



# U10 Coaches Meeting



# Contents of Meeting



Here are the topics that we will be covering during this session

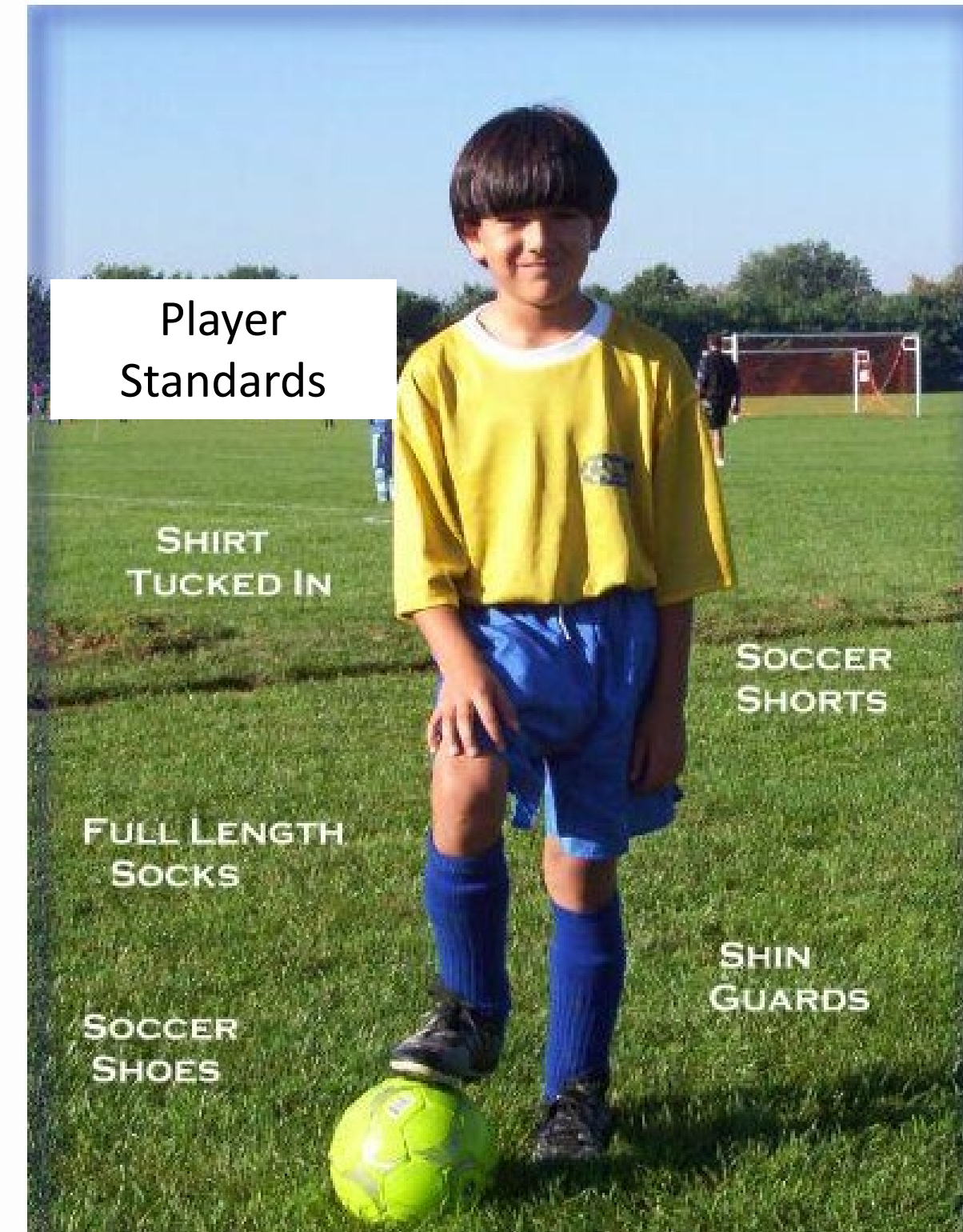
- Player uniform
- Philosophy of 7v7
- MOJO App
- Coaches Expectation
- Q & A

# Player Uniform



Have players in correct uniform at this age group.

- Shirt tucked into shorts
  - Gray Top- Home Team
  - Blue Top- Away Team
- Black shorts
- Black Socks
- Shin Guards under socks against leg
- Cleats tied
- Hair pulled back out of players face and secured ( ex. Hair tie, head band)
  
- Get the players to develop habits now so they will get into a good routine as they get older.





The coaching and playing environment needs to be improved for 6-12 year olds

- Too much emphasis placed on the result of the game
- The priority should be to develop skills and abilities
- There is a need to educate and empower parents and coaches
  - U.S. Soccer offers grassroots courses specifically designed for introductory coaches working with players 12 and younger



We can't keep doing the same thing and expect to get different results

- Long-term development of players is the top priority
  - Kids under the age of 12 don't win World Cups so we should not treat them like adults or professional players
- Players need to be put in the best possible environment to succeed
- There are no shortcuts
  - Success requires a long-term approach and commitment
- Individual development and fun soccer experience is a priority



## Objectives

- Develop improved skills with the ball
  - Improve confidence and comfort
- Develop intelligence with and without the ball
  - Promote faster decisions and better awareness
- Develop partnerships within the team



## Objectives

- Provide an age appropriate environment
  - Standards align with physiological needs of players based on year of birth
- Uniformity across the country and across membership
  - Similar to the outcomes listed for birth year registration, having consistent standards allows U.S. Soccer, and the programs of our members, to provide more meaningful messaging and education for parents, players, coaches and referees





# **7v7 Standards**





## Standards of Play

- Field

- 55-65 yards (length)

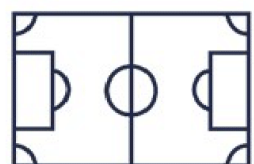
- 35-45 yards (width)

- Goals should be no longer than 6.5 feet (height) x 18.5 feet (width)

