Best Practices
Coaching Guidelines for Developmental League U9/10

Mission:
• Provide players an opportunity to play soccer
• To foster a love of the game of soccer
• Implement fundamentals (not positions)

Style of Play:
• Have Fun! - Attacking soccer!
• Make soccer decisions only - dribble, pass, shoot
• Aggressive defending

Practice Guidelines:
• Use Play - Practice - Play Model
  o Play 1 is 1v1, 2v2, or 3v3 games
    ▪ Can be played in various game types - 2 goal, 4 goal, endlines, endzones, etc
  o Practice should be realistic to 7v7
  o Play 2 is 7v7 or smaller
• High Energy - Have Fun!
• NO LINES - NO LAPS - NO LECTURES
• Set up all of the activities before training begins
• Short quick transitions and water breaks (if needed)
• Training topics should mainly focus on attacking
• Positive Reinforcement, Guided Questions, and Key Words are the preferred coaching toolkit option

Game Guidelines:
• Games should be played 7v7 or smaller
• Play in a 2-3-1 or 3-2-1 formation
• Work towards 75% playing time for all players
• Position Rotation (can take a game to game approach or overall season approach)
• Minimize coaching from sideline
• 1-2 halftime coaching points maximum
• No yelling at the refs, they are kids too many times

Goals:
• Focus on technique
• Spacing, fundamentals
• Creativity
• Retention rates above 75% for next season

Coaching Points:
• Creativity is encouraged and celebrated
• Take players on, it's okay to be selfish
• Use both feet
• Dribbling Technique
• Spread out
• Support the attack
• Create Passing Options
• Passing Technique
• Create 1v1 and 2v1 situations
• Switching the point of the attack
• Shooting Technique
• Steal the ball
• Protect the goal