



Coach Education 10U Nuggets

Psychosocial

- Enjoy talking and being with friends
- Feelings can be easily hurt (keep comments positive and encouraging)
- Take things literally
- Understand cause and effect
- Starting to be self critical so stay positive

Technical

- Instep kick
- Dribbling
- Inside of foot push pass
- Inside of foot control
- Throw-ins
- High control
- Juggling
- Block tackling
- Goalkeeping

Physical

- Still in early stages of physical development
- Will compete enthusiastically
- May be large differences in physical ability

Attacking

- Score!
- Keep possession
- Advance ball

Defending

- Prevent scoring
- Regain possession
- Delay opponents



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



10U is the time for ADVENTURE!

Ages 9-12 is the golden age for learning and time to develop specific techniques and skills.

Physically, players are still in the early stages of development, but physical literacy (balance, agility, speed, coordination, etc.) improves.

Pre-pubescent players are responsive to role models, friendships, and peer approval.

Players enjoy the team concept but will flourish in competitive arenas, so 1v1 & 2v1 help develop individual skills. Passing techniques/activities help develop their team concept.

Small-sided games help develop attacking & defensive principles. Players should still rotate positions to avoid early specialization (as well as participate in other activities/sports).