



U10 Coach Binder

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Powhatan Fury FC

**U10 Coaching Manual**

**Powhatan Fury FC**

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**PART I - THE LAWS OF THE GAME**

**Law 1 - The Field of Play**

- The field for U10 is 15 yards x 25 yards. We use goals that measure 6.5 feet x 12 feet.
- **BUILD OUT LINE** - Build out lines will be established for U10. Build out lines promote playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The ball is considered “in play” when the goalkeeper's intended recipient has received the ball. Not the moment that the goalkeeper releases the ball.
- If a goalkeeper punts the ball, an indirect free kick is awarded to the opposing team from the spot of offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where the offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and the goal line.
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**Law 2 - The Ball**

- U10 teams will play with a size 4 ball.

**Law 3 - The Players**

- Games will be played 5 v 5 (with goalkeepers)
- Goalkeepers are not allowed to punt the ball. Goalkeepers are encouraged to roll the ball underhanded to a teammate's feet or throw the ball out to a teammate.
- Substitutions can be made by both teams at any stoppage of play; however, it is preferred that all substitutions be made at the quarter breaks.
- While playing, everyone should participate a minimum of 50% of the time.

**Law 4 - The Players' Equipment**

- **All jewelry MUST be removed to play.** (Jewelry is defined as any ornamental object or device, including necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) Soft hair ties or headbands are permitted.
- All players must wear the following equipment:
  - Red or black Fury FC jersey
  - Shorts
  - Socks
  - Appropriate shin guards worn UNDER the socks
  - Soccer-specific cleats

#### **Law 5 - The referee[s]**

- Decisions of the referee must always be respected.
- A referee who realizes a call is mistaken can change the call up until the restart of play. Once play has restarted, the decision is final.
- In the event of an injured player, the referee may allow play to continue if the injury does not seem serious and the player is not in danger. The referee will stop play to address the injury when appropriate for the flow of the game or immediately if the injury is deemed to be serious. No one is allowed on the field without the referee's permission.

#### **Law 6 - Other Match Officials**

- None.

#### **Law 7 - The Duration of the Match**

- Games will consist of four 10 minute quarters
- 2 minute breaks in between quarters
- 5 minute halftime

#### **Law 8 - The Start and Restart of Play**

- Kickoff
  - All players except the player taking the kick must be in their own half of the field
  - All opponents must be outside the center circle
  - After a goal is scored, the non-scoring team will restart with a kickoff
  - The player taking the kickoff may not touch the ball again until it has touched another player
  - No team can score directly from any restart: all restarts are considered indirect kicks.
- Dropped ball
  - In cases where play is stopped for reasons other than a goal or foul (e.g. for injury), play is restarted with a dropped ball for the team who last touched the ball, **UNLESS**
    - If the ball was in the penalty area, the ball is dropped for the defending goalkeeper regardless of whom last touched it
  - **Heading of the ball is prohibited in U10 division play. Unintentional contact between head and ball will result in a dropped ball**
  - The ball must hit the ground before it is kicked
  - All other players must be at least 8 yards from the ball until it touches the ground
  - A dropped ball must touch at least two players before a goal can be scored

### Law 9 - The Ball In and Out of Play

- The ball is out of play when it has wholly passed over a boundary line on the ground or in the air

### Law 10 - Determining the Outcome of a Match

- A goal is scored when the whole of the ball passes over the goal line, between the goal posts, and under the crossbar
- There will be no overtime.
- Score is not kept.

### Law 11 - Offside

- Does not apply.

### Law 12 - Fouls and Misconduct

- All fouls result in a direct free kick.
- The coach must explain all infringements to the offending player.
- No cards are shown.
- A direct free kick may be awarded if a player commits the following against an opponent in a manner considered by the coach to be careless, reckless, or with excessive force.
  - Charges
  - Jumps at
  - Kicks or attempts to kick
  - Pushes
  - Strikes or attempts to strike
  - Tackles or challenges
  - Trips or attempts to trip
  - Commits a handball offense
  - Holds an opponent
  - Impedes an opponent with contact
    - Moves into the path of an opponent when the ball is not in playing distance (usually 3-6')
  - Bites or spits at someone
  - Throws an object at the ball or hits the ball with a held object
  - Plays in a dangerous manner
    - Defined as play which threatens injury to the player himself or any other player, or which prevents an opponent from playing the ball due to threat of injury
    - **Included is a player intentionally heading the ball**
  - Impedes an opponent without contact
  - Is guilty of dissent (arguing with the ref) or using offensive, insulting, or abusive language or actions
- Commonly misunderstood foul situations
  - Charging
    - Soccer is a contact sport. Not all contact is a charging offense
    - Legal charges are shoulder to shoulder and are designed to move a player off the ball. They are not careless, reckless, or using excessive force

