



HFC U-10 Resources: Saturdays 9:00 – 10:30 AM

Time:	Activity:	Description:
8:50 – 9:00 AM	Coach Arrival/ Set-Up	<ul style="list-style-type: none"> ● Coach Arrival ● Material/Equipment Set-up (SEE SCHEDULE FOR FIELD LOCATION)
9:00 – 9:25 AM	TEAM PRACTICE	<ul style="list-style-type: none"> ● Check for shin guards ● Coaches work on soccer drills focusing on basics like dribbling, kicking, passing, throw ins, field positions, etc. ● See links to sample practice activities ● Practice should consist of approximately TWO drill activities (10-15 minutes in length) ● Water breaks between activities
9:25 – 9:30 AM	Game Prep	<ul style="list-style-type: none"> ● Water break ● Players return their soccer ball to parents ● Review Game Rules/Focus Skill(s)/etc. ● Assign Field Positions
9:30 AM – 10:30 PM	GAME First Half: <ul style="list-style-type: none"> ● 9:30 – 9:55 AM Half Time: <ul style="list-style-type: none"> ● 9:55 – 10:00 AM Second Half: <ul style="list-style-type: none"> ● 10:00 – 10:25 AM Wrap-Up: <ul style="list-style-type: none"> ● 10:25 – 10:30 AM 	<ul style="list-style-type: none"> ● 7 v 7 Format ● Two Twenty-Five minute halves (5 minute half-time) ● Goalies (play no more than half of game) pinnies designate goalkeepers ● Substitutions can be made every few minutes at stoppages to rotate all players in/out of play. ● All players should receive equal playing time regardless of skill set. ● Be sure to provide players equal playing time. REFER TO “HFC Rules for U10 Play” Document for U10 Rules of the Game. ● Half time should be used to take a drink break AND motivate/encourage players. ● Coaches serve as referees for the game – One coach per team may be on the field at the start of the season. (One coach from each team on the sideline managing substitutions).

Important Coaches Resources:

Player Safety:

- Coaches should familiarize themselves with the Player Safety Guidelines on HFC's Website: <https://www.harleysvillefc.org/player-safety>
- Players **are not** permitted to play without shin guards/shin pads. Shin guards should be worn over the shins with soccer socks directly on top of shin guards. Please enforce this rule with parents and players each session.
- Players may NOT hang from soccer nets.
- Heading is not permitted at the U-10 Level (Heading Policies): http://www.epysa.org/heading_rules_presentation/ / Please be sure to discuss this with your players.

U-10 Rules/Laws of the Game (US Youth Soccer)

https://usys-assets.ae-admin.com/assets/1/15/LawsOfTheGame_10AndUnder.pdf

Links to Sample Activities:

- http://www.epysa.org/coaching_education/u10_training_plans/
- <https://www.soccerxpert.com/>
- <https://www.usyouthsoccer.org/lesson-plans/>
- <http://www.freeyouthsoccerdrills.com/>
- EPYSA Videos: <https://www.youtube.com/playlist?list=PLJws9FK9EeJvsNK4rGZfRagJz3T-KULpw>

Sample Season Flow Chart:	
Week:	Skills to introduce
Week 1	Introductions, Dribbling, BASIC Soccer Rules
Week 2	How to make proper throw-ins Offense/Defense? Discuss the difference/roles of each position.
Week 3	Build out line – reviewed & practiced Passing
Week 4	What is offside? (Build Out Line determines off-side)
Week 5	Recycle old skills, introduce new ones based on team's needs.
Week 6	Recycle old skills, introduce new ones based on team's needs.
Week 7	Recycle old skills, introduce new ones based on team's needs.
Week 8	Recycle old skills, introduce new ones based on team's needs.

Skills to focus on include: Dribbling, Turning, Passing, Shooting, Receiving