

L - LONG

T - TERM

P - PLAYER

D - DEVELOPMENT



FEDS U10 Program

WELCOME TO FEDS

The first thing that needs to be acknowledged is that this program could not function without the volunteer coaches, who step up to enable our vision to succeed....THANK YOU.

****WE ALWAYS NEED MORE COACHES. PLEASE CONSIDER VOLUNTEERING****

Another vital component is the support, encouragement and positivity that we rely on from parents. This will allow the program to address the desired balance between winning vs development. Hopefully the information in the booklet will make our vision clear and the rationale behind it.

The U8 program is designed to improve your children in the following areas:

COORDINATION

MUSCLE MEMORY

SOCIAL SKILLS

AGILITY

TECHNICAL ABILITY

TACTICAL UNDERSTANDING OF SOCCER

All players will be expected to have the following equipment at each session:

A ball (let me know if your ball needs re-inflating at any point).

Appropriate clothing (Sports attire that allows the players to move freely).

Appropriate footwear (Soccer cleats, or light training shoes).

Shin Guards

A water bottle (drink breaks will be signaled).

PROGRAM FORMAT

GIRLS / BOYS

- The U10 program will run for 9 weeks with a field day on the 10th week.
- The program runs on Wednesdays, from May 22nd - July 17th.
- Please have the players dressed and ready for the start of their sessions:
 - Boys 6pm
 - Girls 7pm
- The sessions will consist of 1 activity each week, followed by a small sided game (usually 5v5). The following pages show the weekly activity plan and a detailed description of each activity.

CONTACT:

If you would like to volunteer as a coach, or to help set up equipment each week please let me know.

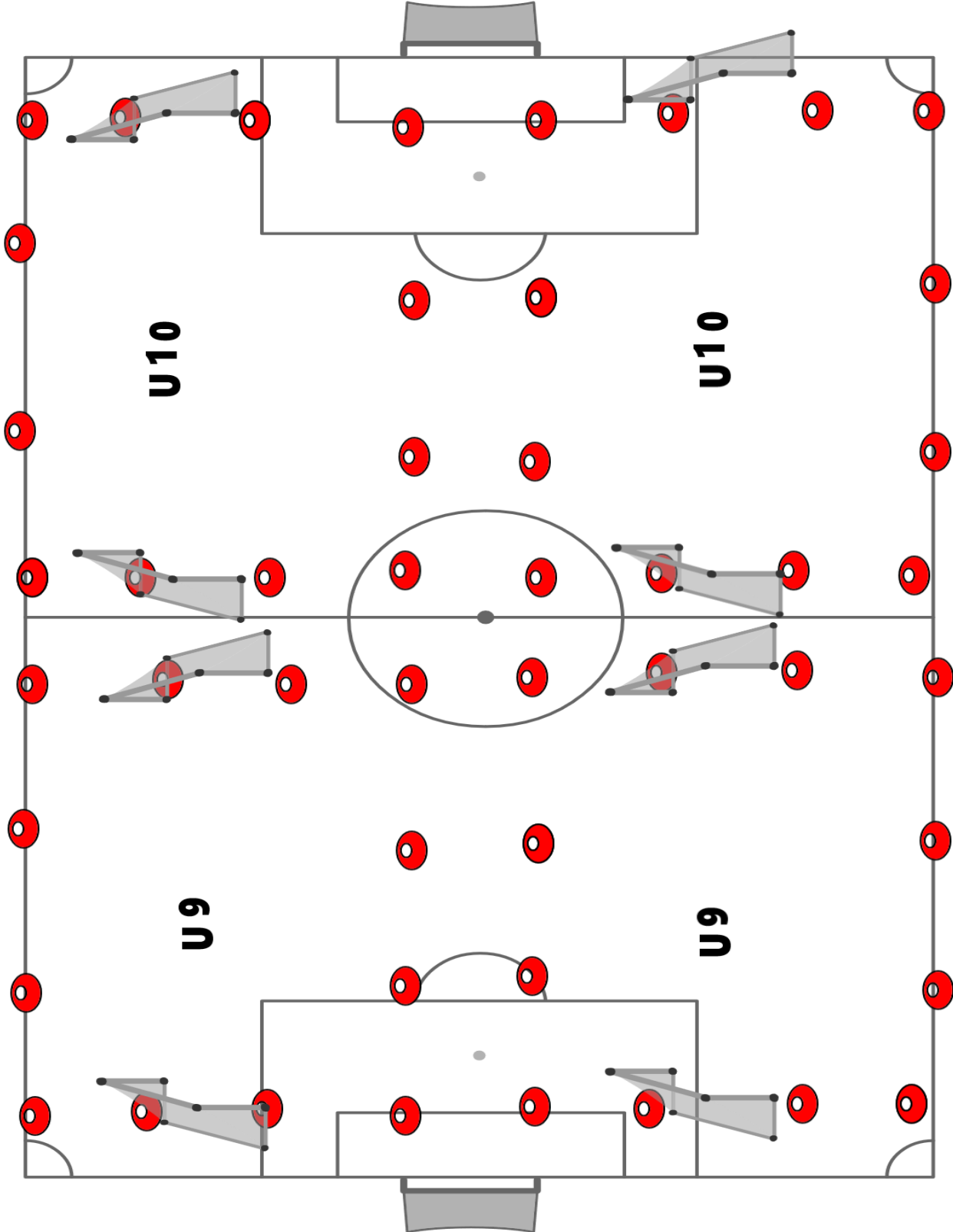
Also for any inquiries, concerns, or suggestions.


Dave Smith (Technical Director)

