

U10

LEARNING TO TRAIN



WEST VANCOUVER SOCCER CLUB



What U10 Looks Like

- ❖ Teams play 7-side games (including goalkeeper)
- ❖ 1 game and 1 practice per week
- ❖ Rosters to max 14 players
- ❖ Ball size – 4, 50 x 80 field
- ❖ Duration of Game is 2 x 25 minutes Players learn the rules of the game
- ❖ Players learn to become good sports, respecting their team mates, opposition and officials
- ❖ Players learn to play in an environment with friends

Coaching Expectations

- ✓ CCC is mandatory for coaches
- ✓ On Girls' teams need to have a "carded" female either coaching or managing
- ✓ All players to be given equal playing time
- ✓ All players to be rotated through different positions
- ✓ U9 home teams are responsible for paying referees \$15 each at field. Reimbursement is via Age Group Coordinators.
- ✓ Focus should be on fun and safety
- ✓ No team should win a game by more than 5 goals
- ✓ If one team is short of players, the other team should lend some of theirs
- ✓ No coach is to stand behind the goal line
- ✓ All coaches need to process Criminal Record Check with WVPD – valid for 3 years
- ✓ All coaches need to complete Code of Conduct and Risk Management forms.

Technical Focus

Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.

Parental Expectations

- ✓ Don't encourage players to obsess on the score of the game.
- ✓ Give positive encouragement when cheering on the team.
- ✓ Refrain from giving technical instructions during the game. This is the coaches' job, ---players become confused when they hear different voices telling them what to do
- ✓ Never challenge the referee's decision, however bizarre it may seem.
- ✓ Players need to be at practices and games on time and with the proper equipment (i.e. uniform, shin pads, cleats, etc.)
- ✓ Players need to complete Code of Conduct (Athlete Agreement) and return to their coaches

Further Development – At this age level there is an "invitational" Plus Program available to players on Wednesdays. WVSC's Friday Academy sessions are also available on the Turf from 5:15 pm to 6:45 pm for the player who wants to develop his/her individual skills.

NEW
Mid-season
Player
Report Card

Player Evaluation



Mark Your Calendar Free Clinics

BU10
Saturday November 26th
4-6 pm
GU10
Saturday November 19th
4-6 pm
In-club series (scouting)

Boys & Girls U10
Saturday November 12th
4-6 pm
Drop in Street Soccer

Looking Ahead – What U11 Looks Like – What's Different

Continual development of ALL players, not just those on the two development teams that are selected at U11. All players are assessed on an ongoing basis and there is lots of movement between levels from season to season, as players develop not only skill, but grow and also may choose other sports. Interlock players (not Development teams) are formed to balance ability across teams and take friendships into account.