



## Lancaster/Depew Soccer Club

### Director of Coaching:

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USSF National Youth License

F.A. Psychology for Soccer - Level 1

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### Expectations of an under 10 player:

We need to continue to remain positive and enthusiastic in creating a safe, fun learning and playing environment for the children. They still need positive reinforcement and their feelings still get hurt easily. Continue to focus on technique during our practices as we did at the younger ages. Repetition will result in improvement. Creating environments in which players get maximum repetitions of technical skills is still key. Players at this age should still work on ball mastery and demonstrate growing familiarity and conformability with the ball at their feet. They will start to show confidence in an independent ability to solve problems.

Players attention spans lengthens from the under 8 player. They start to show the ability to sequence thought and actions. They start to think ahead. They are more inclined towards *wanting* to play then being told to play. They are starting to recognize fundamental tactical concepts. Players are starting to affiliate with their team or coach. We can introduce spatial activities (positional responsibilities). Every player should learn to play each position on the field to develop all around.

As coaches we can now start practice with components. This means you should start progressing with a warm up, individual activity, a small game activity then a large game activity in that order. If there's time you can also add a cool down. Begin getting into passing activities, 1v1 games to goals, 2v2, 3v3, and 4v4 to multiple goals. Continue the small sided games and add goal keepers for your large game activity. Try to use objectives such as "When we have the ball everyone is considered an attacker. Move towards opponent's goal by using width and depth." Something you can start to explain during your practices. Get your players to "play soccer" and not "kick and run". Trap, control and look to either dribble or pass. Continue to focus on development over *winning!* If your developing your players efficiently, winning will come but at this age level it is still not a priority.