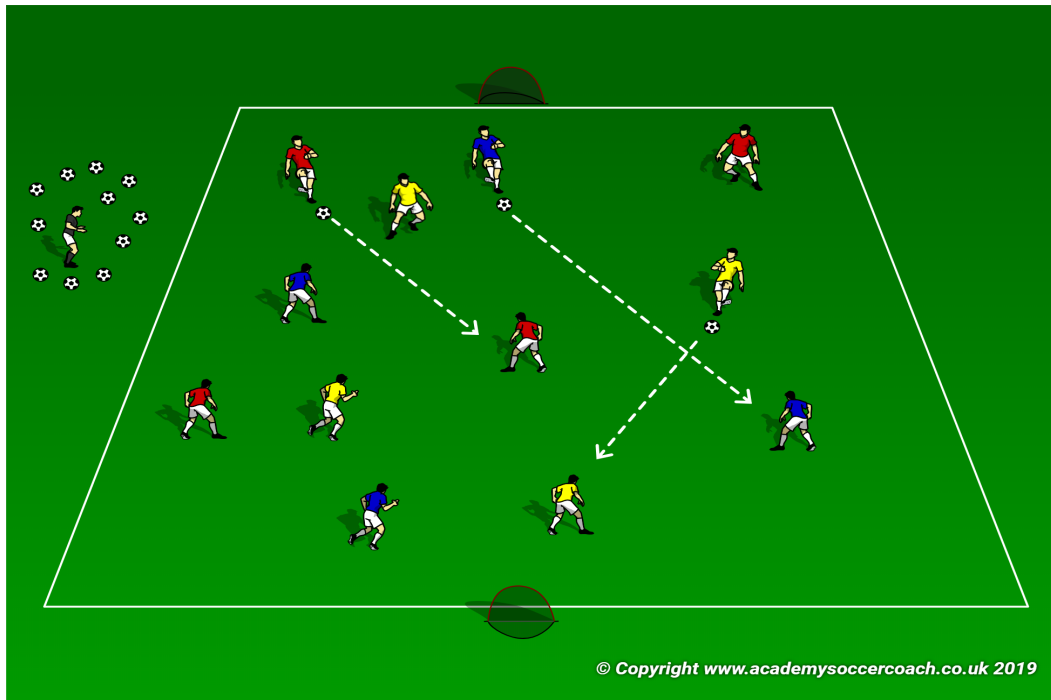
fedssoccercoach@gmail.com

ACTIVITY PROGRAM OVERVIEW:

This diagram shows the field set up. This may change depending on the number of players and coaches each week. A detailed description of the activities that will run each week can be found on the following pages.




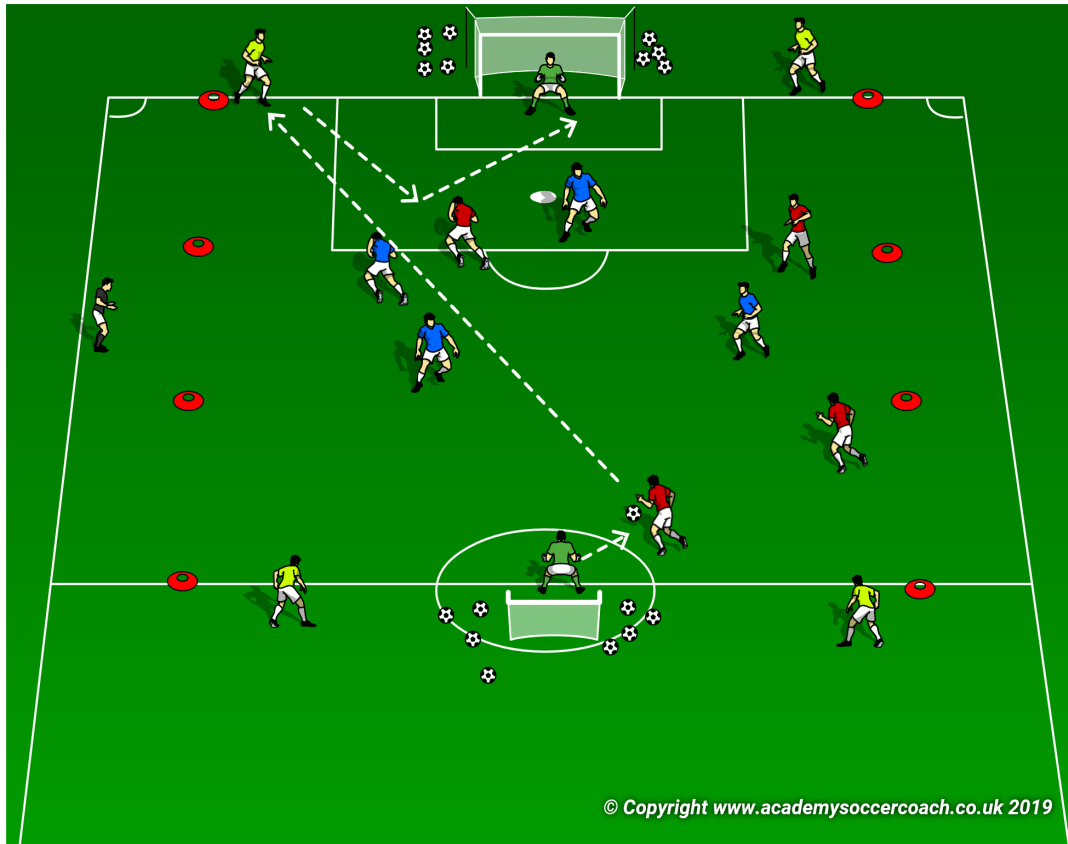
WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
1	U9+	Analytical- skill	Attack	3 Team Passing/Possession	2,3	15 mins	



<p>Organization:</p> <ul style="list-style-type: none"> • 20x20m area. • Divide players into 3 teams of equal ability. • Each team is given a ball.
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones • red pinnies • Blue pinnies • Yellow Pinnies • Balls

Objective:	<p>Preparation phase - Teams pass the ball amongst themselves. Moving and passing THROUGH the other teams.</p> <p>Possession phase - 2 teams work together to maintain possession from the third team.</p>
Teaching Points:	<ul style="list-style-type: none"> • Players heads must be up to see where the space is around them. By scanning their surrounding area, players can also become aware of their options, before they receive the ball. • An angled of approach and 1st touch are important. A 45* approach and an open stance will allow for a quick turn and pass to available players, or a dribble into space. • Players should constantly move and disperse around the area, to create space for their passes to penetrate through the other teams. • During the possession phase, the ball should be moved quickly using 1 or 2 touches. Encourage players to try and switch the play to escape form tight situations.
Conditions:	<ul style="list-style-type: none"> • During the preparation phase, the players should concentrate on moving into space, communication between players, receiving the ball in tight surroundings and turning into space, as they receive the ball. • 2 touch play should be encouraged. 1 Touch if the players are sufficiently technical. • During the possession phase, 2 teams combine to keep possession away from the third team. If they can complete 10 passes they can try to score in either goal. If they manage to score, the defending team performs a forfeit. • If possession is lost to the defending team, the team that gave possession away become the new defending team and the play continues with the pass count at zero.
Variations:	<ul style="list-style-type: none"> • Enforce a 1 or 2 touch rule, depending on the ability of the players.

WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
2	U9+	Analytical- functional	Attack	Advanced Target Players	2/3/4	15 mins	




Organization:

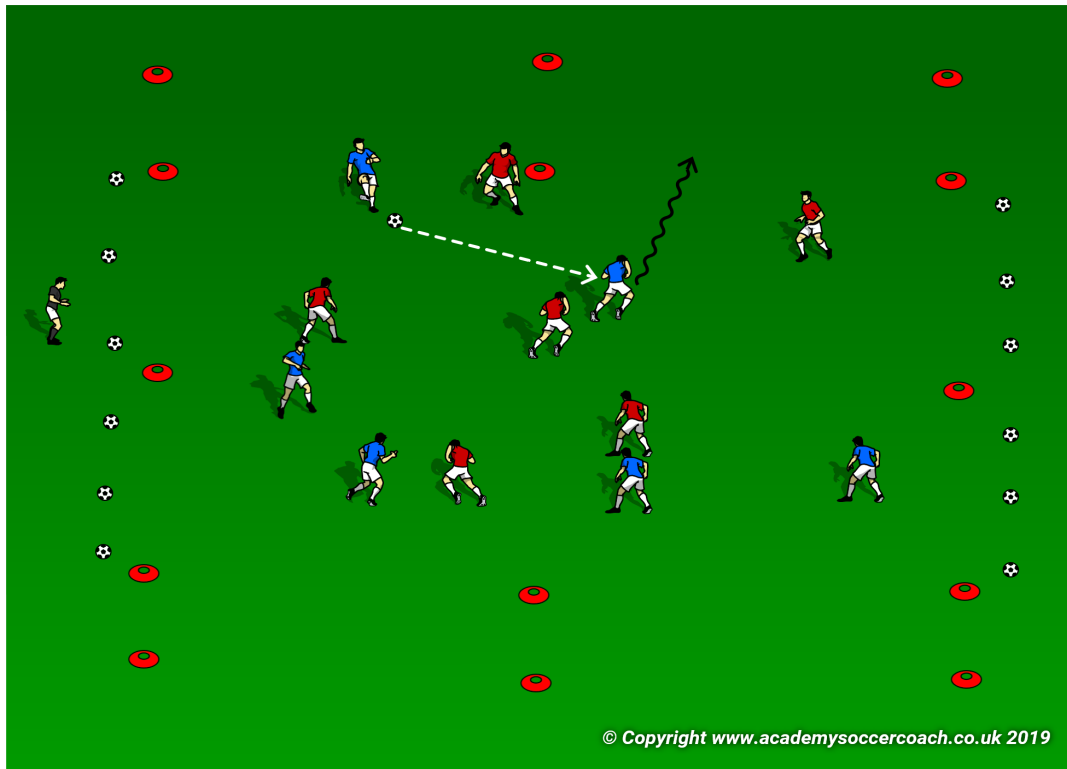
- 30m x 30m area with a goal at each end.
- 4v4 in area with two target players at either end.
- Ball by goals.
- 2 GK's

Equipment:

- Balls
- Cones
- 4 red pinnies
- 4 Blue pinnies
- 4 yellow pinnies
- 2 green pinnies
- 2 goals


Objective:	Hit a target player as early as possible and then support them to create scoring opportunities.
Teaching Points:	<ul style="list-style-type: none"> • Play a forward pass to the target player as soon as possible (keep scanning for passing opportunities). • 3rd man runs should be made to support the target players. • Is target player aware of the supporting run? Can they adjust the pace and direction of lay offs. • Can the attacking team supporting players advance as a team to support the attack.
Conditions:	<ul style="list-style-type: none"> • Target players have 2 touch maximum. They pass the ball back into play to the same team that passed to them. • Any ball that leaves the area results in a restart from the opposing GK. Defending team must retreat to half way point. • Whenever a GK has hold of the ball, the defending team must retreat to the half way point. • Rotate teams at regular intervals. • First team to score 3 goals wins. (teams are switched). Switch team automatically after a few minutes. • A goal scored by a one touch lay off from a target player and a first time shot results in an automatic win!!
Variations:	<ul style="list-style-type: none"> • Limit the target players to one touch (supporting players will have to work harder to provide options). • Implement a 2 touch rule for all players (play will speed up and supporting player should work harder).

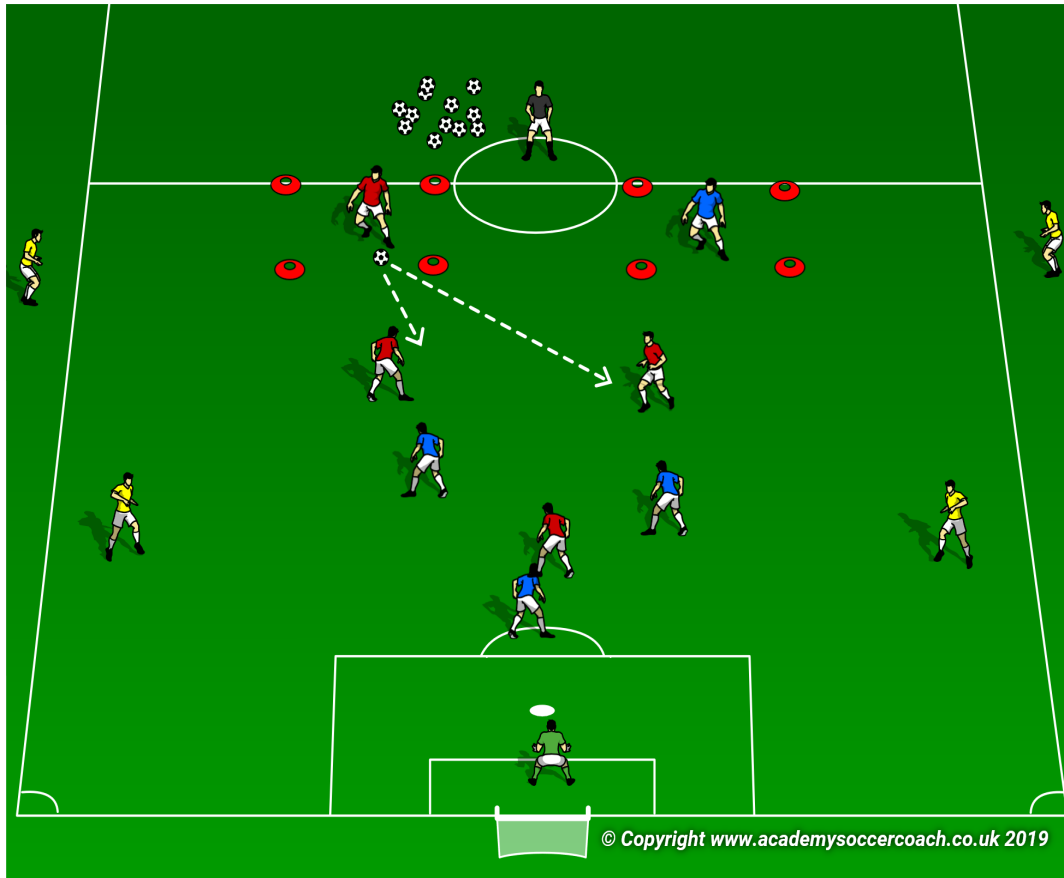
WEEK 3	Age:	Component:	Task:	Function:	Zone:	Time:	
	U9+	Analytical skill	Attack	Attacking Space (dribbling)	3/4	15 mins	



