



**BRUNSWICK
SOCCER CLUB**

**Brunswick Soccer Club
Coaching Guidelines
U-10 House Program**

Revised: March 2010

Overall Coaches Guidance----A Page for Success

Brunswick House League Coaches' Responsibility

1. Make it FUN and SAFE
2. ALL PLAYERS PLAY EVERY GAME
3. Develop Sportsmanship and Soccer Etiquette
4. Develop Soccer Skills
5. Teach Soccer Tactics

Make it FUN and SAFE

1. Keep practices interesting. Change drills and games before players show signs of boredom!
Do not lecture. Let them PLAY!
2. Spend little time standing. Keep them moving from activity to activity.
3. Keep games and practice competitive ---match best players against best players.
4. Do dynamic warm ups and stretches—may be not so important now-but it will be.
5. No sliding tackles
6. Protect your players and opponents—leave the goalie alone, no goal is worth an injury
7. Make sure kids have proper equipment (ball size, shin guards), tie their shoe laces. Pick up any debris on the field.

All Players play every game.

1. Approximately equal playing time in all games attended, including house tournament games.

Develop Sportsmanship and Soccer Etiquette

1. Practice good behavior as a coach. NO swearing, NO throwing things, NO offensive remarks, etc...
2. Work with your parents to encourage all players. REMEMBER the referees are young and learning also.

Develop Soccer Skills

1. Show or have someone show players how! Make it a point of every practice to review a skill.
(Kicking, trapping, heading (older ages), throw- ins, tackling, use of both feet)
2. Allow for as many touches on the ball as possible per practice.
3. Encourage experimentation.
4. Do not forget the goalie.
5. Encourage players to join the Travel program to advance their soccer skills.

Develop Soccer Tactics: Identify something you want to teach each practice (defending, passing, formation, etc)

1. Build (1 vs. 1, 2 vs. 1, 2 vs. 2)
2. Spread the field (set cones to define boundaries and areas of play for players, including a goal box)
3. Whatever you want to teach, make sure you do what is necessary to favor the player so that they build confidence.

Ten Commandments of Youth Soccer

Brunswick Soccer places emphasis on the DEVELOPMENTAL aspects of soccer in its house league. Players are taught skills, practice them, and attempt to use those skills on a field under game conditions. We ask that you read and follow the Ten Commandments of Soccer—your children will have a better soccer experience for it.

1. Applaud good play by players on both teams.
2. Recognize that soccer is a game and games are supposed to be fun.
3. Notice that each child will not improve dramatically each game, but will probably improve gradually throughout the season. Encourage each child to improve in a positive manner.
4. Set reasonable expectations for each child or his/her team's performance recognizing that they are children learning how to play. They are not adults or professional players.
5. Encourage coaches, the opposing coaches, the referee, or players on either team.
6. Endeavor to learn as much as you can about soccer, its techniques and especially the rules of the game; a game your child has chosen to play and enjoy.
7. Acknowledge that the coaches are unpaid volunteers who do this so children can learn and enjoy soccer. Respect their decisions. Parents should volunteer to help, whether it is cleaning up after a game, or helping to coach, or some other job that helps the club.
8. Understand that players may get nervous before each game, and that the game should be kept in perspective, regardless of the outcome.
9. Respect the decisions made by the referees, realizing that you were not in the same position as the referee to see the play.
10. Recognize that Club Officials (Referees):
 - A. Have the last word on the field,
 - B. Have the full backing of the Board of Directors through the Referee Coordinator,
 - C. Are in full control of the field of play which includes the sidelines, players, coaches and parents on the sidelines,
 - D. Are human and are also learning.

RULES SUMMARY FOR SPECIFIC HOUSE AGE GROUPS

	U6	U8	U10	U12	U15
Length of Game	(8) 4 minute periods– 5 minute half – 2 minute breaks	(4) 12 minute periods – 5 minute half – 2 minute quarter breaks	(4) 12 minute periods – 5 minute half – 2 minute quarter breaks	(2) 25 minute periods – 5 minute half	(2) 25 minute periods – 5 minute half
Ball Size	3	3	4	4	5
Number of Players	4v4 – no goalkeeper	Dual 4v4 – no goalkeeper	6v6 - includes goalkeeper	8v8 - includes goalkeeper	8v8 - includes goalkeeper
Offsides	No	No	Yes	Yes	Yes
Direct Kicks	No	No	Yes	Yes	Yes
Penalty Kicks	No	No	Yes	Yes	Yes
Referees	Coaches ref the game	Two, provided by club	One, provided by club	One, provided by club	One, provided by club

