x 50L

Place (1) large goal on each endline. Play 5v5 with GKs. Variations: Play for time; Play for total score; Play series of games (2 of 3).

### Coaching Points

Application of technique (shooting); *What* - The decision to shoot on goal, and the technique used; *Who* - The player in the best shooting position, with the ball; *Where* - The part of the goal that the shooter aims for with their shot.



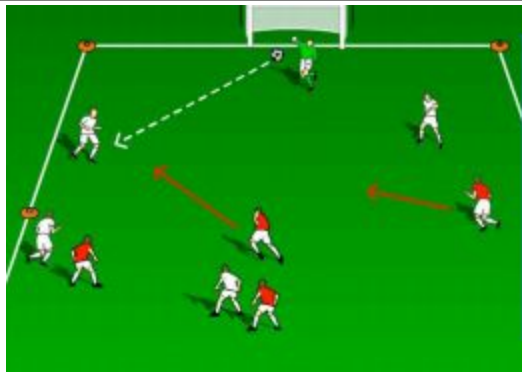
## 5v5 to Goal

TRAINING AREA = 40W x 60L

Place (2) goals at opposite ends of the field. Play 5v5, shooting/passing the ball into the goal to score. \*Variations: -Scoring a goal = 1pt.; -Committing a defender & scoring a goal = 5pts.

### Coaching Points

*Where* - In front of them into space after I have committed a defender; *When* - Just before the defender steps in to tackle the ball.



## 5v5 to 1 Goal

TRAINING AREA = 30W x 40L

Place (1) goal on each end-line for teams to attack. Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; Double points if a goal comes after an interception.

### Coaching Points

Defensive pressure on the ball (speed, body stance, angle, distance); *Who* - The 2nd defender, or place who is closest to their teammate defending the ball; *Why* - The 2nd defender can help to cover any mistakes made by the 1st defender.



## 5v5 - 2 Goals

TRAINING AREA= 50W x 60L

Place (1) large goal at one end of the field and (3) small goals made from cones at the other end of the field, approximately 3 yards wide. Position balls at each of the field for easy access. Play for set period of time, or number of goals (determined by coach). Players scoring on the small goals, score by passing the ball through the cones. 1pt. = score a goal; 2pt = beat (1) opponent, and score a goal; 5pts = beat more than (1) opponent, and score a goal.

### Coaching Points

Dribble with speed & change directions when attacking open space, or an alone defender Look to pass, and keep possession if there are several defenders around/near the ball. *Who* - The player with the ball. *Why* - Taking players off the dribble will open up space for teammates throughout the rest of the field.

# Game



Play 7v7 with specific formations for each team.

Reinforce all points from practice