Organization: <ul style="list-style-type: none"> • 15m x 20m area with a 5m end zone at each end. • 6v6 in central area. • Balls around area.
Equipment: <ul style="list-style-type: none"> • Balls • Cones • 6 red pinnies • 6 Blue pinnies

Objective:	Look for opportunities to advance by making penetrating dribbles into any space. Dribble into an end zone
Teaching Points:	<ul style="list-style-type: none"> • Can an attacking player penetrate a line with their first touch? • Can an attacker recognise when they are in a 1v1 situation? Can they take the defender on? • Can the attacking team disperse to create space for penetrating runs. • Does the attacker still have control of the ball, as they dribble through lines of defense?
Conditions:	<ul style="list-style-type: none"> • To score a point, the ball must be dribbled into and stopped within the attacking teams end zone. This demonstrates that the player has the ball under control. • If the ball leaves the area, play is restarted from a kick in by the opposing team. • If a player manages to stop the ball in the end zone. The direction of play is switched and the player passes the ball back into the central area and play continues. • When the ball transitions to the defending team, they attack the opposite end from that which they were defending.
Variations:	<ul style="list-style-type: none"> • Make each attacking player touch the ball at least 3 times before they can release it. This will encourage them to protect it while scanning for passing options. • Attacking players can only pass the ball once they have dribble passed a defender.

WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
4	U9+	Analytical Functional	Attack	Creating width during an attack	1-4	15 mins	




Organization:

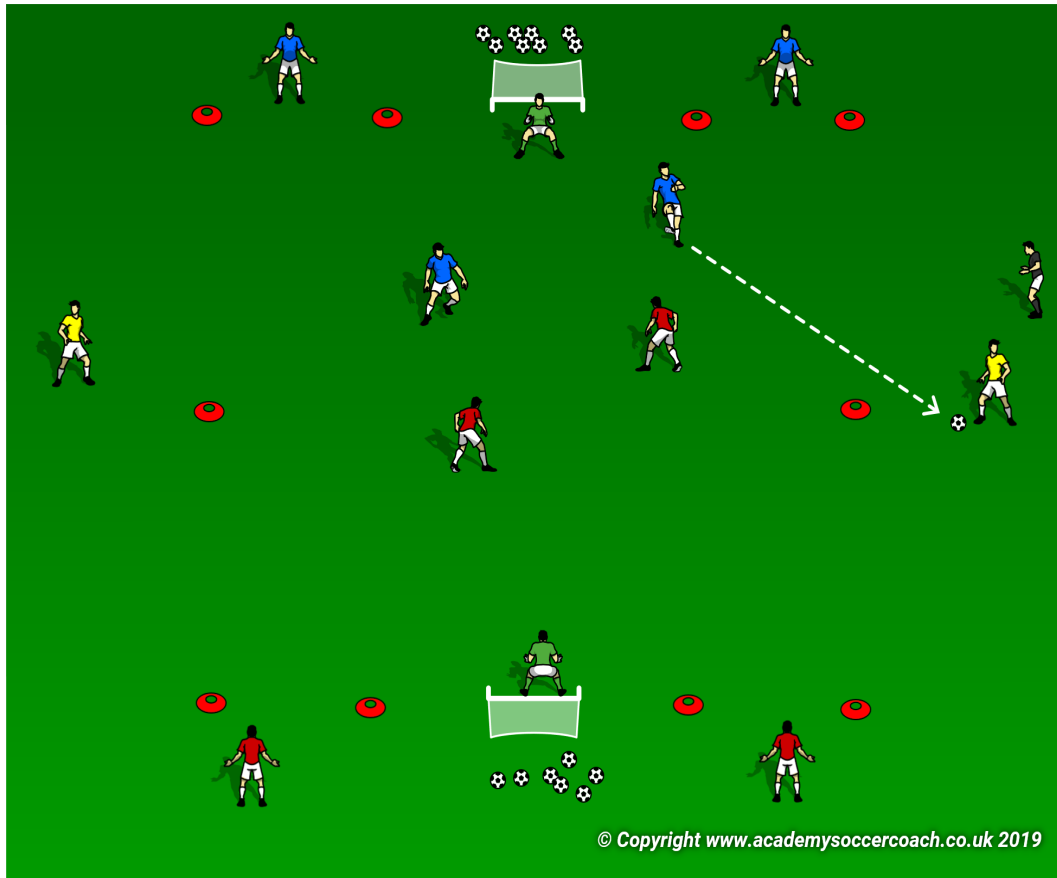
- Half of field, with a full sized goal.
- 2 5m target areas, either side of the centre circle.
- 3v3 with 2 wide neutral players.
- 1 sub for each team play as targets.
- 2 Neutral subs.
- Balls by target areas.

Equipment:

- Balls
- Cones
- 7 Red pinnies
- 7 Blue pinnies
- 1 goal

Objective:	Use wide players to stretch the defence and create opportunities to score, or hit target players.
Teaching Points:	<ul style="list-style-type: none"> • Neutral players (yellow) should disperse to provide wide options as soon as the ball transitions from one team to the other. • Upon transitions, teams should look to pass the ball to a wide neutral player as soon as possible. • Neutral players should also look to make 3rd man runs into advanced wide areas. • Attacking team should use movement and depth to create penetrating passing lanes to neutral players. • If goalkeeper catches the ball, they should look to throw the ball to a wide player as soon as possible.
Conditions:	<ul style="list-style-type: none"> • Red team attacks the goal in a 5v3 scenario. Blue team plays out from the back in a 5v3 scenario. • Ball always starts with the target players and the first attack is towards the goal (no matter where the ball leaves the field). • A goal can't be scored until a neutral player has touched the ball. • Start the neutral players with a 2 touch restriction. (can be adjusted upon success of attacks). • Neutral players can't score
Variations:	<ul style="list-style-type: none"> • Restrict number of touches for all players (2 touch) to encourage more movement and scanning. • Start the ball with the keeper each time, instead of target players.

