

## **Professional Training Expectations for the U10 Age Group**

As a parent and/ or a coach, you can expect the following from the professional training staff during their training sessions. The U10 age group is an age where you really can start to see individual players enjoy the game. The more players enjoy the game, the more they will want to learn about the game. It is important then to make sure that the training sessions are always fun and enjoyable, but focus on one aspect of the game, so that the players can learn that skill to the best of their ability. Boys and girls will learn some advanced skills concerning dribbling and also start to be introduced to some tactical implications of the game. The focus will still be on the individual player, but definitely will introduce some small-sided tactics.

Training sessions will last 75 minutes. Sessions will feature one head PSA professional staff coach. Each of the PSA professional staff coaches are highly qualified coaches with licenses from the United States Soccer Federation or the National Soccer Coaches of America Association. The professional staff coach will draw the session up and instruct all parent coaches from the teams involved what the session will entail. **There will be different stations set up with one or two parent coaches at each one to instruct a small group of players on the specific skill.** The professional staff coach will oversee all stations and parent coaches to make sure all players are using the correct technique.

The following skills can be expected to be taught during the training sessions:

- Advanced dribbling in small spaces
- Small group attacking tactics, 2v1, 2v2
- Passing and shooting over longer distances
- Receiving the ball with different parts of the body
- Small sided games to goal