



Learning Skills - U10 Players

Focus on the basics of soccer and keeping it fun.

Basic skills to learn:

- Dribbling...- stress touches with all parts of the foot
- Kicking - instep, top-of-foot (laces), outside of foot
- Passing and trapping the ball
- Heading – introduce proper technique
- Juggling –touches with feet, thighs, head, chest
- Use of small-sided games

Re-inforce the rules of soccer and practice restarts of play:

- When is a ball out-of-bounds and what happens when a ball goes out
- Throw-ins from the sideline
- Corner kicks from the endline
- Goal kicks from the goal box
- Kick-offs – how to start with a good pass
- Fouls – Direct / indirect kicks and penalty kicks
- Introduce the concept of offsides (not enforced)

Goalkeeping position

- Have all players try goalkeeping
- Teach goalie throws and punts
- Cutting down the angle

Introduce basic positioning and field awareness

- Offense –give and go, shooting
- Defense - shielding and playing the ball to the outside
- Positioning on field and concepts of play – moving without the ball, spreading the field, using triangles.

Remember – have fun and inspire the kids to want to play more soccer!