

RIO RAPIDS SOCCER CLUB

U10 Age Group Objectives

Objectives	Technical	Improve individual and collective basic soccer technique - both feet
	Physical	Develop speed, change of pace, coordination and balance with and without ball
	Psycho-Social	Motivation/love of the game. Positive interaction with team mates
	Tactical	Individual tactical decisions with and without the ball
		Attacking and defending principles - small group - 1v1, 2v1, 2v2
		Rules of the game - offside rule, throw-ins
Basic understanding of team shape		
Organization	Players per team	9 to 11 (max roster size of 14)
	Player to ball ratio	3:1
	Training to game ratio	3:1
	Session time	75 minutes maximum
	Game format	7v7
	Session structure	Technical warm-up activity related to phase/theme/principle - 15 minutes
		Whole activity focused on phase/theme/principle - 20 minutes
		Part activity focused on phase/theme/principle - 20 minutes
		Small sided game focused on phase/theme/principle - 20 minutes
Recommended minimum playing time	50%	
Recommended playing positions	Positional rotation	
Recommended min. coaching license	Premier: National Youth & D License; Academy: YM 1 & E License; Team: YM 1 & F License	
Outcomes	Players will be capable of:	2-3 moves to beat a defender
		2-3 moves to turn away from defender
		Making decisions on dribbling vs running with ball
		Making decisions on when to pass vs when to shoot
		Making decision on when to turn vs when to beat defender
		Being able to shield ball from other players
		Spatial awareness (spreading out) - basic team shape
		1v1, 2v1, 2v2 concepts
		Pressuring the ball when the opposition has the ball



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	Individual ball work	Passing & Ball Striking	Receiving	Defending	Goalkeeping
Technical	Ball Mastery	Introduce Front foot passing	Introduce receiving ball across body	Introduce basic 1v1 defending techniques	Basic Goalkeeping
	Dribbling - Small touches	Introduce Passing - Inside of foot (speed and weight)	Develop receiving - Inside of foot		Goalkeeper Specific Training
	Running with the ball - Big touches	Develop Ball striking	Introduce receiving - outside of foot		Color Key
	Develop Moves to beat a defender		Introduce peripheral awareness of surroundings prior to receiving ball		Priority
	Develop Moves to turn away from a defender			Secondary	
	Develop Shielding			Third	
Physical	Agility	Change of Direction with and without the ball	Change of speed with and without ball	Develop Spatial awareness	Coordination & Balance
Psycho-Social	Motivation/Love of the game	Sportsmanship	Self Confidence	Respect & Discipline	Teamwork
	Punctuality	Appearance	Competitiveness/Desire	Responsibility	Commitment
Tactical	Possession Phase		Defending Phase		
	Develop When to run with ball - Space	Develop Pressuring ball (Defensive principle)			
	Develop When to dribble the ball - Pressure	Introduce defending 1v1 concept of delay			
	Develop When to pass/shoot	Introduce defending pressure and cover			
	Develop 1v1 and 2v1 concepts with direction	Develop understanding of the rules of the game (eg throw-ins, Offside rule, goalkicks, corners etc)			
	Introduce 2v2 and 3v2 concepts with direction				
	Introduce 3v1, 4v1 to possess (playing simple, playing the way facing, playing away from pressure)				
	Develop When to turn or when to beat defender				
	Develop team shape.				
	Develop positional roles				
	Introduce width, and how to achieve it				
	Introduce transition to attack & Defense				
	Introduction of movement ideas eg overlapping, fading away, checking to ball				