# Player Development Initiatives 7v7 Standards of Play

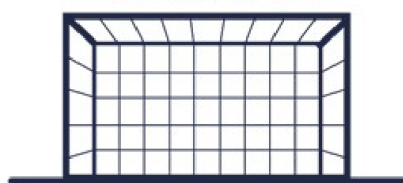


## FIELD



55-65 yards (length)  
35-45 yards (width)  
Build out lines should be equidistant between the penalty area line and halfway line

## GOALS



Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)  
A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of players

## BALL



Size 4 ball

## 7v7 # OF PLAYERS



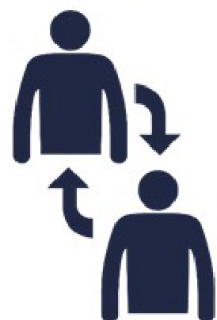
7v7 (6 field players and 1 goalkeeper - game may not start or continue if less than 5 players on a team)

## LAW 11- OFFSIDE



Offside- the build-out line may be used to denote players in an offside position.

## SUBSTITUTIONS



Substitutions are unlimited and can occur at any stoppage

## REFEREES



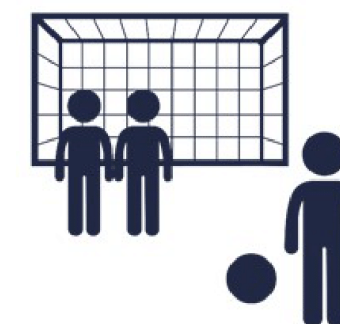
Referees must have minimum certification as the U.S. Soccer Grassroots Referee License. Other Match Officials are used at the discretion of the competition

## TIME



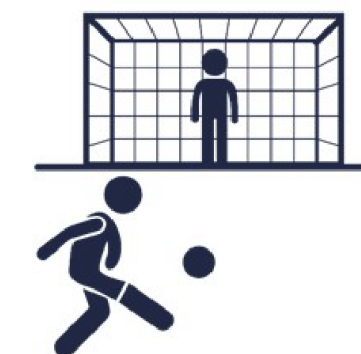
2x25 halves  
10 -minute haltime  
No added time

## LAW 13



Free Kicks

## LAW 14



Penalty Kick

## START/RESTART PLAY



Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play

## FREE KICKS



For all free kicks, opponents should be 10 yards away from the ball on all restarts

## LAW 15



Throw-in

## SHIN GUARDS



Shinguards Required

## HEADING



No heading



## Player Development Philosophy

- Results and standings should not be recorded
- Travel should be limited as much as possible
- Players should not be participating in events (tournaments, showcases, festivals, etc.)
- Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted

# U.S. SOCCER GRASSROOTS PLAYER DEVELOPMENT FRAMEWORK



GAME MODEL: 7v7

AGES: 9 - 10

## 7v7

DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY QUALITIES	ATTACKING PLAYER ACTIONS	DEFENDING PLAYER ACTIONS	PLAYER BEHAVIORS	COACH BEHAVIORS
<p>"Playing as team."</p> <p>Learning the basic understanding of attacking, defending, and transition by playing as a 7v7 team.</p>	<p>Developing relationships with the other players, how decisions and movement affect others (teammates and opponents)</p> <p>Experiences in game-like situations for key qualities related to attacking and defending</p> <p>Experiences of attacking and defending as a team</p>	<p><b>In addition to the KQs of a 4v4 player:</b></p> <ul style="list-style-type: none"> <li>Aligns own actions with the other players, positions</li> <li>Challenges opponents</li> <li>Deals with adversity</li> <li>Is proficient in 1v1 situations to create or to steal/regain the ball</li> </ul>	<p><b>U6</b></p> <ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> </ul> <p><b>U7/U8</b></p> <ul style="list-style-type: none"> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> </ul> <p><b>U9/U10</b></p> <ul style="list-style-type: none"> <li>Create a 2v1 or 1v1</li> <li>Change the point of attack</li> </ul>	<p><b>U6</b></p> <ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> </ul> <p><b>U7/U8</b></p> <ul style="list-style-type: none"> <li>Make it compact</li> <li>Keep it compact</li> </ul> <p><b>U9/U10</b></p> <ul style="list-style-type: none"> <li>Pressure, cover, balance</li> <li>Outnumber the opponent</li> </ul>	<p>Participate enthusiastically in competitive activities</p> <p>Practice repeatedly to get better</p> <p>Take losing hard, in practice and games</p> <p>Want to know "why"</p> <p>Need lots of positive reinforcement</p>	<p>Encourage them to try to win, but always be fair</p> <p>Recognize their effort, give them things to practice on at home</p> <p>Focus on how they play and improve, not the results</p> <p>Guide them toward finding the answers themselves</p> <p>Give plenty of praise</p>
				<p><b>A&gt;D</b> Defend as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach).</p>	<p><b>D&gt;A</b> Attack as quickly as possible (transition is always a part of attacking and defending but is not a focus for the Grassroots Coach).</p>	



## Build Out Line

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, 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 (punts and drop kicks are 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 opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area



## Build Out Line

- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt or drop kick 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



## Build Out Line

- The build out line will also be used to denote where 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



