

CANMORE MINOR SOCCER CLUB
COACHING INFORMATION
U-10

1. The goal of the program is to have all participants involved. The outcome of any game is not as important as the participation and enjoyment of as many athletes as possible. The program will use mini soccer as its organized game. (See mini soccer example). Mini soccer allows more players more involvement during the game.
2. Every participant should be considered an equal with any player on your team. Encourage the other team's players as much as you would cheer on your own. Be positive with every player
3. If for any reason any other coach is not at the field at the start of practice/game time, please include their players in your practice and if necessary, game.
4. There will usually be 2 teams at each field. Each team should use ½ of the soccer field for their practice and game.
5. The U-10 program is scheduled for 90 minutes two nights a week. Once the schedule is set, you will know which days are to be practices and which ones are to be games. You can use the last half hour of your practice times to play a game either amongst your own team, or against the other team at your field. Don't record the scores of the games during practice days. The results from games during a practice night will not be used in the standings.
6. On game days, use the first half hour or so to warm up your team and prepare for the game. Play two 25 minute halves with a 10 minute break. There may be a referee scheduled for your game. If there isn't, the coaches need to share refereeing duties.
7. When game time begins, we play 7 aside mini soccer. Set your net up on the edge of the penalty area. This means that each team will have a goalie and six other players on the field. This also means you will have a couple of players sitting off. These players need to be substituted on to the field. Make substitutions about every five minutes. Make sure you play all players equally. No one should be having more playing time.
8. After about half of your playing time, stop the game and have a half time break for 10 minutes. Also, allow the players water breaks when they need it.
9. End every game with a show of good sportsmanship between the teams. Have your team cheer on the other side for competing so well. Have all players line up and shake hands and say great game to the other team. Make sure your players are showing respect to the other team.
10. The scores will be recorded at this level and standings will be kept. The aim is still player enjoyment over victories.
11. Remember that as coaches we are a team. Our goal for Canmore Minor Soccer is to ensure a great game for every player regardless of whose team they are on.

Sample practice/game schedules

U-10

- These teams meet twice per week for 90 minutes per time.
- There will usually be 2 different teams per full field.
- Each team needs to use ½ of the field to run their practice.
- Use the scheduled practice night of the week for a practice. Talk to your team about the game and its rules, stretch, instruct new skills, run drills, and have modified competitions within your team. Don't forget water breaks.
- 90 minutes of straight practice time can be a long time. Talk to the other coach and take the last 20-30 minutes of practice time to play a mini soccer game. By dividing your team in half, you will be able to have 2 games going at once (use one half of the field for each game by playing across the field). We won't be recording the results from any games played on a practice night.
- If you would rather not play a game, have controlled scrimmages amongst your own team.
- The scheduled game night of the week will be strictly for games.
- Use 20-30 minutes to talk to your team about game situations, get your team stretched and ready to play.
- For game time, we play mini-soccer. This means the size of the field, the goals, number of players involved, and rules of soccer are adapted.(see sheet regarding mini soccer rules) Use half of the field to have a game on. We play 7 vs. 7 mini soccer. It is probably easiest to make your team have a goalie, three defenders and three forwards. Try to have every player play every position on the field. Make sure to move players around so everyone can have success at every position.
- You will have a couple of substitutions. Make substitutions every 5 minutes of playing time. **Make sure every player plays the same amount of time.** Do not simply substitute only your weakest players, and allow your strongest players to play more.
- Play mini soccer on a reduced size of the full field. Set up your mini goals around the edge of the penalty area. Play a 25 minute half. Take a water break for about 10 minutes. Play a 25 minute second half.
- Reinforce positive play and encourage all players from both teams.
- Wrap up the games with cheers and hand shakes.
- Record the score and send in to the coordinator.
- If a game night has been cancelled because of weather, there is the possibility of making it up.