



U10 PRIORITIES

Below is an outline of our priorities for U10s. Everything we do is based around these concepts

Technical Priorities

Skill set and technical focus priorities – "We must always be the most skillful team on the field in every game we play"

1. Ball mastery – Coerver method
2. 1v1 dribbling skill
3. Improving non-dominant foot in all areas
4. Passing technique – proficiency with inside of the foot – emphasis on accuracy & pace
5. Receive technique – 1st touch priority
6. Becoming more proficient with striking the ball with instep

Tactical Priorities

Tactical emphasis and systems of play – "We must always make better soccer decisions than our opponents"

1. Dominate 1v1s
2. Begin to understand small group tactical situations – 1v1, 2v1, 1v2, & 2v2
3. Begin to understand concepts of defending – specifically 1st & 2nd defender (pressure/cover)
4. Possession is our top priority – we want more possession than our opposition!
5. Introduction to team-based tactics and positional responsibilities

Social Priorities

Priorities of how players behave and treat each other by age group

1. Learn to listen and follow instructions
2. Treat others with respect & being a good teammate
3. Honoring the game | sportsmanship
4. Open to playing all positions

Psychological Priorities

Emphasis on how individuals treat themselves and relate to themselves

1. Learning what your true talent is
2. Dealing with making mistakes overcoming fear & taking risks – Learning to be creative
3. Learning how to build confidence & being kind to yourself
4. Being responsible for yourself

Physical Priorities

Priorities on physical aspects of the game

1. Speed development and running technique
2. Coordination and foot work in relation to the ball
3. Balance and understanding on how to use body to maintain balance
4. Agility and understanding how to change pace and direction