**WCSC Coaching**

**U10 Division**

Opening remarks:

* Thank you for volunteering! Our community soccer could not operate without your help.
* WCSC has a goal to provide quality grassroots soccer in our communities, at an affordable price. Volunteer coaches and local referees help us achieve this goal.
* Rowan’s Law is for concussion awareness and protocols for return to play. As coaches, we should try to reduce risk of concussion, be aware of when concussion is a factor after a hit or a fall, and make a coordinated effort for a safe return to playing.
* The Rule of Two is ensure coaches aren’t one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
* Canada Soccer has developed Grassroots Standards. What I find really motivating is that our future National Team players will start their careers in community soccer. The Grassroots goals are for developmentally appropriate play to happen in the age divisions to ensure a fun, healthy, lifelong enjoyment of soccer and an active lifestyle.

U10 Division:

* This “golden age of learning,” when players can work as a team, and are more able to reflect on their actions and learn from mistakes, and further develop soccer skills. The focus is on learning by doing, building a larger repertoire of soccer movements, and teaching the basic principles of play in a fun and challenging environment.
* In this division, players may still be new to soccer, or may have played for a couple years. Continuing to lay a foundation of basic skills is important at this time. Learning to get the ball under control, to dribble, pass and shoot are the key skills. Players can understand instructions and rules of the game. Players can use their skills to connect with teammates and create more team play. Players need to learn to communicate on the field.
* Players are encouraged to be creative and expressive without the fear of failure.
* Practices should run 60 minutes.

Practice can be structured as “Whole-Part-Whole”:

* + - Warm-up with and without ball (10 minutes, water break)
    - Whole - is a game-like scenario that works on a skill or concept. It could be a game but with different rules or parameters, like only 2 touches, or having multiple nets. It shows the focus area and presents the problem that players are learning to solve. (10 minutes, water break)
    - Part - is more technical and skill focused drill that you would like players to learn. For example, crossing and finishing to ball, or team defending, etc. (10 minutes, water break)
    - Whole – is a scrimmage or small sided game. The players can try out the skills and learning from the previous two drills. This is a great opportunity to stop play and teach players by pausing to show them what was going on, the options they had, or a different choice they could have made. Re-doing a play can help reinforce these lessons. “Stop, Demo, Rehearse, Go live” is the coaching method here. (20 minutes)
    - You can end with a couple minutes of fitness, like sprints from different starting positions (push up, squat, laying down, sitting cross legged). End with a short cool down and encouraging words to the players.

The principles of play can be used to structure your practices and player learning. The principles are based around attacking and defending. More information can be found in a link below.

The player centered approach to coaching is the Four Corner Model. It focuses on the player development, in four categories – Physical, Mental, Technical/Tactical, and Social/Emotional. More information is in a link below.

The four moments of the game can be taught to the players and can be used to build practice intentions around. The four moments of the game are: won the ball, have the ball, lost the ball, trying to win ball back. In each of these moments, as a team we organize into attacking transition, attacking organization, defensive transition, defensive organization. Breaking down into these moments is helpful for coaching and player learning. More information can be found in a link below.

Drill/Game Ideas for Practice (more in-depth drills and descriptions can be found in the links below):

* Obstacle Course to dribble through
* Shooting drills
* Dribbling through cones with a finish to score or pass to a teammate
* Passing on ground and volley to a partner, focus on ball control.
* Passing in two lines and players run to the back of the line after their turn, with varying touches (unlimited, two, one)
* 2v1 to score/defend
* Drills that link together play between 2 or more players. Combo of passing, dribbling and shooting.

Game play:

* Games run 50 minutes, 2x25 minute halves. It is 7v7 with goalies.
* Equal playing time is important at this age
* Players should rotate through all the different positions. We don’t assign players to one position at this age, so they can develop skills and knowledge of all positions.
* There are no offsides. When the ball goes out, it is a kick in from the line. For goal kicks, we do ask the other team to retreat back about a 1/3 down the field.
* You have unlimited substitutions. Subs happen at stoppages of play and you let the referee know you are switching players. It is generally easier to switch in batches of players or shifts, in order to keep track of equal playing time.
* Nets are provided and it is helpful to have a parent volunteer set it up while the coach warms up the players. A proper warm up is important.
* The focus for game play is to learn and have fun. Winning is fun but not the main goal of the game.

Resources:

[Ontario Soccer Practice Plans](https://www.ontariosoccer.net/grassroots-practices)

[Ontario Soccer Grassroots Coach Guide](https://www.ontariosoccer.net/player-grassroots)

[Rowan's Law](https://www.ontario.ca/page/rowans-law-concussion-safety)

[Rule of Two](https://coach.ca/responsible-coaching-movement/rule-of-two)

[Learn to Train Soccer](https://cdn1.sportngin.com/attachments/document/0112/8182/Learn-To-Train-Brochure.pdf?_gl=1*vaxulb*_ga*ODE0NDQ1NjQuMTY4MzA0MDA0Nw..*_ga_PQ25JN9PJ8*MTY4MzgzOTYwNC40LjEuMTY4Mzg0MjYxNC4wLjAuMA..#_ga=2.30844095.1824809347.1683839605-81444564.1683040047)

[Youth Soccer Lesson Plans](https://www.usyouthsoccer.org/lesson-plans/)

[U10 Soccer Drills](https://www.mojo.sport/coachs-corner/10-best-u10-soccer-drills)

[U10 Soccer Drills 2](https://www.soccercoachweekly.net/age-groups/u10)

[Principles of Play pdf](https://thpfc.ca/pub/c/e4c1d2d2d3e0a6b0eb2a92bfce533f19/docs/Principles_of_Play.pdf)

[Four Corner Model on page 5](Four%20Corner%20Model%20on%20page%205)

[Four Moments of the Game](http://www.soccertraining.tv/PWSC-CenterCircle-Feb2013.pdf)

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