



## **EARLY DEVELOPMENT STAGE**

### **U9 and U10**

#### **Characteristics of age 8-10**

##### **Physical Attributes**

- Poorly developed muscles, tremendous energy, strong cardiovascular system

##### **Motor Skills**

- Good coordination with some difficulties, enjoys movement

##### **Psychological Aspect**

- Looks up to adults and idols, limited social awareness, uncritical of own achievements or other, short attention span and sensitive

##### **Competitiveness & Motivation**

- Likes competition but it's not the end, pure enjoyment through play and playful games

#### **Coaching Objectives**

- Main emphasis on skills
- Many repetitions in practice
- Simplify games to scoring and not to be scored on
- Begin to link skills to game such as dribbling (head up, keep ball close)
- Introduce some basic individual and teamwork ideas such as width and depth and movement without the ball
- Individual roles and positions in 4v4 and 7v7
- Individual role with in the two moments of the game (we have the ball / they have the ball)

## **Practice Focus**

- Proficiency in all skill with both sides of the body
- Play small sided games such as 1v1 and 4v4
- 1v1 against defenders and the goalkeeper
- Reinforce importance of proper technique
- Emphasize individual skills through fun games based on specific themes
- Possession exercised 3v1, 4v1
- Teach individual defense

## **U9 & U10 Emphasis**

### **Technical**

- Short passing (first touch and one touch)
- Scoring – long passing (instep)
- Dribbling (feints, moves, and cuts)
- Dribbling for speed
- Heading (using softer balls)
- Throw-ins

### **Tactical**

- Using space – making the field big
- Stay in position (roles)
- Shielding when dribbling and passing
- Principles of individual defense and offense
- Marking goal-side and ball- side
- Small sided situations 1v1, 2v1, 2v2, 3v2, 3v3, 4v4
- Goal scoring

### **Personality**

- Sportsmanship
- Communication