

## Coaching 7 to 10 year olds

Coaches of players ages 7-10 will focus primarily on technical development focusing on the key skills of passing, control, dribbling and shooting. The practices will be structured to enable players to work as individuals, in pairs and in small groups.

The practices should be fun, relatively short and each drill or game should repeatedly use the skill that you are focusing on and the organization of the group should provide the maximum opportunity for each player to be involved. Within the practice you will be able to progressively develop the specific skill you are working on. Once the players have a good understanding of the basic technique you can add pressure by restricting space or adding time limitations.

Teams at this age will play organized 4 v 4 to 7 v 7 games and the players will begin to understand the different roles played in goal, defense, midfield and forward. It is essential that players be rotated throughout each of the positions during the season.

The breakdown below shows the typical technical, tactical, physical and psychological expectations we should have when working with 7 - 10 year old players.

### Physical

- Make repeated sprints without being totally out of breath
- Challenge other players fairly for the ball
- Shield the ball using the body as a screen
- Be able to play for two periods of 25 minutes.

### Technical

- Dribble with close control
- Run with the ball at speed
- Control the ball with inside of the foot
- Shield the Ball
- Pass the ball on the move with both feet
- Shoot the ball with the laces
- Head the ball correctly
- Make a block tackle
- Perform a correct throw in

### Tactical

- Players spread out on offense and retreat on defense
- Look to use wide players in attack
- Understand individual defending
- Introduce Goalkeepers
- Understand rules of play including fouls and restarts
- Introduce the concept of offside

### Psychological

- Become comfortable with one on one battles
- Try your hardest to win each game
- Learn how to behave when winning and losing
- Have fun learning and improving