U10 House League Rules

1. **Length of Game:** The game shall be divided into four (4), twelve (12) minute periods. There shall be a 2 minute break between periods 1 and 3, and a 5 minute halftime break after period 2.
2. **Ball Size:** Four (4)
3. **Number of Players on Field:** Six (6) including the goal keeper.
4. **Goal keepers:** Goal keepers are to be identified by distinctive colored jersey or pinney.
5. **Equipment:**
 - A. All players must wear shin guards while on the field **inside** their soccer socks.
 - B. If a player wears shoes with cleats or spikes, the cleats or spikes must be rounded with no sharp edges and constructed of rubber or other pliable material. Metal and hard plastic cleats or spikes are not permitted.
 - C. Players must remove any sort of jewelry (watches, rings, necklaces, ear rings, etc.).
6. **Throw-ins and Goal kicks:** Allow extra throw-in or goal kick if done incorrectly. If second throw-in is incorrect, ball switches to the other team.
7. **Fouls and Misconduct:** The general rules of FIFA are used including off-sides, indirect kicks direct kicks, and penalty kicks.
8. **Dangerous Play:** Players must be “on their feet” when playing the ball. Sliding kicks or kicking while down on the ground will be considered dangerous play.
9. **Player Substitutions:**
 - A. Substitutions by either side are allowed at any time there is a stoppage in play.
 - B. Players may re-enter the game any number of times.
10. **Litter:** Each team is responsible for picking up its own litter (bottles, cups, candy-wrappers, etc.) after each game; this includes the litter of spectators.
11. **Injury:** Play shall be stopped immediately when any player is injured. Coaches should wait for the referee to stop play prior to assisting injured player.
12. **Dangerous Conditions:** No games or practice are allowed during lightning storms. No playing until 30 minutes after the last lightning strike. Games will be cancelled/postponed on the field at the start of the game. Games will be canceled only by the game’s referee. Fields will only be closed by the Field Director/Committee. Games will not be rescheduled without the knowledge and approval of the Scheduling Director.
13. **Practice Space:** Scheduled games, house or travel have first priority on field use. Scheduled clinics have second priority. Use of fields for practice is third priority. When conditions warrant (overcrowding), any one team may use only half of a field exclusively. Please work together and cooperate with each other. Field space for games and practice has become, and will probably continue to be, a problem. We are all part of the same team!

Developmental Training for U10

Technical/Tactical/Psychological/Physical

Technical:

1. Teach Passing, Trapping (especially chest traps), shooting, tackling, dribbling, shielding, and game situations like throw-ins, goal kicks, corner kicks, penalty kicks and free kicks (both direct and indirect).
2. Work on juggling.
3. Work with your keepers and teach punting, throwing and distribution.
4. Show how to head the ball properly, but **DO NOT encourage heading**. They are still too young.
5. Introduce directional trapping away from pressure.
6. Introduce the keeper as the last defender. Introduce passing back to the keeper.
7. Teach footwork and soccer moves. Build confidence on dribbling and challenging players.

Tactical:

1. Teach principals of attacking, defending, transition and possession. Teach team shape of Triangle, Square/Diamond. Teach that the game is made up of Squares, Diamonds and Triangles.
2. Spacing as a team is important. Do not leave the defenders on the goal box to chat with the keeper.
3. Teach off-sides.
4. Work on passing and possession---Show that passing can move the ball faster than dribbling. Stress the importance of letting teammates get the ball. Introduce change in direction, back passing, playing/running to space, switching the field.
5. Introduce the concept of keeping defensive balance on the field
6. Introduce the concept of unbalancing the field during attack.
7. Teach that passing the ball wide from the defense is usually better than up the middle, and how on offense going to the corner and crossing the ball is a good means to attack a goal
8. Work on goal kicks, indirect kicks, corner kicks and throw-ins

Psychological:

1. Fun, Fun, Confidence
2. Work on terminology—goal kick, wall, space, etc.
3. Work on a team spirit!
4. Teach sportsmanship and fair play.
5. When they make a mistake, let them know every player makes mistakes and there is nothing to worry about!

Physical:

1. Running, lateral movement—in practice have drills where they are running until they get tired—use the average kid as your benchmark—the stronger kids can do extra without them knowing, have them shag errant balls, have them demonstrate etc.
2. Work on foot speed and jumping.
3. Work on acceleration and change in direction.