WEEK 5	Age:	Component:	Task:	Function:	Zone:	Time:	
	U9+	Analytical skill	Defend	Defend an overload attack	1-2	20 mins	




Organization:

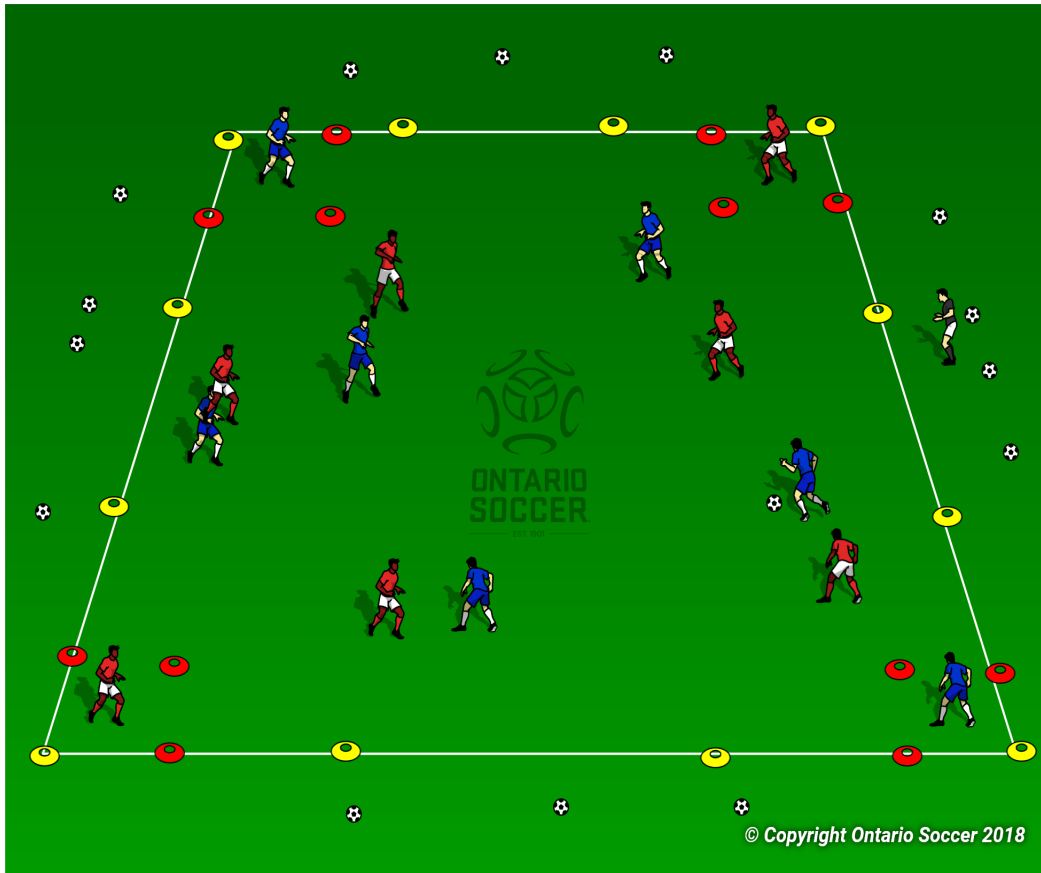
- 20x20m area with a goal at each end.
- 2v2, plus GK in the area.
- Neutral transitional outlet players on sides of field.
- Spare balls around the goals
- 2 Subs for each team at either end of field.

Equipment:

- Balls
- Cones
- 4 red pinnies
- 4 Blue pinnies
- 4 Yellow pinnies
- 2 Goals

Objective:	Use pressure, control, restraint and support to delay and block an overload attack.
Teaching Points:	<ul style="list-style-type: none"> • First defender applies pressure to the ball carrier as early as possible, to delay the attack. • Second defender provides cover, communication and balance. • Defenders should track attackers and mark them close when balls are crossed from wide areas. • Transitions are key in this exercise. As soon as a team scores, or loses possession of the ball they must transition into defensive mode as soon as possible.
Conditions:	<ul style="list-style-type: none"> • If a team scores a goal, the defending team leaves the field and is replaced by the spare players, who instantly attack in the other direction. • Neutral players don't have to touch the ball, but they should be used when necessary. • If no goal is scored within 3 minutes, switch both teams. • All balls that leave the field over the goal line, restart with a throw out from the GK. • Rotate all positions at regular intervals.
Variations:	<ul style="list-style-type: none"> • Restrict number of touches (2 touch) to encourage more movement and scanning. • Let the neutral players enter the area when they have possession of the ball. They must return to the wide area as soon as they pass the ball.

WEEK 6	Age:	Component:	Task:	Function:	Zone:	Time:	
	U9+	Analytical skill	Attack	Disperse and switch play	2/3	15 mins	




Organization:

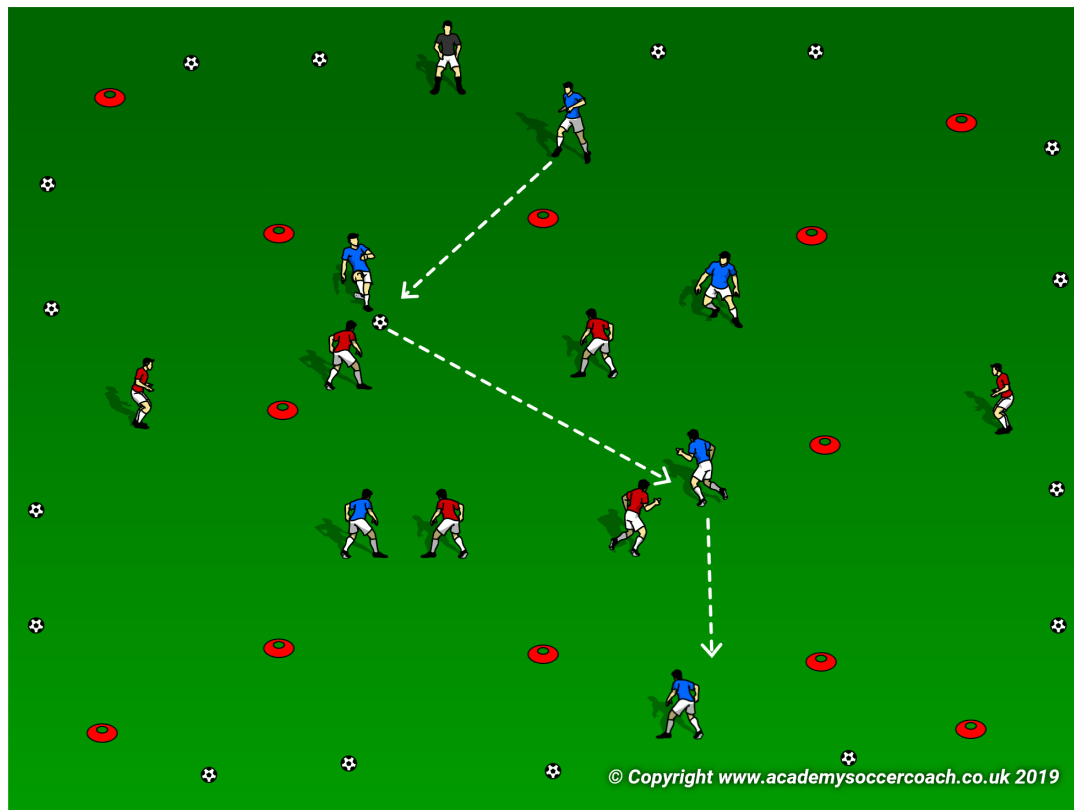
- 40 x 40 yds. (width of 18 yard box).
- Edge of 18 yard box to half.
- 2yrd Target square in each corner.
- 2 blue and 2 red target players in diagonal corners.
- Balls around area.

