



Guide to coaching U9s and U10s

What to Coach



Small-Sided Games

- Small-sided games: 1v1 to 7v7 (including unbalanced teams)
- Provide opportunities for players to experience all positions

- Help players work with others to solve problems
- Provide opportunities for all players to play as the goalkeeper



Ball

- Fundamental soccer skills with both feet
- Introduce passing, crossing and shooting from mid-range distances (maximum of 20 yards)
- Defending skills: covering and marking

- No heading in practice or games
- Goalkeeping: different catching positions



Body

- Progress fundamental movement skills: running; skipping; hopping; jumping and landing; leaping; throwing and catching
- Help players improve speed, agility, acceleration

- Introduce warm-ups



Tactics

- Help players learn 7v7 using a game model
- Introduce formations for 7v7: 1-3-2-1
- Help players learn their role in attack, defense and transition

How to Coach



Values and Beliefs

- Help children feel good about themselves
- Recognize effort over outcome
- Support players to resolve problems with teammates



Coaching Approach

- Focus on individuals in a team setting
- Encourage players to solve problems
- Help players reflect and think about the game
- Notice frustration and disappointment



Communication

- Use different types of questions to engage players
- Use praise to reinforce good play
- Give positive feedback



Individual Player Focus

- Find different ways to include all players in each activity
- Encourage players to play multiple positions and roles

Practice Design: Incorporate practice routines and low level of practice structure

Each coaching guide builds on the content of the previous age-group.
Coaches should use a blend of activities and behaviors that meet the needs of the individuals in their group.