## Build Out Line Practical Applications

- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes



## Build Out Line Practical Applications

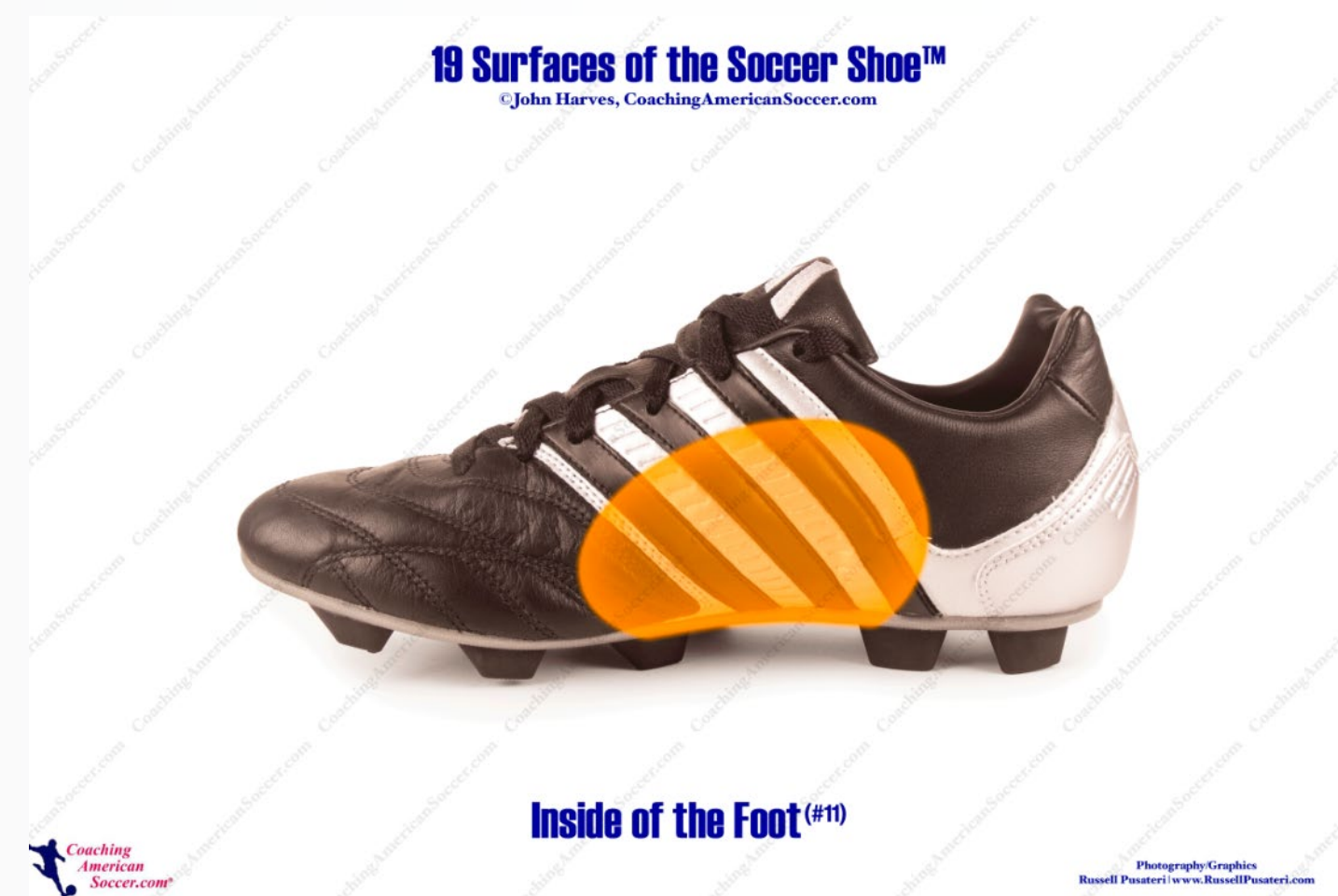
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the 8 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line



## Remember Focus from U6/U8

Dribbling- Upper outside of foot

Passing- Inside of foot



# 7v7 Standards of Play



## Defenders

Defenders do everything they can to make sure that the ball does not get past them. If there is not a sweeper in play, defenders are the last position the opposing team will encounter on their way to scoring a goal, besides the goalkeeper.

This position typically starts the game close to their own goal box. During the game, they can typically be found anywhere on their team's half of the field. This is between their goal line and the midfield line. Defenders are often expected to perform throw-ins, goal kicks, and corner kicks on their own side of the field.

## Midfielders

Midfielders spend a lot of time playing different roles in a game. This is a very important position because they typically need to be good at defense and offense.

Some of their main duties include:

- Assisting the defense in making sure the opposing team doesn't get anywhere near their goal.
- Getting the ball passed up to the forwards for them to score a goal.
- Making their way to the opposing team's goal and scoring if the opportunity arises.

The territory for this position can vary quite a bit depending on who you ask. It is not surprising to see a midfielder in almost any area of the field. But for the most part, they should stick to the central area. At the beginning of the game, they are positioned behind the forwards. During the game, they often cover the halfway point between their own goal line and the midfield line. They can also cover between the midfield line and their opponent's goal line.

Midfielders will sometimes take penalty kicks, throw-ins, kick-offs, and corner kicks. It depends on who is the strongest at these.

## Forwards

Forwards, also known as strikers, have the main objective of scoring goals. They are often the players who get the most attention since their role is designed to be in a scoring position. They start the game on the midfield line (the line that divides the field in half). During the game, these players typically go as far forward as the opponent's goal line (the end of the field). They do not usually get much closer to their own goal than the midfield line. When the ball is in play near their own goal, forwards are expected to stay around the midfield line so that the defensive players can do their job. They need to be ready to attempt to score when the ball comes back their way.

Forwards are often the players that take penalty kicks and corner kicks when the opposing team kicks the ball out of bounds. They are usually the players responsible for kicking off at the beginning of the game and at halftime.

