

Managing the U10 (3rd & 4th Grade) Game: Make it Fun!!

Program Format:

- 15 min practice
 - Consist of 2-3 activities focused upon the players having fun and mastering the ball
 - Pick 2-3 activities from the U10-U12 Coaches Practice Guide; activities should have the same theme i.e. Dribbling, Passing, Shooting
- 45 min game/scrimmage- two 22min halves
 - Play 7v7 if numbers allow, please reduce numbers if one team is short to keep teams even
 - Unlimited substitutions with the referee's permission on throw-ins, goal kicks, and after a goal.
 - Corner kicks, goal kicks, indirection and direct free kicks will be enforced
 - Buildout 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. 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 during a goal kick until the ball is put into play.
 - Offsides= 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 goal line
 - No penalty kicks, no yellow or red cards

Focus for U10 (3rd & 4th Grade) Players: Mastery of the Ball

- The foundation for all future development is built upon players being comfortable with the ball at their feet.
- Players must mastery this ability first before things like attacking, defending, team shape, and tactics are learned.
- If mastery of the ball does not take place, players will be limited in their ability to successfully execute more complex aspects of the game.
- Find ways to teach, tell, and demonstrate dribbling abilities and mastering the ball
 - Dribble fast by using your laces
 - Change direction- using the inside, outside, bottom of your feet
 - Change your speed
 - Adjust the size of your touch to small when other players are close and bigger when players are not around to go faster
 - Deception moves- feints, shot fakes, cuts

Things to say to players during the game:

- Dribble!
- Don't panic, keep possession of the ball
- Great effort!
- Good idea!
- Find a pass- ask players to look for their teammates rather than just kicking the ball
- Make the space bigger- can teammates move away from the player with the ball to create space to make a pass or dribble
- Keep possession/ keep it for us

Things to avoid saying during the game:

- Kick it!
- Smash it!
- Get it out of there!
- Boot it!
- Stop dribbling or don't dribble there!
- Be careful about the tone of voice and volume of your voice when coaching. We don't want players to panic when they get the ball because you are communicating to them in a very aggressive tone of voice and volume.

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