



YOUTH COACHES CLINIC

U8-U10

BEFORE WE START



THANK YOU



ABOUT THE GAME

- 5v5 including a goalie
- 11 minute quarters
- Subbing on the fly
- Kicks are indirect*
- NO PKs
- NO heading
- NO offsides
- NO slide tackling
- Size 3 ball

* Kick off, corner kicks, and goal kicks are all direct

OSC Match Rule Summary

	U6	U8	U10	U12	U14	U19
Players	4v4	5v5 including goalie	7v7 including goalie	9v9 including goalie	11v11 including goalie	11v11 including goalie
Duration	7 min break	11 min break	25 min break	30 min break	35 min break	45 min break
Substitution	on the fly, unlimited	on the fly, unlimited	on the fly, unlimited	unlimited	unlimited	unlimited
Free Kicks	all indirect	all indirect	indirect or direct 5 yds	indirect or direct 8 yds	indirect or direct 10 yds	indirect or direct 10 yds
Penalty Kicks	PK	PK	PK	PK	PK	PK
Heading	no heading	no heading	no heading	no heading	heading	heading
Offsides	no offsides	no offsides	offsides	offsides	offsides	offsides
Slide Tackling	no slide tackling	no slide tackling	no slide tackling	no slide tackling	slide tackling	slide tackling
Ball size	3	3	4	4	5	5

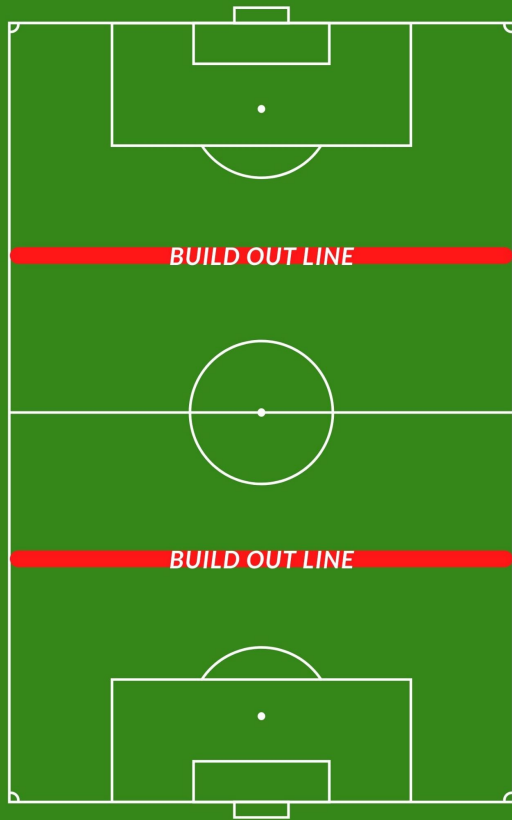
ABOUT THE GAME

- 7v7 including a goalie
- 25 min halves
- Subbing on the fly
- Both direct and indirect kicks
- YES PKs
- YES offsides
- NO heading
- NO slide tackling
- Size 4 ball

OSC Match Rule Summary

	U6	U8	U10	U12	U14	U19
Players	 4v4	 5v5	 7v7	 9v9	 11v11	 11v11
Duration	 7 min mid-break	 11 min mid-break	 25 min mid-break	 30 min mid-break	 35 min mid-break	 45 min mid-break
Substitution	 on the fly, unlimited	 on the fly, unlimited	 on the fly, unlimited	 unlimited	 unlimited	 unlimited
Free Kicks	 all indirect	 all indirect	 indirect or direct	 indirect or direct	 indirect or direct	 indirect or direct
Penalty Kicks	 PK	 PK	 PK	 PK	 PK	 PK
Heading	 no heading	 no heading	 no heading	 no heading	 heading	 heading
Offsides	 no offsides	 no offsides	 offsides	 offsides	 offsides	 offsides
Slide Tackling	 no slide tackling	 no slide tackling	 no slide tackling	 no slide tackling	 slide tackling	 slide tackling
Ball size	 3	 3	 4	 4	 5	 5

BUILD OUT LINE BASICS



- When GK has the ball, the opposing team must retreat behind the build out line. GK's teammates do not.
- GK does not have to wait for opponents to retreat. They may pass the ball immediately and, no infraction will be called against opposing team for being past the build out line.
- The GK is not allowed to punt or drop-kick the ball.