# Formation Progression



7v7 1-3-2-1



buildlineup.com

9v9 1-3-3-2



buildlineup.com

11v11 1-4-3-3



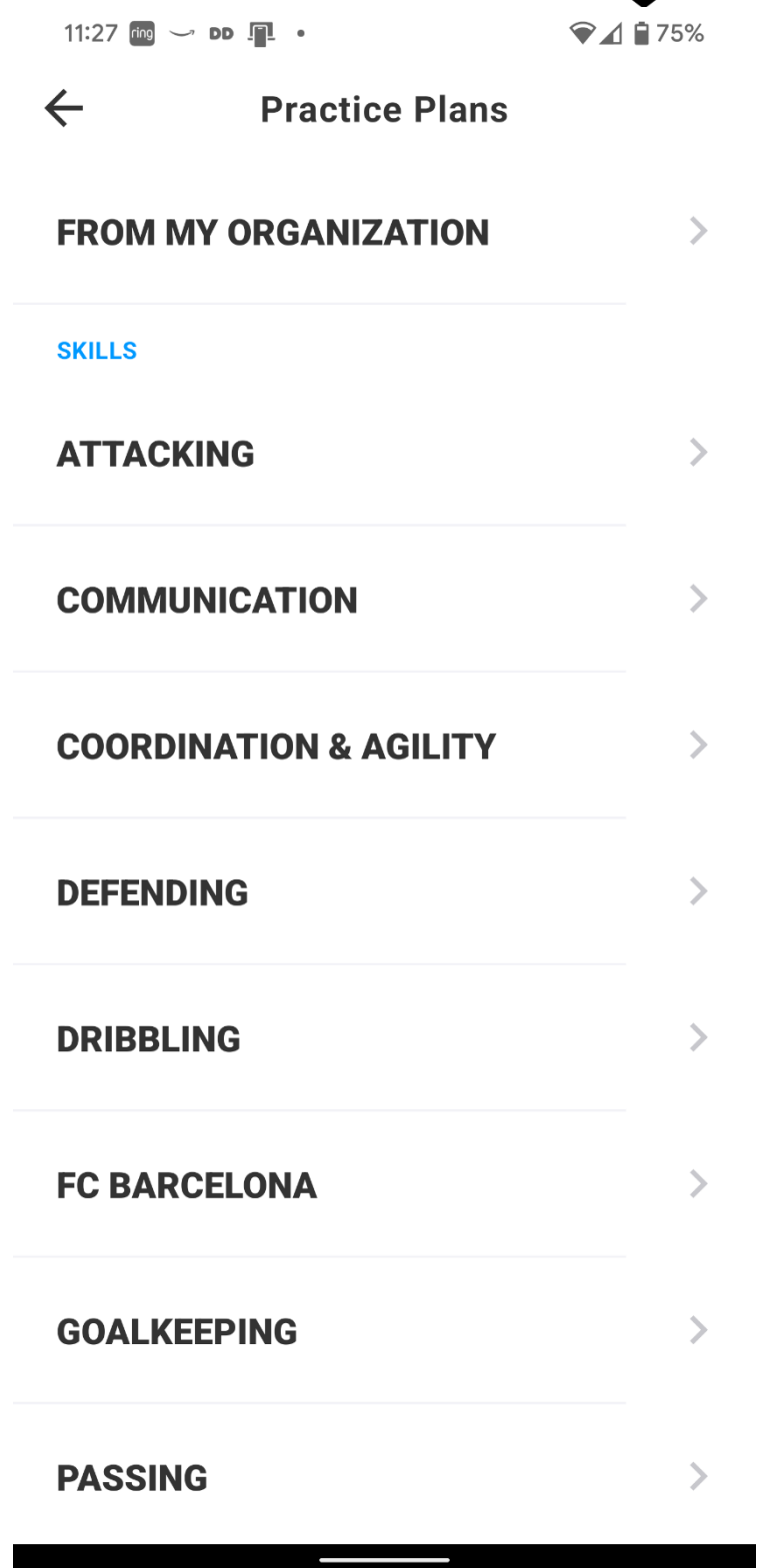
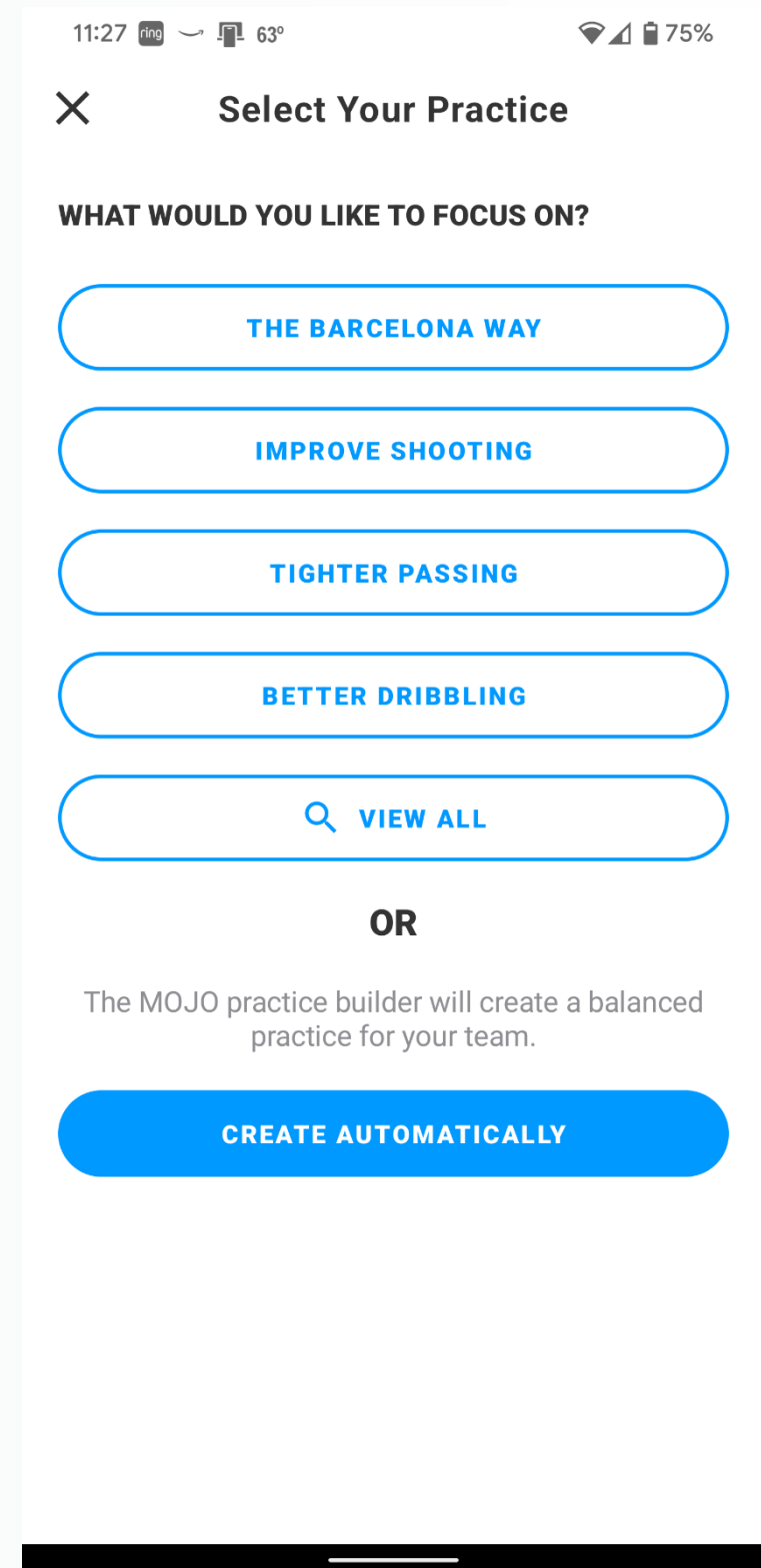
