

U10 – Pegasus (8v8)

Emphasis:

1. Make soccer FUN to build lifelong enthusiasm for the sport.
2. Be extremely positive, patient, encouraging and enthusiastic.
3. Support risk taking and show your appreciation for effort. Mistakes are an instrumental part of a player's growth and development.
4. Success will be defined by individual player improvement, effort, sportsmanship and having fun.
5. Success will NOT be defined by team standings, wins/losses, or player statistics

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Soccer Focal Points:

1. Player creativity
2. Maximize touches on the ball
3. FUN
4. Tactics/Positional play

Training Guidelines:

1. Repetition in dynamic setting
2. Limitation of boundaries
3. Small group play
4. Do not over coach
5. Adjust parameters if not successful

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Duration of the Game

1. 2 (two) equal 25 (twenty-five) minute halves
2. 10 (ten) minute halftime

Number of Players

1. Maximum number of players on the field is 8 (eight)
Includes goalkeeper
2. Maximum number of players on a team should not exceed 12 (twelve)
3. Minimum 6 players are needed to play a match.
4. All players should play a minimum of 50% of the total playing time

Field

1. Dimensions: 80 x 50 yards (recommended)
2. Markings: Painted or chalked lines
3. Goals: 21' width x 7' height