BOL Cont'd



OFFSIDES



OFFSIDES



**Growing up
Building OUT.**



OSC's new player
development initiative

BUILD OUT LINE & OFFSIDES

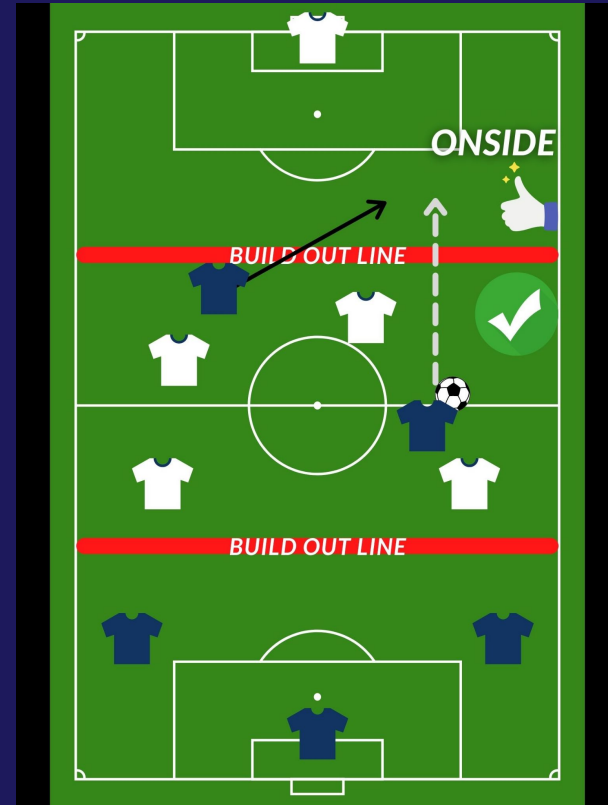
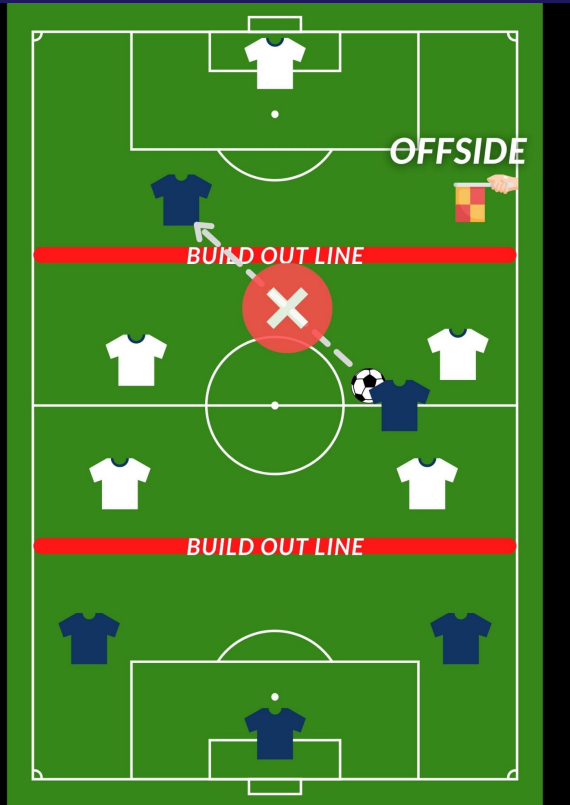
OFFSIDES vs ONSIDES

Offside can only be called beyond the opponents build out line.

A player commits an offside offense when they are beyond:

- the Build Out Line
- second-to-last defender
- the ball

the moment the ball is passed to them



3 GOAL RULE



The 3 Goal Rule Test

A player makes a goal; should it count?
To find out, ask...

Has the player already scored?

NO

YES

Has the player already scored THREE goals?

NO

YES

Was the player's team up by 3 or more goals at the time of the potential goal?

NO

YES

GOAL!

Restart with a KICKOFF for the defending team.

NO GOAL.

(No exceptions.)
Restart with a GOAL KICK for the defending team.

THREE GOAL RULE:

To keep games competitive and fun for all players, OSC limits goal scoring in certain situations.

- 1) Each player is limited to 3 maximum goals per game, and
- 2) while a team is up by 3 or more goals, any player from that team who has scored is ineligible to score again.

If a goal is scored by a player who falls under the 3 Goal Rule, the result is a **goal kick** for the opposing team.

CHARACTERISTICS OF YOUTH PLAYERS

- Need to move/fidgety
- Limited attention span
- Like to help
- Want to be liked and accepted
- Need clear boundaries and expectations
- Starting to become more self-critical
- Biggest difference between U8-U10 is the beginning shift in focus from **ME** to **WE**

TIPS FOR COACHING THIS AGE

DO

- Play, practice, play
- Encourage mistakes
- 5 minutes or less
- Utilize wait time
- Specific corrective feedback
- Pick their teams/partners
- Work in pairs
- Find a strength in each kid
- Have fun!