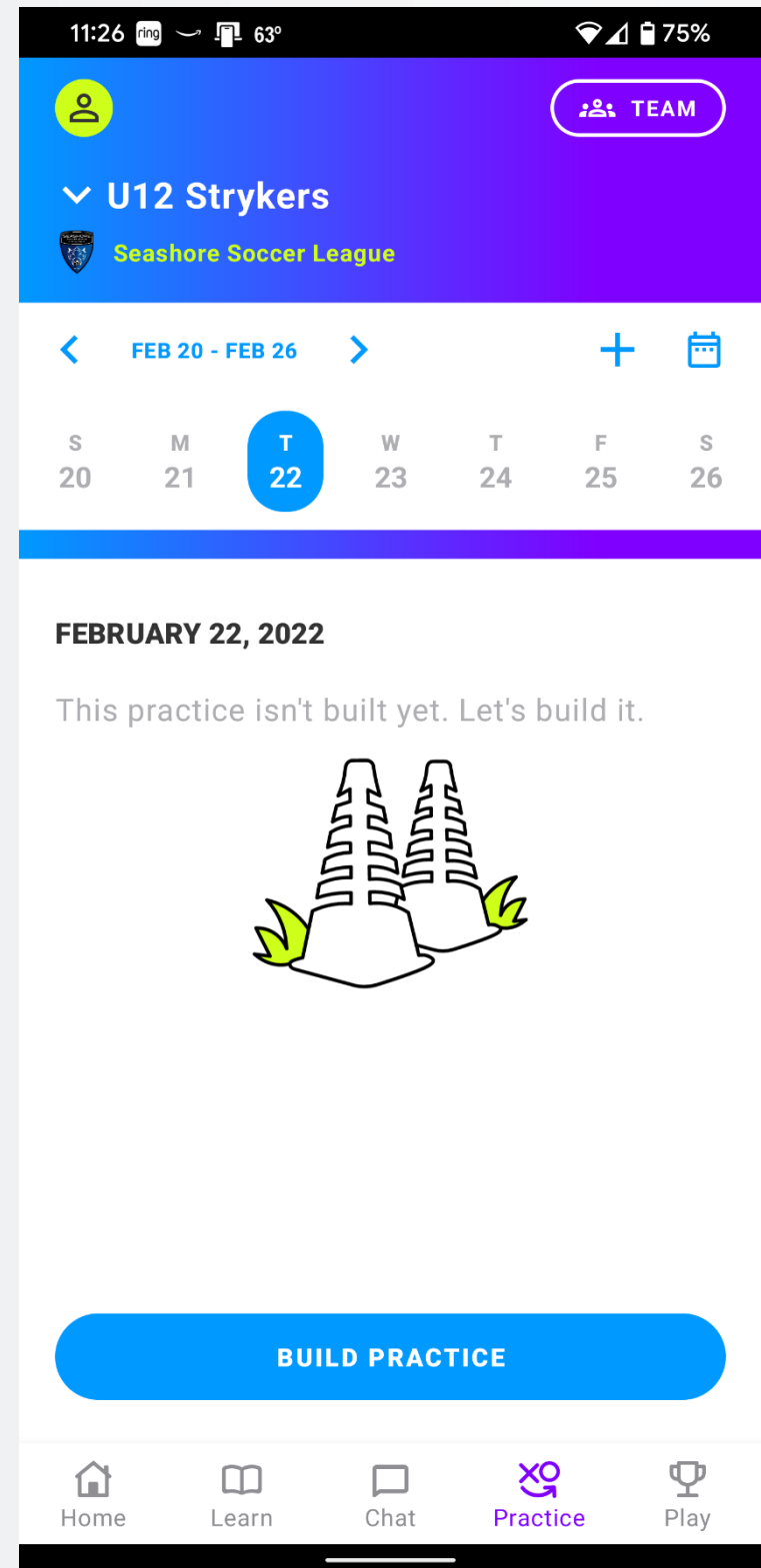
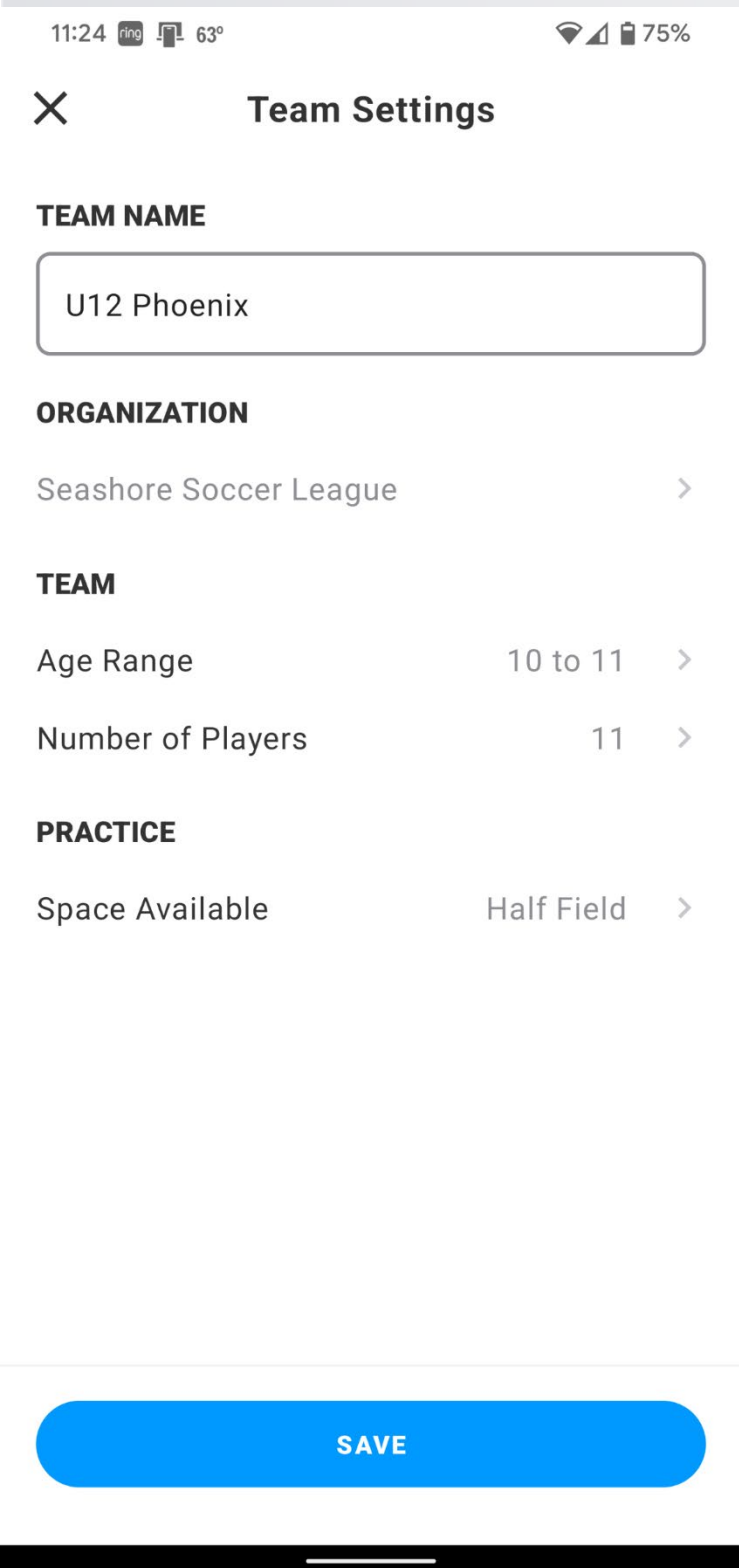
buildlineup.com



