



CURRICULUM – U10 – SEASON PLAN					
OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
SCRIMMAGE: Efficiently occupy the space in relation to the ball and to teammates TACTICAL: Creating space and applying basic principles. TECHNICAL: Accuracy in individual soccer techniques. PHYSICAL: Develop speed, agility, coordination, & balance. PSYCHOSOCIAL: Interact positively and feel confident within the group.	Sessions per week	2	Session Time	90'	
	Players per team	9-14	Game time	60'	
	Match	7v7			
	Coaching Philosophy Guidelines				
<ul style="list-style-type: none"> ✓ Focused on development over winning ✓ High quality sessions with at least 50% active time ✓ High expectations for discipline & effort ✓ Positive learning environment based on specific, truthful, positive feedback/praise. 					
Comments: <i>Team Specific Issues:</i> <i>Expected Ranking:</i> <i>MISC:</i>					

CONTENT						
TACTICAL		TECHNICAL		PSYCHOSOCIAL		PHYSICAL
Attacking		1. Passing & Receiving	5	1. Motivation & Effort	5	1. Strength
1. Attacking Principles	3	2. Running with the Ball	5	2. Self Confidence	4	2. Endurance
2. Possession	3	3. Dribbling	4	3. Cooperation Attitude	3	3. Speed
3. Transition	2	4. Turning	5	4. Decision & Determination		4. Flexibility & Mobility
4. Combination Play	3	5. Shooting	5	5. Competitiveness	2	5. Coordination & Balance
5. Switching Play		6. Ball Control	5	6. Concentration	3	6. Agility
6. Counter Attacking		7. Heading	2	7. Commitment	2	7. Basic Motor Skills
7. Playing Out From the Back	3	8. 1v1 Attacking	5	8. Self Control		8. Perception & Awareness
8. Finishing in the Final Third	2	9. Shielding the Ball	2	9. Communication	2	
Defending		10. Receiving to Turn	2	10. Respect & Discipline	5	
1. Defending Principles	3	11. Crossing & Finishing	2			
2. Zonal Defending	2	12. 1v1 Defending	2			
3. Pressing						
4. Retreat & Recovery	2					
5. Compactness						

5=High Priority
1=Low Priority