Equipment:

- Balls
- Cones
- 7 red pinnies
- 7 Blue pinnies

Objective:	Use dispersal, support and movement to move the ball to target players.
Teaching Points:	<ul style="list-style-type: none"> • Body position when receiving ball (triggers for supporting players). • Players scanning for support and space before receiving a pass. • 3rd man runs to support the target players when they receive the ball. • Supporting players using dispersal and making runs to create space and provide options.
Conditions:	<ul style="list-style-type: none"> • Players who pass to a target player move into the target area and become the new target. • Target players cant return a pass to the same player who passed the ball to them. • 1 point for each pass to a target player. A bonus point for reaching two opposite target players consecutively.
Variations:	<ul style="list-style-type: none"> • Restrict number of touches (2 touch) to encourage more movement and scanning.

WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
7	U9+	Analytical skill	Attack	Possession and switching play	2/3	15 mins	




Organization:

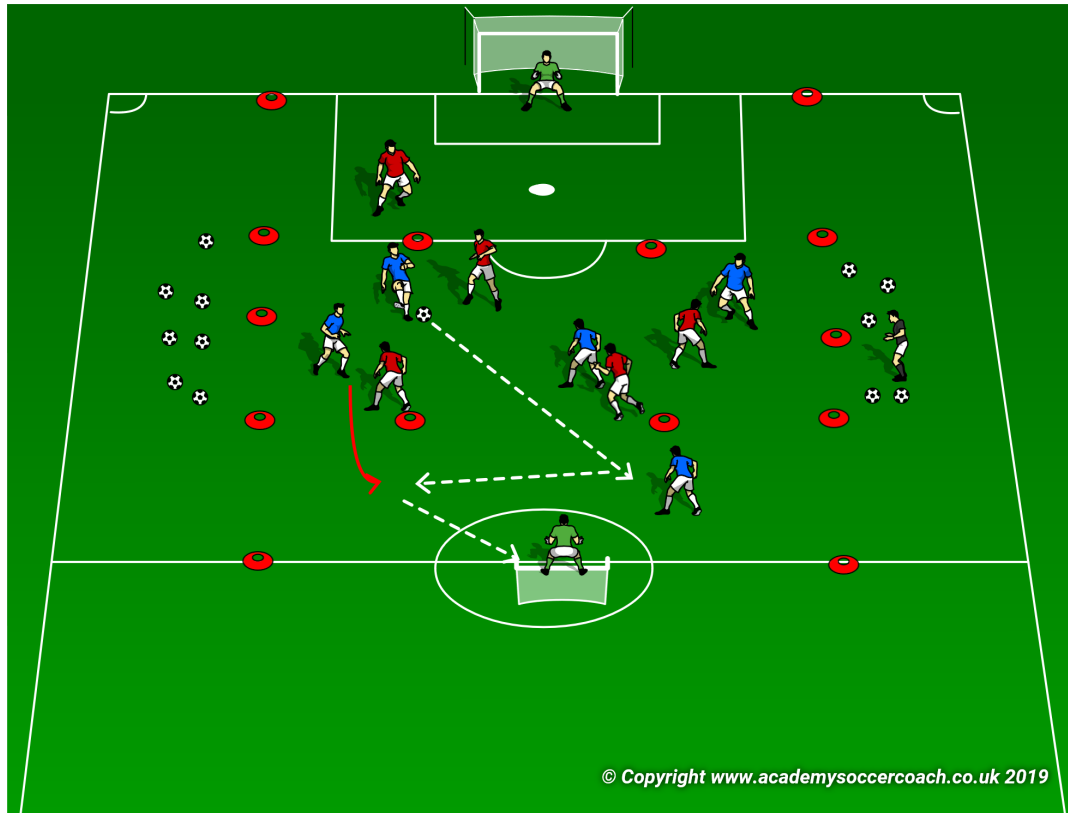
- 15m x 15m area, within a 20m x 20m area.
- 6 players on each team.
- 4 players per team in inner area.
- 2 players per team act as target players.
- Balls around area.

Equipment:

- Balls
- Cones
- 6 red pinnies
- 6 Blue pinnies

Objective:	transition the ball from one target player to the opposite target player continuously (switch play)
Teaching Points:	<ul style="list-style-type: none"> • Movement and support by attacking team to give the ball carrier multiple passing options. • Can the attacking team keep scanning to see where the gaps in the defense are for a penetrating pass? • 1st touch should be into an area where an easy, quick pass can be played and the ball can be protected if necessary (away from the defender). • Angle of body when receiving the ball (open stance). Do the players have awareness of passing options when they receive a pass. • Target players should always be in, or move to a position where a pass can be made to them. • 3rd man runs to provide support for a quick return pass from target player, back into the playing area.
Conditions:	<ul style="list-style-type: none"> • Any ball that leaves the area that is not a pass to a target player, results in a kick in for the opposing team, starting from one of their target players. • Red team play East to west. Blue team play North to South. • One point is scored for each time a target player receives a pass from their team. • First team to score 5 points, or the team with the highest score after a timed period wins. Losing team performs a forfeit.
Variations:	<ul style="list-style-type: none"> • Limit the target players to 1 touch. This will make the in field players work harder to provide options. • Limit in field players to 2 touches

WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
8	8+	Analytical Functional	Attack	Target Forwards	3/4	15 mins	




Organization:

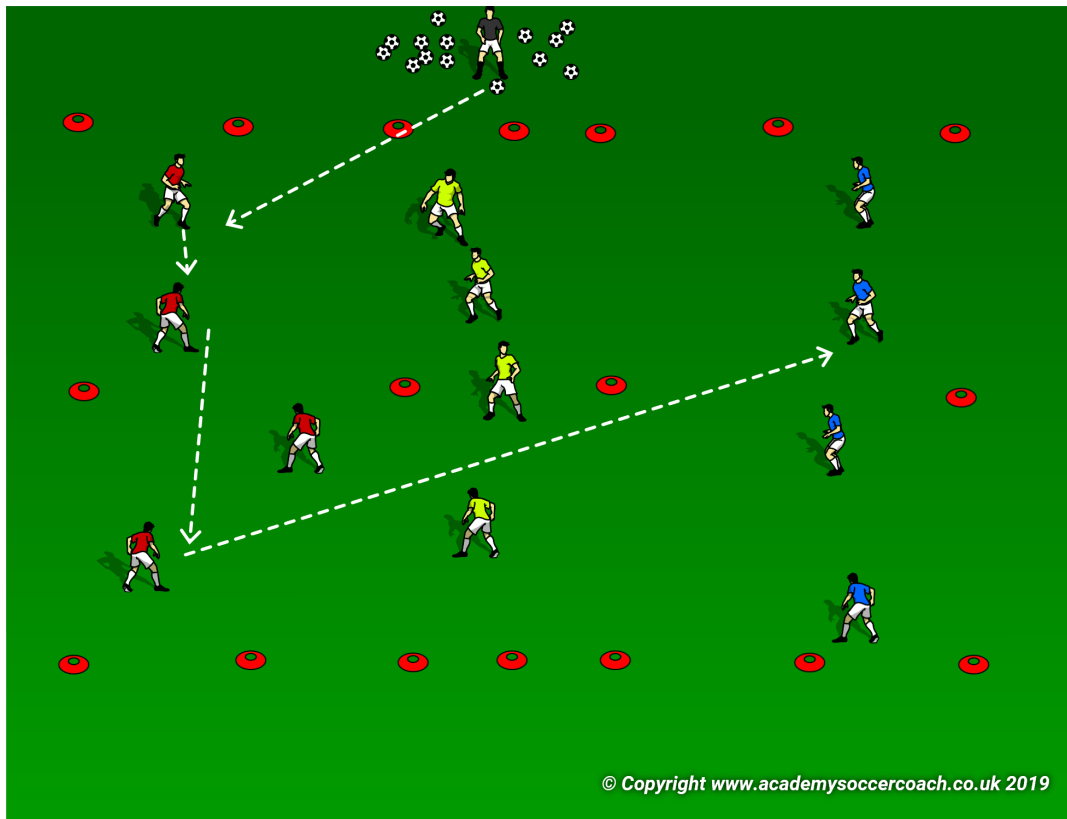
- 15m x 20m area, 10m meter target area with a goal at each end.
- 4v4 on field plus a goalie, with 1 target player for each team in target areas.
- Balls spread around area

Equipment:

- Balls
- Cones
- 5 red pinnies
- 5 Blue pinnies
- 2 green pinnies
- 2 goals

Objective:	Hit a target player as early as possible and then support them to create scoring opportunities.
Teaching Points:	<ul style="list-style-type: none"> • Play a forward pass to the target player as soon as possible (keep scanning for passing opportunities). • Who is supporting the target player as they receive the ball. The passer, or a 3rd man run? • Is target player aware of the supporting run? Pace and accuracy of lay off. • Accurate shooting into corners of goal
Conditions:	<ul style="list-style-type: none"> • Target player can't shoot. They must lay off a pass for a supporting player to shoot at the goal. • No defenders are allowed in the target area to begin with. • Any ball that leaves the field of play results in a pass in from the opposing team, In the central area. • Target players are limited to 2 touches. • When a goal is scored, play is restarted by the coach. • The supporting player switches places with the target player and becomes the new target player.
Variations:	<ul style="list-style-type: none"> • Allow a defender to pressure the supporting run into the target area. • Implement a 2 touch rule in the 4v4 area.

WEEK	Age:	Component:	Task:	Function:	Zone:	Time:	
9	U9+	Analytical skill	Attack	Possession And Penetration	2/3	15 mins	



Organization:

- 35m x 15m area, with a 5m defensive zone down the centre.
- 3 teams of 4 players. One team in each section.
- Team in the central section is defending.
- Ball introduced by coach

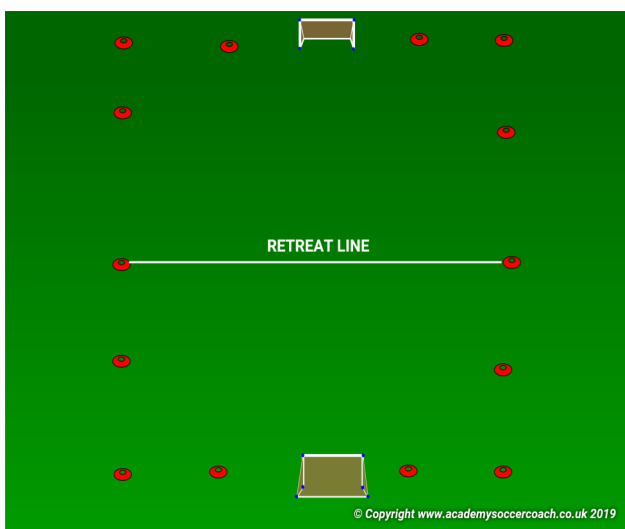
Equipment:

- Balls
- Cones
- 4 red pinnies
- 4 Blue pinnies
- 4 Yellow pinnies

Objective:	Keep possession of the ball for a pre-determined number of passes and then play a penetrating pass through the defense.
Teaching Points:	<ul style="list-style-type: none"> • Movement and support by attacking team to give the ball carrier multiple passing options. • Can the attacking team keep scanning to see where the gaps in the defense are for a penetrating pass? • 1st touch should be into an area where an easy, quick pass can be played and the ball can be protected if necessary (away from the defender). • Angle of body when receiving the ball (open stance). Do the players have awareness of passing options when they receive a pass.
Conditions:	<ul style="list-style-type: none"> • Attacking teams must complete a pre-determined number of passes before they can pass the ball through the defensive zone (start with 3 passes) • Defensive team must remain in the defensive zone (except when progression is in effect). • 1 Point for attacking teams, each time they completes the required passes and a penetrating pass. • 1 point for defensive team for each time they intercept a pass. • If the ball leaves the area, the defensive team gains a point and a new ball is introduced by coach. • Rotate the teams each time all of the balls are used up.
Variations:	<ul style="list-style-type: none"> • Progress by letting 1 defender enter the attacking zone to put pressure on the attackers (progress to 2). • Adjust the number of passes required before the penetrating pass is played, depending on success rate.

HOW TO CREATE CONFIDENT AND CREATIVE PLAYERS:

- Encourage players and parents to create a safe, enjoyable and positive playing environment. The emphasis should never be on whether a team is winning or losing. We want to maintain a focus on the following principles:
 1. Are the players having fun.
 2. Are the players working hard and respecting the game.
 3. Are the players working as part of a team.
- Encourage young players to dribble or pass to a team-mate from a re-start, instead of attempting a “big kick” to nobody. We praise the initiative and not the result. If the players keep doing the right thing the results will improve naturally.
- Make sure that the opposing team is being fair and giving enough room during re-starts. Also encourage them to respect the “retreat line” and the reasoning behind it (the retreat line will be at the half way point of the field).
- Be wary that the majority of fouls and hand balls are not intentional at this age. They are mostly due to a lack of coordination. Try to keep the game flowing, rather than stopping it for every minor infraction. Intentional fouls or illegal plays should be dealt with by explaining to the player why what they did was wrong.
- Praise and encourage both teams and most importantly, remember that these young players are learning the game. **BE PATIENT AND FLEXIBLE!**



The retreat line in youth soccer is designed to encourage teams to play the ball out from the back. It gives the goalie and the defenders the space to try and pass the ball short instead of kicking a long pass aimlessly forward.

