


American Youth Soccer Organization

American Youth Soccer Organization (AYSO)

Presents:

The AYSO U-10 Coaching Course

Everyone Plays® • Balanced Teams • Open Registration • Positive Coaching • Good Sportsmanship • Player Development



American Youth Soccer Organization

U-10 Coaching Course

Hosted by –

Presented by -

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U-10 Coaching Course

The AYSO National Coaching Program is
accredited by:
The National Council for Accreditation of
Coaching Education.
(NCACE)...



American Youth Soccer Organization

U-10 Coaching Course

Overview:

- AYSO Vision & Mission Statement
- AYSO 6 Philosophies
- The Psychology of Coaching
- Team Management
- Training Overview for U-10 Players
- Objectives & Principles of the game
- Teaching Methods
- Techniques
 - On the field
- Training Games
 - On the field...



AYSO

Vision Statement

To provide world class youth soccer programs that enrich children's lives

Mission Statement

To develop and deliver quality youth soccer programs, which promote a fun, family environment based on the AYSO Philosophies...



Open Registration
Everyone Plays
Balanced Teams
Positive Coaching
Good sportsmanship
Player Development...



Who are the most important coaches in AYSO?

You are!...



AYSO Philosophies:

Everyone Plays

- Our program's goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.

Balanced Teams

- Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play...



AYSO Philosophies

Open Registration

- Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Positive Coaching

- Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players...



AYSO Philosophies

Good Sportsmanship

- We strive to create a positive environment based on mutual respect rather than a win at all costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO...



AYSO Philosophies:

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game...



The Psychology of Coaching



The Psychology of Coaching

For the rest of this session,
remember we are not talking
about your child!...



The U-10 Program is a
program of?

Discovery for players...



Working with U-10 Athletes

As coaches we need to recognize that each athlete is an individual with unique needs and that we treat them accordingly:

Understand that players want to enjoy attending practices and games...



Working with U-10 Athletes

Organize your practices and games so that every athlete on your team has an opportunity to develop and maintain positive feelings of self-worth.

Provide positive encouragement to all players for both accomplishments and mistakes...



Working with Young Athletes

Play in this very young age group is meant to give a “taste” of the game, some experience in working together as a team, and, most of all, a positive introduction to the sports experience...



What to Expect from U-10 Players

General Development Characteristics

Physically, nine- and ten-year-olds are still in the early stages of development...



U-10 Physical/Gross Motor Development

Will participate enthusiastically in competitive activities.

Will practice new skills over and over in order to perfect them.

Will experience lowered frequency of minor illnesses...



U-10 Social/Emotional Development

May have fears of failure, not being liked, etc.

May blame others or make up alibis to explain their own shortcomings or mistakes.

Enjoy ***talking*** and hanging out with friends...



U-10 Social/Emotional Development

They need reinforcement.
Likes to be a coach's "helper".
Feelings can be easily hurt...



U-10 Cognitive/Thought Development

Recall details with considerable
accuracy.
Understand the concepts of cause
And effect.
Enjoy **putting on** "shows" for
parents and friends...



Things To Remember About The U-10 Player

They think they are growing up!

You will find U-10 players willing to join in games that require a moderate degree of **strategy**...



Things To Remember About The U-10 Player

Avoid lecturing.

Children at this age are starting to be self-critical, so make sure you are always positive in your approach...



Team Management

There are off-the-field responsibilities that affect the team and the players before they ever step on the field. These practices are referred to as team management and they are important!..



Team Management

Organizing the Team: This should be your first priority!

- Develop a Team Goal

- Develop a Coaching Philosophy

- Conduct a Parents' Meeting...



Develop a Team Goal

Try:

“Players having **FUN** while learning about soccer” is a good base for a team goal. You, the parents and players can build on that **foundation...**



Develop a Coaching Philosophy

Why are you Coaching?

Why should you be Coaching?...