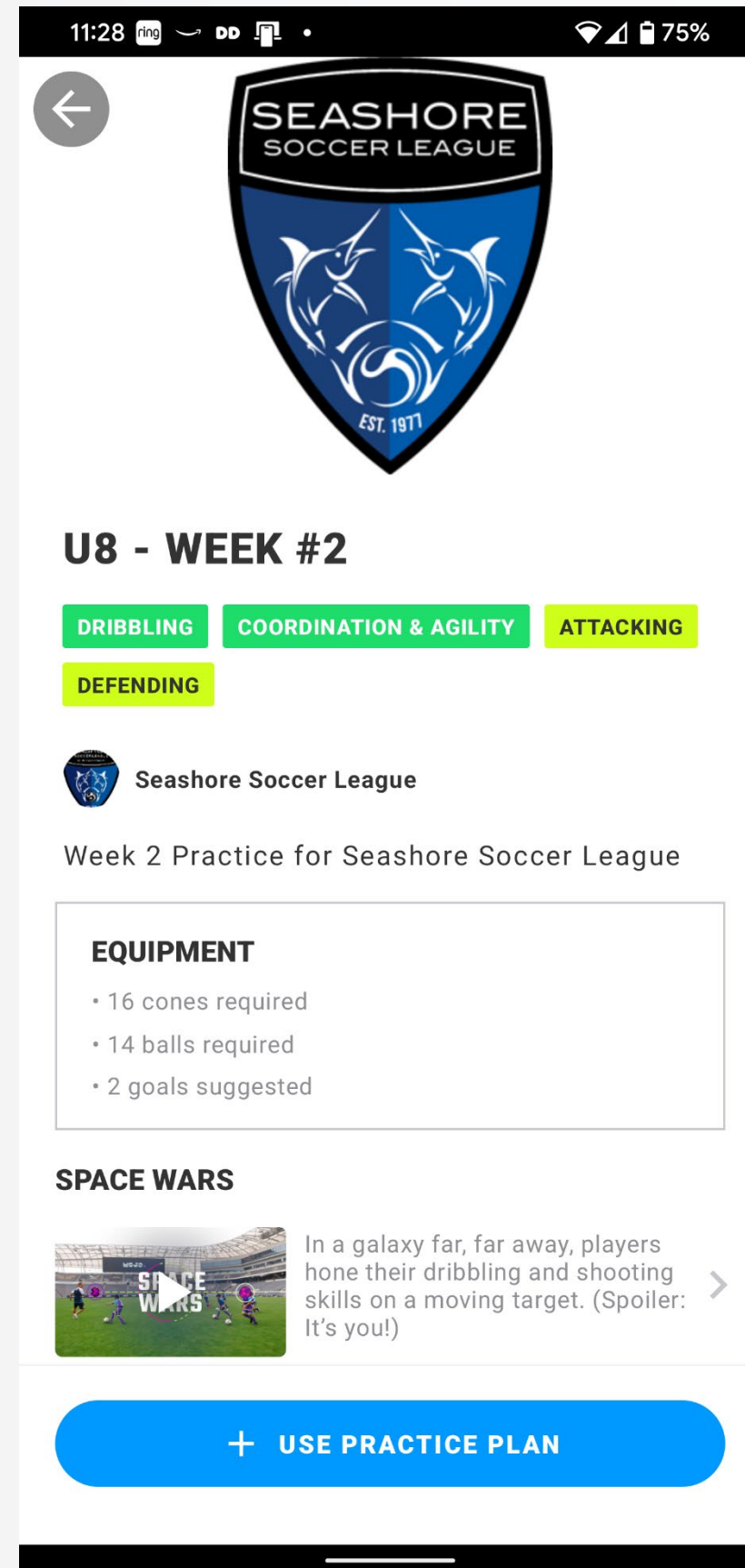
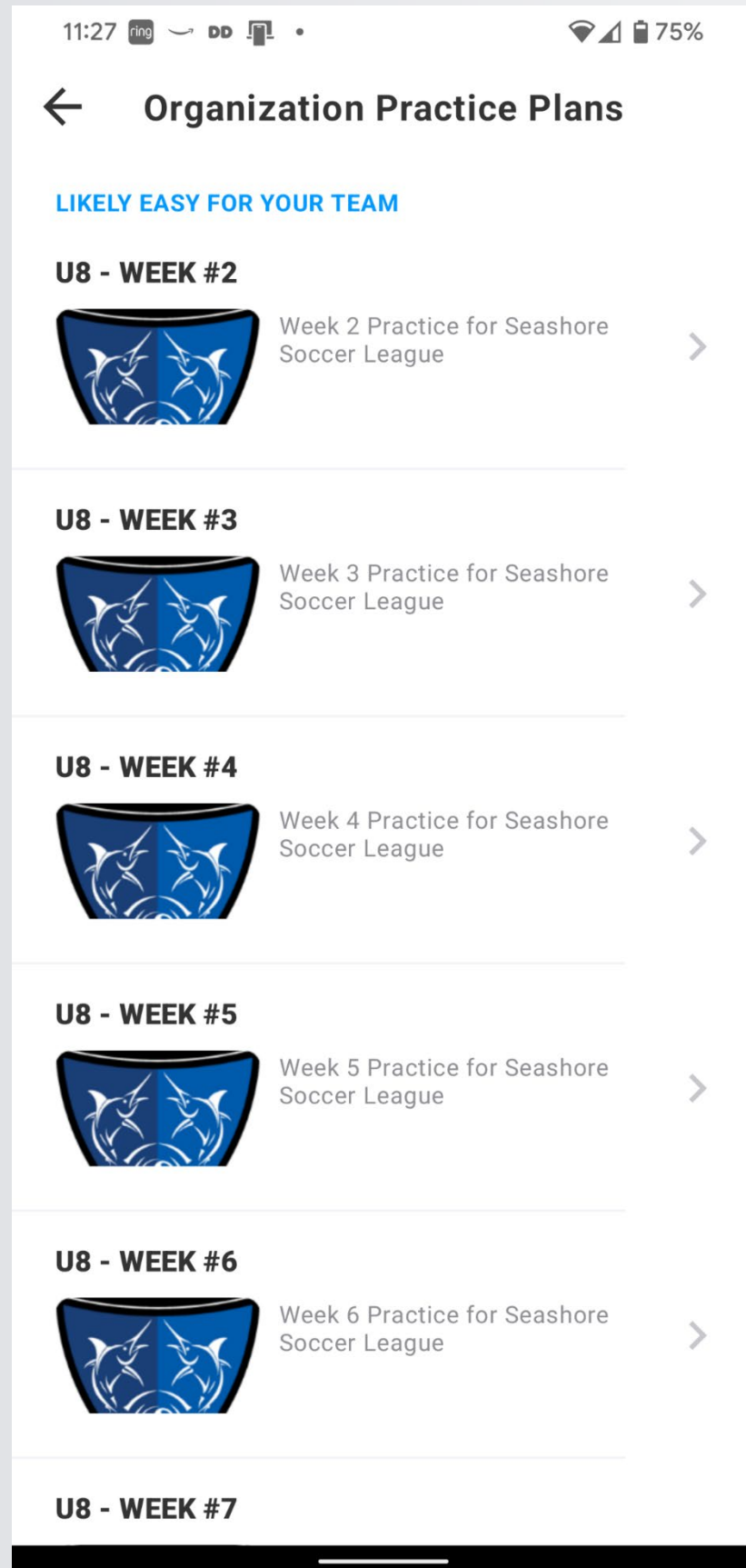
# 10 Best Soccer Passing Drills for U8, U10, U12 | Fun Soccer Drills by MOJO