The opposing team should retreat behind this line whenever a goalkeeper has hold of the ball.

As soon as a defender touches the ball, the opposing team, can start to pressure the ball again.

COACHING TIPS:

LEARNING STYLES:

It is important that we are aware of these learning styles when we coach our players. Always try to demonstrate what you want the players to do and also get them to practice, so you know that they understand what you are coaching.

This can also be an effective method of explaining an activity to the players. Use diagrams, or simplified demonstrations to ensure that the players understand the activity. This will allow you to initiate the activities more quickly.



COACHING STYLES:

COMMAND: Coach makes all of the decisions. The players role is to follow the decisions without question. This can be effective for younger players, or players who have little understanding of the game.

“When you have the ball, I want you to look up quickly and play a pass to a wide player”.

QUESTION AND ANSWER: Coach asks direct questions to the players. This gives the coach the opportunity to gauge if the players understand the topic of the activity. It also gives the players an opportunity to get more involved with their development and gain in confidence.

“Where can you move, to create a good wide passing option for the ball carrier?”

GUIDED DISCOVERY: Coach will engage with the player, or the team and try to encourage them to solve problems on their own. The questions will be less direct and more vague.

“Show me how you can work together as a team, to stretch the defence?”

FAQ's

- **WHY AREN'T THE SCRIMMIGES LONGER?**

This program is built around the Canada Soccer and Ontario Soccer Association guidelines. Games and activities allow all of the players to have equal time on the ball and it also allows them to learn new skills and techniques in a less hectic and less pressured environment. The purpose of the scrimmage is for the players to further develop the techniques they have learnt in a realistic game setting. We try to encourage a relaxed, not to competitive game environment, so the players have the confidence to take risks without the pressure of making mistakes and letting their team down.

- **WHY DON'T WE KEEP SCORE DURING SCRIMMAGES?**

It isn't so much that we don't keep score, we just don't focus on it. Every player involved in the game and all of the spectators have a pretty good idea what the score is during a scrimmage. If we are going to ask players to take risks and try new techniques during a game, it is inevitable that on occasions the attempt will fail and may result in a goal for the opposing team. We want to focus on the initiative and the attempt rather than the result.

- **WHY ARE THE FIELDS SO SMALL?**

To become competent at soccer, players will be required to demonstrate a range of techniques and skills. Some of these skills include utilizing space with strength and speed and others require close control and balance in tight areas. The problem with too many soccer scrimmages is that the organization and size of the field promotes fast play with kick and chase tactics (the fastest and biggest players succeed, regardless of whether they are technically superior to the other players). Our aim is not to take these attributes away from such players, but to enhance them with the ability to demonstrate close ball control when required. There is always space available on any field. Another mental strategy that our players need to learn is how to create and manipulate this space.

- **WHY DO THEY ONLY PLAY 4V4, or 5V5 DURING SCRIMMAGES?**

The simplest answer to this question is that as the number of players on a field reduces, the number of opportunities for each player to have the ball at any point increases. We want every player to have as many touches as possible, so they can develop the skill that were introduced to them in the activities section.

- **WHAT EQUIPMENT DO I NEED TO PROVIDE FOR MY CHILD?**

Players should have appropriate footwear (ideally soccer cleats). They should also wear shin guards, as the scrimmages and some activities will involve contact. Players should not wear any jewellery, or necklaces, as these can cause harm to themselves, or other people.

- **WILL THERE BE WATER BREAKS?**

Water breaks will be called at the half way point on regular evenings and after each activity on particularly hot evenings. Please stick to the allotted water breaks, as this keeps the session running more smoothly and don't let the players drink too much, just a couple of sips will be enough to rejuvenate them.

- **WHAT IS THE FIRST AID PROCEDURE?**

If any incidents occur during the sessions, please notify myself, or any other coach. There will be a first aid kit at the field, with an emergency action plan attached.

- **WHAT IS THER INCLEMENT WEATHER PROCEDURE?**

If we receive prior notice of imminent lightning storms, we will send an email to all parents, with as much notice as possible. If lightning appears during the session, we will postpone the session and try to reschedule it (this may not always be possible).

SOUTH RIDGE PARK, ELORA





PLAYER/PARENT/COACH AGREEMENT



CLUBS PHILOSOPHY:

- Create a fun and safe environment.
- Teach the players the fundamentals of soccer.
- Encourage players to be creative and expressive in the way they approach the game.
- Put the focus on fun and development as apposed to winning at all costs
- Always show respect to players. Listen to there insights and opinions.

PLAYERS COMMITMENT:

- Turn up to practices with a positive attitude, ready to work and learn.
- Be dressed and ready to go in cleats and shin guards for the start time of each game/practice.
- Respect the game officials and listen to the coach when they speak and also show respect for my team.
- Work as hard as I can at games/practices and do my part to make it a fun environment.

PARENTS COMMITMENT:

- Respect the officials at every game. They are doing their best and many are also learning.
- Be positive in any comments you make around the players. They are listening!
- Respect the coach and the choices they make, even if you don't always agree.
- Don't shout at, or coach you child to aggressively during games. It generally just confuses them.
- Encourage your child to be on time and let them know how much you enjoy watching them.

**Please let the coach know about any of your child's relevant medical conditions
and the subsequent emergency treatment.**

FIELD DAY

There will be a field day at the end of the program. This will take place at Victoria Park fields in Fergus, on Saturday August 3rd. More information will be provided closer to the date.

We will run a group of parent vs player games, so bring appropriate footwear. The players will receive a medal and a complimentary treat at the end of the event.

EQUIPMENT PICK-UP

There will be an equipment pick up on Saturday May 11th at the Southridge fields in Elora. Players will be able to pick up their uniforms and balls on this day.

I will leave you with a quote from Sir Ken Robinson. His words express my personal beliefs and the philosophy of FEDS Soccer Club. Thank you for signing up for the program. We will see you in may!

“Kids will take a chance. If they don’t know, they’ll have a go. They are not frightened of being wrong. If you’re not prepared to be wrong, you’ll never come up with anything original. By the time they are adults most kids have lost this capacity, they have become frightened of being wrong! We are running education systems where mistakes are the worst thing you can make. The result is that we are educating people out of their creative capacities”

CONTACTS.

You can reach me at the following email, for any inquiries, concerns, or suggestions.

Dave Smith (Technical Director) fedssoccercoach@gmail.com