

Pacifica AYSO U-10 Coach's Cheat Sheet

<p>AYSO Philosophies:</p> <ul style="list-style-type: none"> • Everyone Plays • Balanced Teams • Open Registration • Positive Coaching • Good Sportsmanship • Player Development <p>AYSO emphasizes DEVELOPMENT over WINNING!</p>	<p>U-10 Match Guidelines</p> <ul style="list-style-type: none"> • 7 v 7 (10 players total per team) • Four 12.5-minute periods, with a 5 to 10-minute break at half-time • Ball size 4 • NO jewelry or barrettes • NO toe cleats • Shin Guards REQUIRED <p>★ EST. 1978 ★</p>	<p>U-10 Practice Guidelines</p> <ul style="list-style-type: none"> • Technical warm-up (introduce new skill) • Activity I • Activity II (expanded) • Small-sided match • Cool-down • NO Laps/Lines/Lectures <p>Start simple, gradually make more complicated</p>
<p>REMEMBER: Every player plays AT LEAST HALF of every game. No one plays 4 quarters until every player has played 3.</p> <p>There should never be more than 5 points difference in the scores--Have a plan in case the teams are very lopsided.</p> <p>When in doubt, DO NOT interrupt the play.</p> <p>NEVER question the calls of the game officials.</p>	<p>Re-Starting Play</p> <ul style="list-style-type: none"> • Kick-Off • Drop Ball • Throw-In • Goal Kick • Corner Kick • Direct Free Kick • Indirect Free Kick • Penalty Kick <p>Offside Rule Offside Position: when a player is past the Build Out Line and nearer to the opponents' goal line than both the ball and the 2nd to last defender. Being in an offside position is NOT an offense unless, at the moment the ball is touched, s/he is ACTIVELY INVOLVED IN PLAY by: Interfering with play, interfering with an opponent, or gaining an advantage.</p> <p>Exceptions: First player to directly receive the ball from: A Throw-in A Goal Kick A Corner Kick</p>	<p>U-10 Coach's Equipment:</p> <ul style="list-style-type: none"> • AYSO Player Registration Forms – including Emergency Authorizations • Basic first-aid kit (be familiar with contents) ☑ • Extra water (Players should bring water to every activity) ☑ • Cones (preferably multi-colored) ☑ • Pinnies (preferably 2 sets of different colors) ☑ • Extra soccer balls (players should bring a ball to every activity) ☑ • Pump ☑ • Extra pair of shin guards • Whistle ☑ • Charged cell phone (in case of emergency) ☑ • Goalkeeper gloves • Training Plan ☑