

Littleton Soccer Club Founded 1960

**LITTLETON**  
SOCCER

**HRSA**



# Rec Coach Manual, U9 – U10

## Principles of Youth Coaching

- Developmentally Appropriate
- Clear, Concise, Correct Information (Brevity, Clarity, Relevance)
- Simple to Complex
- Safe and Appropriate Training Area
- Decision Making
- Implications for the Game
- Guided Discovery

## Characteristics of U9 - U10 Players:

- Lengthened attention span
- Psychologically become more firm and confident
- Team-orientated
- Boys and girls beginning to develop separately
- Gross and small motor skills becoming more refined
- Prefer team type ball and equipment
- Some are becoming serious about their play
- Enjoy the uniforms, team association
- Pace factor becoming developed – they do think ahead
- Are more inclined to wanting to play rather than being told to play
- Concrete operational stage of development
- Still need generous praise

## Components for a U9 - U10 Practice Session:

- Soccer has to be fun
- Keep things simple but can progress to more complex situations based on their development needs
- Prepare before practice
- Information should be minimal, no more than 90 seconds of talking/lecturing
- Let them play
- Use “Guided Discovery” questioning for learning and education, what, why and how
- Step back, allow the players to make decisions and problem solve
- Cooperation is increasingly important at this age, passing in small groups
- Praise players continually when they are improving or have something good
- Practices should not exceed 75 minutes
- All players should be involved, more directional games are important at this age
- Coaching individuals and small groups
- Put them in an environment that they can be successful

- Always finish with a scrimmage
- Always be positive
- Never single a player out for punishment, they are still easily bruised at this age group
- The session should flow from one activity to the next; use water breaks for changing area size if needed.

### Coaching Philosophy:

- Safety First
- You are an important role model
- Be prepared and punctual
- No lines, No laps
- No excessive lectures
- Develop their relationship with their ball
- Never leave a child at the field alone
- Remember they are young children NOT adults, you need to get down to their level. Make it exciting, fun, engage the players without acting like a clown
- The shape of the team is a "Triangle"

*"You forget what you hear, you remember what you see, you know what you do"*

### Typical U9 – U10 Training Session:

- Should not exceed 1 hour and 15 minutes
- Warm Up: Soccer movement (changing direction, jumping, hopping etc) Free play, Juggling, Individual ball and partner ball manipulation
- Small group activities (4 to 6 players)
- Dribbling, Passing, and Shooting (ball striking) activities
- Decision making activities, 2v1, 3v2, 4v2 etc.
- Small sided scrimmage with GK's
- Cool down/review of session

## Guided Discovery Questioning

This method of learning allows the players to think for themselves, make decisions and problem solve. We want the players to be creative in applying skills, techniques learnt from a soccer standpoint. We also want them to understand the game better by allowing them to answer questions and problem solve, without us as coaches/adults giving them all the answers. The general rule of thumb is that you would ask 1 to 2 guided discovery questions per activity.

Examples of these are as follows:

- 1) Billy I liked the way you passed the ball, what part of the foot did you use?" the reply is "the inside" good I like that, do you think you could all pass with the inside of the foot, like Billy?
- 2) "Jessica great shot with your laces" why did Jessica use her laces to shoot? Answers your are looking for:
  - More power than the inside of the foot
  - It can be quicker than using the inside of the foot

Good use of Guided Discovery Questioning takes time and practice. Try it at home with your children, if you practice this method you will not only become a better coach quicker- you will empower the children you have to become better soccer players through thoughts and actions.

**"GOOD LUCK AND HAVE FUN"**