

U10

Lehigh Valley Magic Soccer Club

Training Stage- Basic Training

Phase of learning in relation to age- Discovery

Main training objectives-

- * ball feeling and many sided purposeful ball skill
- * Intro to passing techniques

Training Objectives

Technical-

- * Begin learning technique
- * Ball feeling
- * Quick footwork on the ball
- * Push passing
- * Heading Intro (Confidence)

Tactical-

- * Awareness of space and direction
- * Basic team shape
- * Play in a variety of positions

Physical-

- * Coordination and flexibility
- * All fitness work with a ball

Mental-

- * Pleasure and experience
- * Develop a desire to play
- * Enjoy competition

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- Games-**
- * 2v2, 3v3, 4v4, 5v5 (4 + GK), 7v7 (6 + GK)
- Organization-**
- * Simple
 - * Every player with a ball
 - * Work in square, circle, triangle etc.
 - * Use of coned areas important but not always.
- Load-**
- * Without opponent
 - * Small distances (field size key to touch count)
 - * Short periods of time spent on coaching topics
- Coaching-**
- * Encourage and instruct
 - * Let the players enjoy the training and the games
 - * Add player responsibility
 - * Let it happen
- Coach is...**
- * Sensitive teacher, patient, enthusiastic, understands technique