- Any contact deemed by the referee to be other than shoulder to shoulder (eg. shoulder to chest or center of back or a “hip check”) may be deemed an illegal charge
- Handball offenses
  - Not all contact with hand or arm is a handball offense
  - There are many things that the coach will consider before blowing a whistle for a handball, including
    - Was the action deliberate or reflexive
    - Did the player’s arms make their silhouette larger
    - What part of the hand or arm was struck by the ball
    - Was the position of the hand or arm a natural position for the player’s movement
    - Officials must remember that there is no need to stop play for technical violations that do not interrupt the flow of the game. It’s a player’s game and not a game of how many infractions can be identified, so keep the fun going and let them play.

### **Law 13 - Free Kicks**

- There are two types of free kicks
  - Indirect free kicks
    - A goal cannot be scored from an indirect kick until the ball has touched another player
    - Indicated by the referee holding his arm straight up until the ball hits another player, goes out of bounds, or it otherwise becomes clear a goal cannot be scored directly from the kick
  - Direct free kicks
    - A goal may be scored against the opponent directly from a direct free kick
    - If the ball goes directly into the kicker’s own goal, no goal is scored
- All free kicks are taken from the location where the offense occurred except
  - A free kick to the defending team inside their own goal area may take place from anywhere inside the area
  - A free kick to the attacking team inside the opponent’s goal area must take place from the closest point on the goal area line
- The ball must be stationary when kicked and is in play when it is kicked and clearly moved
- All opponents must be at least 8 yards from the ball until it is in play
- The kicker may not touch the ball again until it is touched by another player

### **Law 14 - The Penalty Kick**

- None.

### **Law 15 - The Throw-in**

- A throw-in is used to place the ball back in play when it has wholly crossed the touchline.
- The throwing player must, at the time of release, be standing facing the field of play with part of each foot on or behind the touchline and throw the ball using both hands from behind and over the head.

- Opponents must be at least 2 yards from the point of the throw-in.
- If the ball fails to enter the field of play from a proper throw-in, the throw-in is retaken
- Each player will get a second chance on throw-ins if the initial attempt is incorrect. However, if the second attempt is still incorrect, then the official is to award the ball to the opposing team.
- The throwing player may not touch the ball again until it has touched another player.

### **Law 16 - The Goal Kick**

- On goal kicks, the defensive team is to be pulled back into the defending half until the ball is put back into play.
- No punting is allowed. Goalkeepers are encouraged to roll the ball underhanded to a teammate's feet or throw the ball out to a teammate.

### **Law 17 - The Corner Kick**

- A corner kick is awarded if the defending team kicks the ball out of bounds over their own goal line.
- The ball must be stationary and located on or inside the corner arc.
- The ball is in play when it is kicked and clearly moves.
- The corner flag must not be moved.
- Opponents must remain at least 8 yards from the corner arc until the ball is in play.
- The kicker may not touch the ball again until it has touched another player.
- A goal may be scored directly from a corner kick.

## **PART II- AGE GROUP CHARACTERISTICS & SKILL/TACTICAL PRIORITIES**

As we move up the age ladder from the U8 level to the U10 level there are many differences we must realize in order to provide an optimal experience for young players of this age. However, there are also many similarities. Just as in parenting, it is important to be consistent in coaching and we must make sure that we follow a progressive trend of development for young players. To this end, we need to continue to focus on technique during our practices, as we did at the younger ages. Creating environments in which players get maximum repetitions of technical skills and are encouraged to express themselves as individuals is very important. Players at this age should still work on ball mastery and demonstrate growing familiarity and comfortable with a ball at their feet.

