



7v7 Workshop for 10U Coaches

Effective Date January 1, 2018

Class Length 1 hour 15 minutes

Change Summary

November, 2017

Created for 2018 AYSO EXPO

1. Lesson Plan Goals



The objective of the session is to further the perspective of 10U coaches in the 7v7 environment and help prepare players for 9v9.



Building on from the 10U certification, the workshop discusses formations and introduces some new activities to progress attacking, defending and transitional phases and game understanding.

The activities are presented by AYSO United partner The Coaching Manual.



2. Class Length

1 Hour and 15 minutes

3. Instructor Requirements

Advanced Coach Instructor

4. Prerequisites

None

5. Materials

Power Point Presentation which is preloaded onto conference laptop and also available on www.ayso.org along with the lesson plan

6. Equipment

LCD Projector and Screen
Flip Chart and Markers

7. Special Instructor Notes

With this being a new session with plenty of opportunity for attendee interaction, please watch time!

8. Suggested Interactions

- Q&A
- Group work and presentation
- Candidate presentation
- Role play
- Peer review
- One-minute paper
- Think-pair-share
- Video

Slide 1. Welcome and Introduction. The objective of the session is to further the perspective of 10U coaches in the 7v7 environment and help prepare players for 9v9.

Building on from the 10U certification, the workshop discusses formations and introduces some new activities to progress attacking, defending and transitional phases and game understanding.

Slide 2. Agenda

Slide 3. Reinforce the benefits of small-sided play.

Pair, think and share...

Attendees take one minute to chat with a neighbor and write down some benefits.

Ask pairs to share with group.

Slide 4. 7v7 10U Guidelines which also reflect US Soccer Player Develop Initiatives.

Slide 5. The Build Out Line

- Promotes playing the ball out of the back in a less pressured setting.
- The build out line promotes playing the ball out of the back in a less pressured setting.
- Runs across field equidistant between top of the penalty area and halfway line.
- Opposing team must move behind build-out line for goal kick or when goalkeeper has possession.
- At any time, goalkeeper may pass, throw or roll ball to teammates behind build-out line.
- Goalkeeper or player taking goal kick does not have to wait for opponents to move behind build-out line.
- The ball may be played to either side of the Build-out Line. From goalkeeper's possession, the ball is in play when it is released. From a goal kick, the ball is in play when it leaves the penalty area.
- Opposing players must wait until the ball is in play before crossing the Build-out Line.
- Build-out line also used to determine offside (players cannot be penalized for offside offense between halfway line and build-out line).

Slide 6. 10U Players. Pair, think and share...

Candidates take one minute to chat with a neighbor and write down some psychosocial and then physical characteristics.

Ask pairs to share with group. Make notes on flip chart.

Then, on flip chart, discuss some coach behaviors that we should align with this group.

Coach Behavior

- Recognize their effort
- Encourage them to practice at home
- Emphasize process in addition to results (Development vs. Winning)
- Guide them toward finding the answers themselves
- PIE

Slide 7. Review the technical and tactical topics covered in the 10U Coaching Course and Manual. Gauge attendee uptake.

Slide 8. Beyond topics discussed in 10U course, here are some additional standards, training expectations and competencies we should “consider” for 10U players as they develop and prepare for 9v9.

Slide 9. A visual of a 10U match. Granted this is an AYSO club team who are well trained but this demonstrates the age group capability.

Q. Do we challenge our players enough? Q. Do we challenge them too much? Q. What are they really capable of?

There needs to be a careful balance of creating a fun, safe and dynamic environment, yet with purpose and education. Can regular core players get to this stage of development without being over-trained or losing the enjoyment factor? Yes!

Slides 10-12. Formations. We don't want to get too tactical here, but the concept of setting team 'shape' will provide players with clear reference points in the game and support their development.

However, coaches should NOT be rigid in this approach to allow players to experiment and play with freedom at this age group, within the framework of the principles of the game. Review the formations and discuss with attendees.

Slide 13-14. Activities (defensive). The activities shown are primarily game-based in order to enhance decision-making and game understanding. Note, the numbers likely exceed regional squad sizes so suggest age group teams joining in or adjust numbers as feasible.

Review the various activities with attendees. Ask for volunteers to lead the review of each exercise? How could we modify?

Slide 15. Review some key coaching points related to defending.

Slide 16-19. Activities (attacking). Again, the activities shown are primarily game-based in order to enhance decision-making and game understanding.

Review the various activities with the attendees. Ask for volunteers to lead the review of each exercise? How could we modify?

Slide 20. Review some key coaching points related to attacking.

Slide 21. Summarize some main coaching considerations related to 10U and 7v7.

Slide 22. Questions? Thank attendees for their time and commitment to continuous coach education. Also reference the Coaching Manual for being a valuable partner and coach education resource.

