| Date | Time | U10 Boys | | | U10 Girls | | |
|-----------------------------|----------|-------------------------------------|---------------------------|--|-----------------|--|--|
| | | Pool A | Pool B | Semi Final Games: Pool A1 v Pool B2, Pool A2 v Pool B1 (if a tie, tiebreaker rules will be in place) | Pool A | Pool B | Semi Final Games: Pool A1 v Pool B2, Pool A2 v Pool B1 (if a tie, tiebreaker rules will be in place) |
| | | Team 1 Atlanta United | Team 2 Colorado Rapids | | Team 1 Warriors | Team 2 Bulldogs | |
| | | Team 4 Columbus Crew (Alaimo) | Team 3 Houston Dynamo | | Team 4 Broncos | Team 3 Panthers | |
| | | Team 5 Seattle Sounders (Kopeny) | Team 6 NY Red Bulls | | Team 5 Hawkeyes | Team 6 Golden Eagles (Matusiewicz, Mallory) | |
| | | | | | Team 7 Tigers | | |
| | | Gbur 3A | Gbur 3B | Celtic 3A | Celtic 3B | Celtic 2A (turf) | |
| Monday, October 24, 2022 | 5:30 PM | U10G 2 v 6 | | | | | |
| | 6:30 PM | U10G 7 v 5 | | | | | |
| | | | | | | | |
| Tuesday, October 25, 2022 | 5:30 PM | U10G 4 v 1 | U10B 4 v 1 | | | | |
| | 6:30 PM | U10B 2 v 3 | U10B 6 v 5 | | | | |
| | | | | | | | |
| Wednesday, October 26, 2022 | 5:30 PM | | U10G 3 v 2 | | | | |
| | 6:30 PM | | U10G 1 v 7 | | | | |
| | | | | | | | |
| Thursday, October 27, 2022 | 5:15 PM | U10B 1 v 3 | | | | | |
| | 6:15 PM | U10B 6 v 2 | | | | | |
| | 7:15 PM | U10B 5 v 4 | | | | | |
| | | | | | | | |
| Friday, October 28, 2022 | 5:30 PM | | U10G 6 v 3 | | | | |
| | 6:30 PM | | U10G 5 v 4 | | | | |
| | | | | | | | |
| Saturday, October 29, 2022 | 9:00 AM | U10B 2 v 4 | | | | | |
| | 10:15 AM | U10B 1 v 5 | U10B 3 v 6 | | | | |
| | 11:30 AM | Semi Final A1 v B2 | Semi Final B1 v A2 | | | | |
| | 3:00 PM | | U10G FINAL | | | | |
| | | | | | | | |
| Sunday, October 30, 2022 | 11:00 AM | Semi Final A1 v B2 | Semi Final B1 v A2 | | | | |
| | 1:30 PM | U10B FINAL | | | | | |