Conducting a Parents' Meeting

- Discuss AYSO's Vision and Mission Statements and the 6 Philosophies.
- Discuss the team's goals.
- Explain your coaching philosophy.
- Explain short-sided soccer and why we play it.
- Educate parents briefly on the Laws of the Game specific to this age group.
- Discuss player equipment needs...



Conducting a Parents' Meeting

- **GET HELP** – You will need (at a minimum):
 - Assistant Coaches
 - Team Manager
 - Team Parent...



Conducting a Parents' Meeting

- Set team policies:
 - Attendance at practices and games.
 - Player and parent behavior.
 - Honoring the game:
 - Opponents
 - Game officials
 - Teammates
 - Coaches...



Coach Equipment

The following is a basic list of the minimum equipment you should have with you on activity day:

- Player medical release forms
- A basic first-aid kit
- A water container (filled with water) and cups
- Soccer balls
- An extra pair of shin guards
- A marking pen for labeling
- A whistle

Your players should bring a soccer ball to every activity and must be wearing shin guards..



Player's Equipment

Water, Ball (properly inflated)
Shin Guards
Appropriate Clothing.
Footwear...



U-10 Practice

Be prepared.

Elements of a Practice

Warm Up & Stretch
Introduce Technique
Skill-Based Activity (dribbling, passing)
Tactical development based on last game
Small sided game
Cool down
Remind players and parents about next practice
or game (day, times and location)...



Game Day Basics

Before the Activity Starts:

- Arrive early
- Get organized
- Gather Team
- Have **FUN!**



Game Day

After Activity

- Shake hands with the other team!
- Congratulate all players (both teams)
- Talk** to the other **COACH!**
- Reminder on next activity date, time and location...



Objectives of the Game

Objectives is defined in the dictionary as: “A goal or purpose”.

The objectives of the Game at this age are simple.



Objectives of the Game

If your team has possession of the ball, your team is attacking.

Attacking Objectives

Score

Advance the ball

Maintain possession of the ball..



Objectives of the Game

If the opposing team has possession of the ball, your team is defending.

Defending Objectives

Stop the other team from scoring

Slow the attack down

Regain Possession...



Principles of Play

Principle is defined in the dictionary as: a fundamental origin or cause of something.

The Principles of Play are used to achieve the Objectives of the game.



Attacking Principles

Penetration:

Advancing the ball past opposing players by dribbling, passing and shooting.

Depth: Supporting teammates by creating safe options for the player with the ball...



Attacking Principles

Width: Attacking on a broad front (players spread out) stretches the defense and creates space for players to advance.

Mobility: Players changing positions (filling in for one another when necessary) and moving off the ball creates numerical advantages and thereby attacking/scoring opportunities...



Attacking Principles

The attacking principles of penetration, depth, width, and mobility ultimately leads us to achieving our attacking objectives

SCORE

ADVANCE

MAINTAIN POSSESSION...



Defending Principles

Delay: To slow down the attack by closing gaps and denying space for the other team to work in. Once the attack is slowed, your team can attempt to take the ball back.

Depth: Supporting the player(s) Challenging the ball in case they are beaten...



Defending Principles

Concentration: Compressing or restricting the space the attacking team has by “shepherding” them into a confined area makes it easier to defend and regain possession of the ball.

Balance: Reading the attack and providing an equal or greater number of defenders than attackers at the point of attack, while simultaneously covering the vital area near the goal...



Defending Principles

The defending principles of delay, depth, concentration and balance ultimately lead us to achieving our defending

Objectives: –

DELAY THE OPPONENTS

STOP SCORING

REGAIN POSSESSION!...



Attacking/Defending Principles

Attacking Principles	Defending Principles
Penetrate	Delay
Depth	Depth
Width	Concentration
Mobility	Balance



Teaching Methods

- 1. P.I.E. Positive Instruction and Encouragement**
- 2. Say, Show, Do and Review.**

Both teaching methods will be modeled in the field portion of this course!..



You are now ready for the field segment of the U-10 Coach Training.

Any Questions?

One more thing!...



What is the BEST teacher of the game?

The game itself!

Kids just want to PLAY!

See you on the field! ...