DON'T

- Lines, laps, lectures
- Elimination games
- Use too many cues
- Over-focus on specific players
- Wing it
- Ignore spacing & direction
- Swear at/in front of them
- Tear them down

BASIC SKILLS, TECHNIQUES, & VOCAB

- **Dribbling:** moving the ball forward using different parts of the foot
CUES: keep it close, light touches, inside/outside, if you have space
- **Passing:** striking the ball to a teammate
CUES: plant foot, open hips, over the ball, when a defender pressures
- **Receiving:** controlling a ball kicked to you aka trapping
CUES: heel down/toe up, soft touch, footprints
- **Shooting:** forcefully striking the ball towards the goal
CUES: eye on the ball, plant foot, lock ankle, say no to toe, follow through
- **Throw Ins:** puts the ball back in play on the sideline
CUES: behind the line, behind the head, feet down

BASIC SKILLS, TECHNIQUES, & VOCAB *cont'd*

- **Goal Kicks:** puts the ball back in play after player has kicked it out on opposing goal line *
- **Corner Kicks:** puts the ball back in play after player has kicked it out on own goal line
- **Build Out:** moving the ball strategically from your goal to the opposing
- **Clear it:** kicking the ball as far away from the goal as possible *
- **Moving off the ball:** moving around the field without the ball, creating openings/passing lanes

U8 FORMATIONS & POSITIONS



1-2-1 (Diamond)

- + Balanced
- + Effective
- Requires discipline from CD

2-2 (Square)

- + Outnumbers CD in 1-2-1
- FW might not help DF
- Harder to build up out of the back

2-1-1 (or 1-1-2) (Pyramid)

- + Balanced
- + Can invert for more attack
- Narrow

Ottawa Soccer Club prioritizes creating well rounded soccer players.
It is important for players to learn about, and experience, playing every position.

U10 FORMATIONS & POSITIONS



2-3-1

- + Balanced
- + Clearly defined roles
- Requires defensive discipline

3-2-1

- + Central support
- + Possession focused
- Narrow
- CD's role will be fluid

2-1-2-1

- + Striker has support
- + Allows for quick transition
- Roles are more fluid

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It is important for players to learn about, and experience, playing every position.

GAME DAY PROTOCOL

Pre-Game:

- Arrive early & warm up your players.
- Choose captain for the coin toss.
- Inform players their positions and roles
- Hype your players up!

Half time:

- Address each player as they come off the field/bench to the huddle
- Keep adjustments few and simple
- Focus on strengths
- 2nd half positions/starters
- Hype your players up!

Post-Game:

- Line team up to shake hands and thank referees.
 - Gather team for a post game chat.
 - Throw all trash away.
 - If you're the last to play on a field, put benches and flags away.
- Winning coach is responsible for recording the score in SportsEngine.

CONCUSSIONS

- Concussion Management EAP
- Concussion Recognition Tool
- Players with head injuries should be removed from play and only re-enter the game if a medical professional evaluates and clears them.
- Before returning to play, any athlete diagnosed with a concussion must be **symptom free**, complete a gradual progression protocol, and be cleared by a medical professional.

PRACTICE CONSIDERATIONS

- Show up early/stay til everyone leaves
- Player turnout
- Sun, direction, and spacing
- Limited equipment
- Skill imbalance
- Can you see everyone?

- Is it organized?
- Is it game-like?
- Repetition.
- Is it challenging?
- Is there effective coaching?

PRACTICE BLUEPRINT

Play, Practice, Play

Until everyone arrives:

- Have 1-2 small fields set up and have the kids play 2v2, 3v3, etc.
- Use this time to finish setting up, play with the kids, or just observe

10-20 min: Warm Up – **PLAY** continues BUT...

- Introduce key words, rhetorical guided questions, and goal of session. Let them play.
- Stop halfway through to ask questions, give feedback, and remind them of goals

10-15 min: Fun/Silly game related to goal or desired outcome of practice

10-15 min: **PRACTICE** 3v2 drill to goal.

- During the practice phase, there will be more specific feedback and guidance. Pausing play can happen more frequently.

15-20 min: **PLAY** (aka scrimmage)

QUESTIONS?

This QR code will link to a form where you can fill out any lingering questions we didn't get a chance to cover!

