

NYSA



UNDER 9/ UNDER 10

2010 COACHES HANDBOOK

Truths about Children and Sports

1. Fun is pivotal; if it is not 'fun', young people will not play
2. Skill development is crucial aspect of fun; it is more important than winning even among the best athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).

Characteristics of Under 10's

1. Lengthened attention span
2. Still in motion, but not so busy
3. Psychologically becoming more fun
4. Boys and Girls beginning to develop separately
5. Overall and small motor skills becoming more refined
6. Prefer team type balls and equipment
7. Pace factor becoming developed (able to think ahead)

In the Golden Age of Learning, under 10's, players are like sponges in their ability and willingness to learn. Their relationship with parents, teachers, and coaches is at its optimum. Players will also do things for the pleasure of doing it. They should therefore be given the opportunity to practice all kinds of skills and solutions to soccer problems in a play environment. Their endurance will be increasing and the amount time that can be spent playing soccer will increase and as long as they are having fun and getting lots of repetitions on the ball they will continue to improve as players.

Parents will also play a very crucial and an important role during this time; they are still the most influential adult in their child's life. Their enthusiasm for the game is crucial to their child's enthusiasm for the game. However, many parents are not content simply to provide encouragement and their encouragement turns into instructions and before long there will be as many coaches as there are players. This also has a tendency to lead parents and coaches to make every decision for the players like they are playing a playstation game. For children to enjoy the game and develop as players they need the chance to make good decisions and bad decisions, mistakes and great plays for themselves. You should also remember that you can help a player a lot by correcting him, but even more by encouraging him. Encourage players loudly and they will continue to try and do what is right, building in self esteem and confidence. Correct them quietly and you will not instill a fear of making a mistake or trying new things.

Important Numbers and Emails

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Good Websites to Visit

<http://www1.normansoccer.org/> Norman Youth Soccer Association

www.OKFCSoccer.com Frontier Country Soccer Club

www.OKSoccer.com Oklahoma Soccer Association

Structure of Soccer in the United States

**Norman Youth Soccer Association—Frontier Country Soccer Association—
Oklahoma Soccer Association—USYSA Region 3—United States Youth Soccer
Association—USSF**

Team Set Up Basics

Schedule a parent meeting before your first game. The meeting can be in a formal setting or it can be part of a fun event, like a picnic or parent-player game. Key points to cover in the meeting would include:

Explain your coaching philosophy should include

Players exposed to different positions

Positive Environment

Fun Activities

Smiles and appropriate behavior

Goals for the season

Practice days and policies

Parent Responsibilities

Get volunteers to help with the team

Assistant Coach

Manager

Treasurer

Basic USYSA Under 10 Practice Model

You should train twice per week, still keep practices fun.

Technical: Running with the ball, passing, striking the ball with instep, receiving ground balls, and bouncing balls, Throw-ins, fakes in dribbling, introduce heading and crossing.

Tactics: 1v1 defending, roles of first attacker and defender, 2v1 attacking.

-May now work in groups of 3, 4, or 5

-make instructions short and keep them playing

Warm-up Activity - 10 minutes

2nd Activity - 5 minutes

Water Break - 2minutes

3rd Activity - 10 minutes

4th Activity - 5 minutes

Water Break - 2 minutes

Final Activity – 10 minutes



Practice Plan

Name: _____	Date: _____
Age Group: _____	Theme: <u>General</u>

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Nutmeg Competition</i></p> <p>Mark off a rectangular area and have the team find a buddy. One buddy from each pairs stands with the legs about two feet apart spread out in the area. The other partner needs to have a ball. The players should start to dribble around and on the coaches signal they have to dribble/pass through as many “gates” as possible. Play for 30 seconds and then switch roles. Progressions: Specify how the players must dribble.</p>	<ul style="list-style-type: none"> ▪ Can the players keep their head up to see an open gate?
<p>2nd Activity <i>Dribble to Safety</i></p> <p>Set up an area with two end zones at each end. The players must try to get from one end zone to the other. Between the two end zones should be two or three players with balls. As the players are going from end zone to end zone the players in the middle try to pass their ball into one of the players running to the other end zone. Progressions: Give the people going from zone to zone a ball.</p>	<ul style="list-style-type: none"> ▪ Players going from zone to zone should change their direction/speed to deceive the players trying to hit them
<p>3rd Activity <i>Sequence Passing</i></p> <p>Mark off an area and give everyone a number. The players must pass the ball sequentially from player to player (1 to 2, 2 to 3, 3 to 4, etc.). Progressions: Have the players pass from the highest number to the lowest number. Specify with what surface the players must use to pass the ball.</p>	<ul style="list-style-type: none"> ▪ When a person is about to be passed to they should try to get in the field of vision of the person with the ball so that person doesn’t have to turn ▪ Can players call for the ball as it is halfway to the person that is going to pass it to them (the person receiving the ball will then know where to play their first touch)
<p>4th Activity <i>Wolves and Sheep</i></p> <p>Set up a large rectangular area with four zones in each of the corners. Split the players into two teams and give each team a name. Have the players dribble around randomly in the area. When the coach calls out one of the team names that team leaves their balls and tries to tag members of the other team. The other team tries to dribble to a safety zone without being tagged and earn a point for doing so. Play multiple rounds and see which team can score more points. Progressions: Specify how players must dribble. When a team name is called those players have to continue to dribble their ball.</p>	<ul style="list-style-type: none"> ▪ The players should keep the ball close so when they have to dribble to a safety zone they can take off right away ▪ The first touch when they head to a safety zone should be larger than a normal dribble
<p>5th Activity (the game) <i>Get Outta Here</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game. Progressions: Start with 2v2 and progress to 3v3.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren’t having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Scrimmage 2v2 or 3v3



