**U10 Coaching Goals**

Do not be locked in by the age group while coaching the principles of play. Take a step by step approach toward awareness of and the use of each item. When players can grasp the concepts then coach them. If the players are not ready for an idea it is ok to wait and come back to the concept. If they excel then move on and increase their ability with harder drills to improve skills. Above all have fun!

**Top Goals:**

* **2 v 2 attack**
* **Skill moves**
* **Controlled dribbling**

**The Field:**

* Understanding the field markings with correct terms
  + Touchline (Sideline)
  + Centerline
  + Goal line (End line)
  + Center circle
  + Corner arc
  + Goal Box
  + 6 yard Box
* Understands concept of defending one end and attacking in the other
* Understanding which goal to score in and which goal to defend
  + Understanding of attack and defend

**Body movement and agility: (should be proficient and guiding at this level in the following)**

* Run with start and stop
* Run and change direction
* Gallop
* Skip
* Side step
* Balance on each foot
* Jump on each foot
* Quick feet and cross over

**Mental Conditioning:**

* Unsure confidence
* Work on concentration

**Laws of the Game:**

* Individual and team behavior on and off the field
* Fair and foul play
  + Fouls
    - Slide tackle
    - Hand ball
    - Dangerous play
    - Aggressive play
      * *Kicks or attempts to kick an opponent*
      * *Trips or attempts to trip an opponent*
      * *Jumps at an opponent*
      * *Charges an opponent*
      * *Strikes or attempts to strike an opponent*
      * *Pushes an opponent*
      * *Spitting*
      * *Foul language*
* Basic rules – should be proficient in understanding
* Proficient in indirect kicks
* Offside will be called when seen. Should practice and train as offside rule is in play

**Dribbling:**

* Proficient in dribbling with basic turns
* Proficient at running dribble keeping the ball close
* Work on escaping opponent with the dribble
* Work on dribbling and beating an opponent
* Work on skill moves

**Receiving the ball: Proficient at the following**

* Trap/Control with foot
* Trap/Control with thigh
* Trap/Control with chest

**Passing:**

* Work on enhancing the basics
  + Using the correct part of the foot
  + Ball on the ground with inside of the foot at 5 yards
  + Ball on the ground with inside of the foot at 10 yards
  + Ball on the ground with inside of the foot at 20 yards
  + Work on long instep pass/ begin crossing
* Work on crossing, bending, and intentionally lofting a pass

**Shooting:**

* Improving at the basics
  + Using the correct approach
  + Using the correct part of the foot
  + Driving through the ball
    - Introduce in step shot
* Work on volley and half volley

**Heading: NOT PERMITTED IN GAMES; HOWEVER SHOULD BE TAUGHT SKILL**

* Basic technique
  + Appropriate spot on head
  + Drive through the ball
    - Defensive (clearing) vs Offensive (scoring and driving ball)

**Set Plays:**

* Show competency in
  + Corner kicks – develop knowledge of how to make the runs for the ball, and ball placement for kicker
  + Goal Kicks
  + Proficient at throw in with little to no errors
  + Free kicks - indirect

**Attack Principles:**

* Competent in 1v1
* Competent in 2V2
* Introduce more positional play
  + Work on building attack as a team
  + Understand support without the ball
  + Work on space awareness
  + Become competent in finishing the ball
* Communication
* Transition from offence to defense

**Defense Principles:**

* Continue to improve defending as an individual
* Work on defending as a group
* Work on marking a player
* Positional play
* Recovery
* Communication
* Transitions from defense to offence

**Goal Keeper Basics:**

* Positioning
* Distribution of the ball
* Diving
* Rules of the goal box
* Catching the ball