[https://youtu.be/Kb58F3r\\_TQM?si=xcNdelb5W2zI0Cx0](https://youtu.be/Kb58F3r_TQM?si=xcNdelb5W2zI0Cx0)

# MOJO App



# MOJO App



# Coaches Expectations



## Highlights from Keys To Positive Coaching

**Fan coaching.** Many inexperienced coaches act like the fans in the stands: They react to everything that moves. Their continual chatter tends to become annoying to the players who are trying to concentrate. The good advice is lost in the avalanche of words.

Too much information confuses youngsters. Keep your coaching points concise and specific – simple and to the point. Remember, one dime’s worth of coaching is equivalent to one dollar’s worth of practice.

**Coaching the game and not the players.** This partly ties into the “fan coach” mentality. Big statements such as “make space” and “don’t bunch” may be actual observations. Still, a good coach will stop, correct, and individualize his instruction to a specific player.

Good coaches are like good doctors. They treat each individual’s specific problem. You never see them walk into their waiting room and start throwing aspirins at everyone, every patient. They recognize each patient as a different specific problem. They will diagnose the problem and then make it right, just like a coach would do with a soccer player.

Keys To Positive Coaching  
By Coach Graham Ramsay  
DoC, Author, Clinician, etc. Etc.

<https://fundamentalsoccer.com/keys-to-positive-coaching/>

# Coaches Expectations



- When coaching, remember to include all players on the team, not just the athletic ones.
- Make sure all players participating.
- Pass the ball around to include all players
- Don't forget to include keepers.

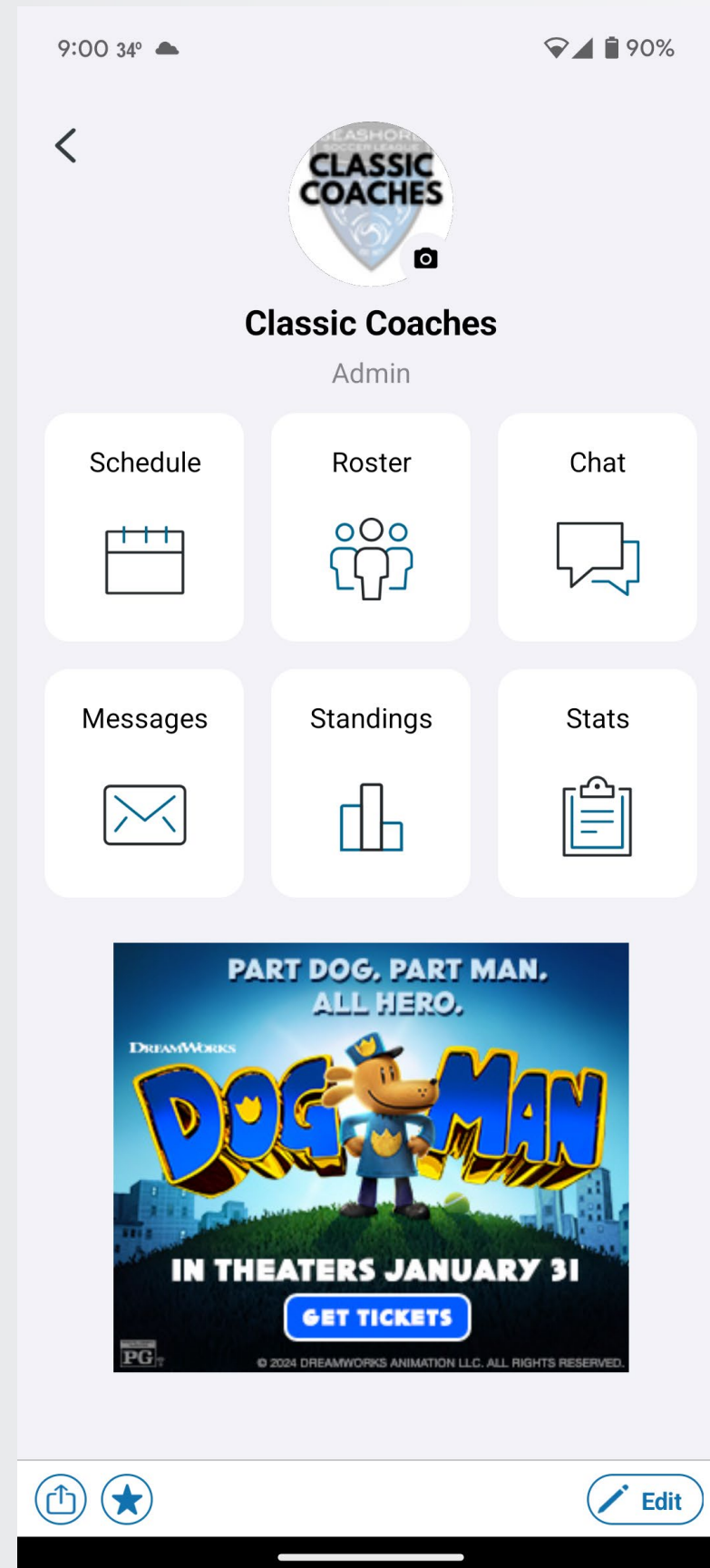
# Coaches Expectations



Follow Coaches Code of Conduct (in registration and on website)

- Highlights from Code-
  - As a head coach, I understand I am responsible for the behavior of my team's assistants, parents, and fans at all games.
  - I will do my best to keep all players, parents, and spectators at least 3 yards off the sideline of the playing field.
  - I will inform parents and spectators that no one is allowed behind the goal line at any time for the safety of everyone.
- Understand that coaches can receive cards (yellow/red), be ejected from a game, or be suspended from games.
- Coaches will also be held accountable if a parent from their team does not compile with a referee or field marshal.
- Incidents involving a referee who is a minor, discipline will be more severe.

# SportsEngine App



Make sure to use all the features available on the SportsEngine App

- Use Chat for quick reminders
- Use Message to send out an email at least once a week. Parents like to be kept in the loop on players development. Could be just a quick email letting them know what you are planning for practice or how the game went.
- Make sure everyone is using the RSVP on the Schedule so you know who will be at the practice/game.
- Use the schedule if you are planning an after season gathering.

# SportsEngine App



## Add a Guardian from the Mobile App

Step 1: Log in to the SportsEngine mobile app

Step 2: Tap Account from the bottom menu

Step 3: Select the athletes that the person will be a guardian for

Step 4: Tap the Guardians tab

Step 5: Tap the plus sign (+) or Add Guardians

Step 6: Enter the new guardian's Email Address

Step 7: Tap the Checkmark to send an invite to the guardian

The invited guardian will appear on the Guardians tab as Pending until they accept their invite in their Dashboard. You can resend a guardian invite at any time by tapping Resend next to the guardian's name. You will receive an email when the guardian has accepted the invite.



Thank you for volunteering to coach.  
Recreational soccer cannot happen  
without you!

# Contact Information



## Questions?

Contact Info:

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