

Instructor Notes for Teaching the AYSO U-10 Coaching Course



Identifier	U-10 Coach Course
Original	John Ouellette
Revision	
Effective Date	1 January 2011
Class Length	2 hours

Facilities required

Classroom
Field (grassy area or gymnasium)

Materials

Course roster
Power Point Presentation
Copy of Instructor notes
Course Manual
Tests

Equipment

LCD projector and screen
Flip chart and markers
Marker board
Balls
Cones
Whistle

Key Instructor Notes:

- Time is your enemy!
- Teach from the Power Point Presentation that has been created for this course.
- The classroom portion of this course is critical. You have new coaches who need to understand AYSO, not soccer.
- Don't rush to get to the field, the coaches only need to understand that they should use the activities in the U-10 Coach Manual.
- By the end of this AYSO Coaching Course every coach in attendance must understand that in this very young age group organized soccer is meant to give every U-10 player in AYSO a **"taste"** of the game, some experience in working together as a team, and, most of all, a **positive** introduction to the sports experience that is fun.

U-10 Coach Course Learning Objectives:

1. To understand AYSO culture and apply its philosophies
 2. The Psychology of Coaching
 3. Team Management
 4. Training Overview for U-10 Players
 5. Objectives & Principles of the game for U-10 Players
 6. Objectives of the Game
 7. Principles of Play
 8. Teaching Methods
 9. Techniques for U-10 Players
 10. Equipment and Materials
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Lesson Plan: Class One - AYSO Basics

I. Introduction

- A. Introduce yourself, your co-instructors, and any guests. If the group is small, take a few moments to allow the attendees to introduce themselves.
- B. Describe the purpose of the course, its anticipated length, whether or not any breaks are planned, and what the students can expect to do when they complete the course.

Body of the lecture:

Spirit of Intent of AYSO - Why

Start with this opening:

AYSO is a place where every child plays in an atmosphere of good sportsmanship and positive coaching. The emphasis in AYSO is on youth. AYSO is unique because we recognize the social and psychological needs of children and do our best to work toward the fulfillment of those needs in all our programs. This emphasis makes AYSO a model for other youth sports groups and is a key to our astounding growth and popularity.

1. Explain the AYSO Vision and Mission statement (Power Point).

AYSO Vision

To provide world class youth soccer programs that enrich children's lives.

AYSO Mission

To develop and deliver quality youth soccer programs in a fun, family environment based on the AYSO philosophies:

- a) Everyone Plays
- b) Balanced Teams
- c) Open Registration
- d) Positive Coaching
- e) Good Sportsmanship
- f) Player Development

The Psychology of Coaching

Working with young athletes it is important as a coach that you subscribe to a philosophy that acknowledges the role of athletics in developing children as complete individuals. Remember that AYSO's vision is to provide soccer programs that enrich children's lives.

What to Expect from Under-6 Players (follow Power Point)

Stress to the coaches that they must remember that kids will develop differently, both physically and socially. They must take the needs of ALL of their players into consideration.

Explain that children don't think like adults!

They will find kids this age extremely curious and highly impatient. They just won't stand or sit still and are full of life.

Team Management (Power Point)

New coaches need to understand how important good team management is. There are off-the-field responsibilities that affect the team and the players before they ever step on the field. These activities are referred to as team management.

Activity Day (Follow Power Point)

This section will provide information on preparing for and conducting activity day. Ensuring that team players are prepared and ready to play should ease the new coaches' mind and keep everything running smoothly.

Warm-up (Follow PowerPoint)

Stress to the coaches in attendance that at this young age, player's muscles are not developed to a point where injuries will occur often, especially due to a lack of warming up and stretching. It is critical, however, that players be introduced to the concepts in order to prepare them for future competition in the years to come.

Training Overview for U-10 Players

(This is all covered on the Power Points, follow them exactly).

Objectives of the Game for U-10 Players

(This is all covered on the Power Points, follow them exactly).

Principles of Play for U-10 Players

(This is all covered on the Power Points, follow them exactly).

Teaching Methods (Power Points)

This section covers the most comprehensive and difficult aspect of coaching to master—how to develop player skills. Covered first are methods for instructing players, followed by an explanation and discussion of the techniques necessary to perform the skills. Explain old school coaches and how teaching and working with children has changed.

Very Important note: Time is still your enemy!

Techniques for U-10 Players

This portion of the course is done on a field of play or gym floor (bad weather). Explain that this section covers the various techniques you can teach (work on) with U-10 players. The better grasp a coach has of the techniques, the better they will be able to work with their players to develop as players.

Note: stress that techniques should be practiced with both feet to ensure players do not develop a “strong foot” and a “weak foot.”

Spend most of your time on the field going over the U-10 activities (from the manual). Emphasize to the coaches that the best teacher of the game is the game itself. Don't spend a lot of time going over static technique training with the coaches.

Techniques to be covered:

- Dribbling
- Instep Kick
- Throw-In
- Inside of the Foot – Push Pass
- Inside of the Foot – Ball Control
- Tackling – Front Block
- Goalkeeping

Instructor note for Goalkeeping:

Stress to the coaches that Goalkeeper is a unique and exciting position but not for all children. Goalkeepers are the only players on the field that are allowed to use their hands to play the ball, so long as they are within their own penalty area. They are the last line of defense when the other team is attacking and the first line of attack once they possess the ball.

At this age, one player **should not** be designated as a team's only goalkeeper. Make sure that all coaches in attendance understand that only children who want to try playing in goal be given a chance, and that the coach should not force any player to play keeper if they are reluctant to do so.

Only teach collection and distribution at this age group.

Activities to be covered (as many as time allows):

- Shoot for the Shoes
- Shooting Gallery
- My Buddy
- Shooting Skunks
- Mad House
- You and Me (1v1)

The Web
The Shadow
The Race
Takeovers
Slalom Shooting
Musical Balls
Moving Marbles
Find the Number

Summary:

The Power Points are the key to this course, use them!

By the end of this course every coach in attendance should understand that in this very young age group organized soccer is meant to give every U-10 player in AYSO a “taste” of the game, some experience in working together as a team, and, most of all, a positive introduction to the sports experience and that it is their job to make it so.