Other skills to learn for U10: range of motion flexibility; running with the ball; passing; instep drive; receiving ground balls with the instep & outside of foot; receiving bouncing balls with the instep (cushion) and sole or inside or outside of foot (wedge); fakes in dribbling; introduce heading & crossing. For goalkeepers: ready stance; how to hold a ball after a save; diamond grip; catching shots at the keeper; punting & introduction to goal kicks & throwing.

## **Typical Characteristics of U10 Players**

- Attention span lengthens from U8 - they start to show the ability to sequence thought and actions
- Start to think ahead - “If this, then that”
- More inclined towards wanting to play soccer rather than being told to play
- Demonstrate increased self-responsibility – bringing a ball, water and all gear should now be their complete responsibility, not their parents!
- Beginning to recognize fundamental tactical concepts
- Children at this age begin to become aware of peer pressure
- Players greatly affiliate with their team or their coach - “I play for the Tigers” or “coach Amy’s team”
- Players at this age are extremely rule bound
- There is a wide continuum of maturity evident on most teams – CRUCIAL age for technical skill development

## **Skill Coaching Priorities**

Dribble with all sides & surfaces of both feet (inside, outside, sole, etc)

Dribble using moves to beat a player or to quickly change directions

Dribble out of trouble rather than just kick – Institute a two touch minimum rule to discourage kicking the ball out of play

Short range passing with the inside and outside of both feet

Long range passing – driven aerial balls

Movement to open spaces after passing the ball to receive it again

Shooting with both feet using the laces for power and the inside/outside for accuracy

Receiving and 1st Touch to control and keep possession of the ball – on the ground or out of the air (Using the inside, outside, top of the foot, chest, thigh, head)

Juggling using different parts of the body - HOMEWORK

Defending techniques



## **Tactical Coaching Priorities**

Basic Attacking Ideas

Basic Defending Ideas

Comprehend 1 vs 1 concepts - attacking and defending

Comprehend 2 vs 1 concepts - attacking and defending

Introduction to 2 vs 2 concepts - attacking and defending

Introduction to a wall pass or give and go

Comprehend roles of 1st and 2nd defenders

Comprehend roles of 1st and 2nd attackers

## **PART III - COACHING TIPS**

- In the U10 division, the primary focus should be on learning the rules, development of skills, and having fun
  - Winning is not the objective. The objective is player development!

- Generally, players should be given the opportunity to play all positions
- As a rule, every player should expect to play at least 50% of each game, with playing time spread evenly across players regardless of skill or ability
- The club recommends a diamond shape to better incorporate basic concepts of offense and defense by creating multiple layered triangles.
- Regardless of position, players should attack and defend together.
  - Defenders should not be planted on the penalty area line and told to stay there until the ball comes to them. They should move forward to about midfield when the team is on the attack and likewise the striker(s) should not wait around the goal but should fall back to around midfield when the team is on defense.
  - Realistically, in the U10 division if you can keep players spread out around the field instead of clumped around the ball you're doing just fine!
- **Head injuries are a serious concern. Know the signs of concussion and bench any player suspected of head injury until they are cleared by a physician.**
  - The referee has the right to prevent any player suspected of having a head injury from returning to the game.
- “Joysticking” players is the practice of shouting instructions to your players throughout the game. Generally, this should not happen as the players cannot process a coach’s instructions and play the game at the same time. A better coaching concept is to substitute the player you need to talk to out of the game, give them instructions on the sideline, and then put them back into the game.
  - Reliance on “joysticking” creates soccer players with low soccer IQ who don’t know what to do if the coach isn’t shouting at them
  - Avoidance of “joysticking” creates thinking, innovative soccer players with high soccer IQ. They may fail more often at first, but the soccer IQ they will develop through trial and error is highly desirable for the players’ long-term development!
- Make sure to plan practice sessions out beforehand
  - Planned activities addressing particular skills or topics
  - A sample 60 minute practice plan is:
    - Warm up and individual ball handling - 15 minutes
    - Small sided games or activities, set piece practices, scrimmages - 30 minutes
    - Cool down and reinforcement of skills taught - 15 minutes
  - Players should be standing still as little as possible during practices
    - Instructions should be given in a minute or two at the most and then all players should participate together with nobody waiting in line to participate