



U10 QUICK COACHES GUIDE

- We strive to HAVE FUN while learning the game of Soccer.
- At this age you have a wide range of experience. Some players have played soccer or other organized team sports and some have not.
- No Laps, No Lines, No Lectures. If a child is being disruptive to the point of you being unable to run the practice, ask his/her parent to be involved.
- Players come in all shapes, sizes and abilities please be inclusive.
- Remember that players look up to you. Choose your words carefully.
- Your goal is to have the players want to come back and play again.
- We appreciate your time, effort, commitment, great attitude and your smile.
- We continue to focus on dribbling to encourage aggressive attacking players as they grow and develop. Let the kids dribble and work on this skill now. Let them make mistakes. Encourage passing to move the ball up the field as well as dribbling. Introduce offensive and defensive positioning.
- We play small-sided games to help players learn the game at a faster pace. This also helps kids improve because they have more opportunities on the ball. This builds confidence over time. Referees are used in U10.

U10 LAWS OF THE GAME

- U10 is playing 7 v 7 with goal keepers and a size four ball
- U10 is 6 field players and 1 goalie
- U10 plays two 25-minute halves with 5-minute halftime
- U10 SWITCHES SIDES at half
- If a player fouls a throw-in they are given a second chance and shown what they are doing wrong.
- Continue to practice corner kicks - introduced in U8 age group
- Off-sides introduced - primarily very obvious calls
- Penalty kicks introduced
- All players rotate positions when possible.
- NO INTENTIONAL HEADING OF THE BALL
- Don't allow players to play goalkeeper for more than half of a game.
- All players need to take a turn in GK.
- Have a plan for rotation of your players. Make sure to have a time keeping device.
- **ARS official U10 rules in detail are on the ARS website.**