

# Characteristics of U10 Soccer Players

(Fourth & Fifth Grade)

## **Repetitive Technique Is Very Important, But It MUST BE DYNAMIC NOT STATIC!**

- Physical Development
- Mental Development
- Social Development

### **Physical Development**

- Boys and girls begin to develop separately.
- More prone than adults to heat injury
- Affected by accelerated heat loss, increasing risk of hypothermia.
- Greater diversity in playing ability
- Physically mature individuals demonstrate stronger motor skills.

### **Mental Development**

- Lengthened attention span and ability to sequence thoughts and actions.
- Pace factor becoming developed – they are starting to think ahead.
- Intrinsically motivated to play.
- Demonstrate increased responsibility
- Bring a ball and water to practice
- Tuck in a jersey & pull socks up **over** shin guards
- Carry your own stuff

### **Social Development**

- May initiate play on their own
- Continued positive reinforcement is needed.
- Explanations must still be brief, concise, and purposeful.
- Team identification important
- Peer pressure is significant.
- Adults outside of the family may take on added significance.

### **Characteristics of U10 Children**

- Lengthened attention span
- Team oriented
- Still in motion, but not as busy . . . Will hold still long enough for a short explanation
- Psychologically becoming more firm and confident.
- Boys and girls beginning to develop separately
- Gross and small motor skills becoming much more refined.
- Players prefer team-related soccer balls and equipment.

### **PACE FACTOR BECOMING DEVELOPED - DO THINK AHEAD.**

- Some are becoming serious about their play.
- Enjoy the uniforms and team association.
- They are now more inclined toward wanting to play than being told to play.

### **Coaching Methods**

- Coach = Facilitator
- Makes the training player-centered
- Asks guiding questions
- Creates problem-solving opportunities
- Positively reinforces players
- Simple to complex activities (Time, Space, Players)

### **Coaching Methods**

- How to Coach...
- Coaching at a stoppage
- Coaching during the flow of play

### **Guided Questioning Examples...**

- “How could you...”
- “Is there another way to...?”
- “What happens if you...”

### **Typical U10 Training Session**

- It should not exceed 1 hour and 15 min.
- Warm-up, partner and small group activities, stretching (15 min.)
- Introduce small group activities (4-6 players)
- Add more directional games. Play to targets and/or zones (25 min.)
- Conclude with small-sided game 6v6 with GK's (25 min.)
- Finish with cool-down activity (10 minutes)

### **U10 Tactical Sign - Awareness of Width & Direction**

#### **Coaching Activities Checklist**

- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision-making being used?
- Are the spaces used appropriately?
- Is the coach's feedback appropriate?
- Is the coach guiding or controlling the players in the activity?
- Are there implications for the game?