



MN RUSH U10 Development Curriculum

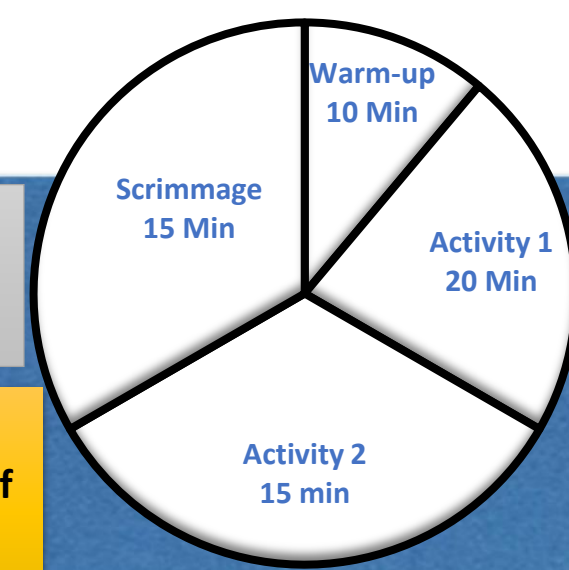
“They won’t care what you know until they know that you care”

OBJECTIVES

Movement Education: 15%
Technical: 75%
Tactical: 10%

ORGANIZATION

- NO Heading
- No Punting
- Ball to Player Ratio 1:1 to 1:4
- Size 4 ball
- Session: 60 minutes
- Games: 50 Minutes [7 v 7]
- 2:1 practice to game ratio
- Limited Offsides in Effect



Activity 1 = Small Sided Game
Activity 2 = Expanded Small Sided Game

BY THE END OF THE SEASON PLAYERS SHOULD...

be able to complete dribbling moves at game speed, be able to recognize moments of the game (when our team has the ball, opponent has the ball, nobody has the ball), have a basic understanding of individual defending (get between the ball and goal).

TECHNICAL

- Juggling
- Running with the ball
- Dribbling
- Scissors
- Maradona
- Basic individual defending

GENERAL CHARACTERISTICS*

- Lengthened attention span - they are still in motion, but not as busy, only holding still long enough for a short explanation
 - More inclined toward wanting to play rather than being told to play
 - Psychologically becoming slightly more firm and confident
 - Some are becoming serious about their play
 - Team oriented – prefer team type balls and equipment.
- Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
 - Developing the pace factor – thinking ahead
 - Gross and small motor skills becoming much more refined

TACTICAL

- Individual defending
- Second attacker (support)
- Possession

**General Characteristics from the US Soccer Player Development Model*