United States Youth Soccer Association

Practice Plan

Name: _____ Date: _____

Age Group: _____ Theme: _____

Activity/ Coaching Points

Diagrams /

Variations

1st Activity (warm-up)	
2nd Activity	
3rd Activity	
4th Activity	
5th Activity (the game)	



United States Youth Soccer Association

Practice Plan

Name: _____	Date: _____
Age Group: _____	Theme: <u>2v1</u>

Activity/ Coaching Points

Diagrams /

Variations

<p>1st Activity (warm-up) <i>Tails</i></p> <p>In an area 30 x 30 yards each player has a target jersey that they will stick in the waistband of their shorts. The end of the target jersey should be hanging out as a tail. When the coach says begin the players attempt to grab everyone else's tail while keeping his own. After 45 seconds stop the group and count tails. If a player still has their own tail tucked in it counts as two.</p>	
<p>2nd Activity <i>Disguise the Pass 2</i></p> <p>Set up pairs of cones to mark off two goal areas 2 yards wide. These goals should be 10 yards from the starting line. The players are in groups of 3. A receiver stands behind the goals. A passer stands 10 yards in front. A defender stands very close to the front of the goals. The passer attempts to pass the ball through one of the two goals to the receiver. The defender tries to read which goal to defend and intercept the ball. Each player gets 5 attempts.</p>	
<p>3rd Activity <i>2v1 Endzone</i></p> <p>Set up a grid 20 yards x 15 yards. Two Attackers start on one end with a ball against 1 defender. They will try and carry the ball across the end line under control. The two attackers must complete at least one pass inside the box.</p>	
<p>4th Activity <i>2v1 at Goal</i></p> <p>Change the set up where attackers can shoot on the big goal. Use a goal keeper and a defender to stop the 2v1.</p>	
<p>5th Activity (the game) <i>4v4 at goal</i></p> <p>Set up a small field with goals made from cones or from pop up goals. Allow the players to play without too much coaching. Remember the game is the best teacher.</p>	

Coaching U9/U10: Things You Need To Know

-You will play 6v 6 with Goal keepers in U9/U10. Each player must play at least 50% of each game.

-Game Length: The U10 game will be 2 halves. Each half will be 25 minutes long. There will be a five minute break at halftime. You will begin each half with a Kick-Off (see below).

-A center referee will be provided for these games. There will be **no offsides**

****When a team trails by 5 goals they may add one player, when they trail by 8 they may add another. The trailing team may keep the extra players until the goal differential equals 3.**

-Kick Offs: Taken at the beginning of each game, to begin the second half, or after a goal is scored. The ball is placed in the center of the center circle. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Goal Kicks: Goal kicks are taken when the ball goes over the defensive teams endline (line at end of field) off of the opposing team. The goal kick will be taken from anywhere inside or on the line of the small box closest to the goal they are defending. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Corner Kicks: Corner kicks are taken when the ball goes over the defensive teams endline off of the defensive team. The corner kick will be taken from the corner in which side of the goal the ball went over the endline. The player taking the kick has one touch, and may not touch the ball again until another player on the field touches the ball.

-Throw Ins: Throw Ins are taken when the ball goes out off of the opposing team over the sideline (lines on sides of field). The throw In will be taken where the ball traveled over the line. The player taking the throw may not touch the ball again until another player on the field touches the ball. Players incorrectly throwing the ball in will have one "do over".

Game Organization

Pre-Game

- Players arrive, ready to play 15-30 minutes early.
- Warm-up Activity
- Line up and drink of water
- Team Cheer. No aggressive or confrontational language.

During the Game

- ALL Players should play at least 50% of the game.
- Players should be exposed frequently to all positions
- Limit Coaching. Allow players to make their own decisions. DO help but do not joystick
- Positive encouragement and praise for good performance.

Halftime

- Compliment the players as they leave the field.
- Allow Players to relax
- Water and snacks for players and the coach.
- Positive encouraging words to ALL players.
- Line up
- Team Cheer. No aggressive or confrontational language.

Post Game

- Take a deep breath.
- Positive encouraging words to ALL players.
- Shake other teams hands—telling them good game.
- Team celebration Tunnel, snacks, and goodbye.
- Don't review the game with the players.

General Principles when handling an injured player:

- Avoid Panic. Tell the player they are alright
- Treat injury DO NOT assess blame.
- Use common sense.
- Seek professional help if the injury is beyond a minor scrap or sprain.
- Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
- If the injury is serious avoid moving the players.
- Inspire confidence and reassure the player
- Always ERR of the side of caution

Dealing with Minor Injuries

R.I.C.E. Rest, Ice, Compression, and Elevation.

The 6 Things Parents Should Say to Their Player

A lot of soccer parents with good intentions give a 30 minute lecture, covering all the players supposed deficiencies and giving playing advice, in the car on the way to each match. The kids arrive far off their optimal mental state, and dreading the critique they are likely to hear, whether they want it or not, on the way home. Kids who are massaged in this way tend not to play badly, they just tend to not play, possibly to avoid making mistakes.

The easiest way to detect this problem is just to ask the player if it is a problem. Kids are more than willing to share this grief. The easiest way to correct this problem is to speak to the parents, as a group, about your expectations, and to cover this as a routine problem. Many of the parents will recognize themselves if you can present this problem with humor and illustrate the importance of the kids having fun and arriving in a good state of mind.

For best results, parents should memorize and use the following.

before the match

1. I love you
2. Good luck
3. Have fun

after the match

1. I love you
2. It was great to see you play
3. What would you like to eat?