

EDEN PRAIRIE SOCCER CLUB

PASSION • RESPECT • EXCELLENCE

PRE-SEASON CHECKLIST

U9-10 TEAMS

PHILOSOPHY

- DEVELOP our players in a 7v7 formation setup of a GK-2D-3M-1F. Winning is NOT the focus at this age.
- DO NOT become a “joystick coach.” Let players make decisions when they have the ball. Guide-correct after the player with the ball makes their decision.
- Coach from the Positive. Praise the players. Tell them when they make a “good run”, “good pass”, “good shot”, “good block”, or even just have a “great idea” - even if it didn’t work that specific moment.

COACH EXPECTATIONS

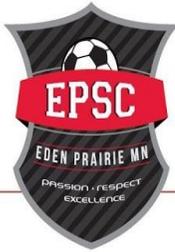
- Be ACTIVE, ATTENTIVE, with ENERGY while creating a FUN and SAFE environment.
- Be early, organized, and plan-ready for sessions & games. Set up in advance when possible - first to field.
- Set up a team meeting to meet and discuss expectations for the season (pull ideas from this sheet).
- Good dialogue with team manager for planning purposes: trainings, games, tournaments, etc.
- Fill out the Reflections Google Doc after every training & game. This helps me give you feedback.

TRAINING

- 60 Minute Training Sessions. Ideal to have 3 total contacts (training & games) per week.
 - FIRST PLAY & WARM UP - Small Numbers (multiple 2v2 or 3v3 fields) (10 mins)
 - TRAIN 1 -Tech (15 mins)
 - TRAIN 2 - Adv. Tech/Tact (15 mins)
 - END PLAY (15 mins) - Large Numbers (include all) - FOCUS ON GK-2-3-1 Formation
- Quick Water Break after & before PLAY segments.
- In order to develop players through the EPSC Pathway, I'll send out Weekly Training Topics for you to use while creating your training sessions. These Weekly Training Topics will also be shared with families.
- Same gendered age groups should train at similar times & locations, when possible.
- Try to include these in every session:
 - Coach from the positive (good pass, good idea, etc) in ALL training sections.
 - Coach in the flow of the activity/game in FIRST & END PLAY (verbal feedback - **while allowing kid in possession of ball to make their own decision**).
 - Demo technical pieces to help "paint the picture" in TRAIN 1.
 - Freeze stoppages in TRAIN 2 (engage/ask players questions to help lead to answer).
- Conclude practice with all hands in team cheer, high fives between teammates, and coach knuckles.

GAME DAY

- 50 Minute Games. Warm ups should begin 20 minutes before kickoff.
- Equal playing time for all. Aim for 20-25 minutes as minimum total game minutes for each player.
- Rotate starters each game. Also, rotate GKs every half - season long rotation through entire team.
- With larger numbers, keep it simple and do full lineup subs during the game.
- Try to let your players focus on one specific positional line each half (GK, Defense, Midfield, Forward). Rotate positional lines at halftime so players are developing in two places each game.
- Conclude game with all hands in team cheer, high fives between teammates, and coach knuckles.
- Guest players up to 10 players for games - 12 for tournaments. Ask same age group-gender coach.



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EVENTS U9-10 TEAMS

Please try your best to stay away from scheduling jamborees/tournaments on back to back weekends. (Example: Since EPSC Spring Cup is weekend of 5/18, try not to enter a jamboree-tournament on weekends of 5/11 or 5/25.)

My main priority at the U9-10 age group, is to have you schedule a couple events together. This way we have more teams to support one another to continue fostering a great club culture through the age groups. Please feel free to schedule other events, based on your team's availability.

Mandatory Event:

- EPSC Spring Cup (5/18 - 5/19) **Prepaid by Club Fees**

Highly Recommended:

- Bloomington United Mega Cup (5/31 - 6/2) <http://www.bloomingtonunited.com/megacup>

Recommended Event:

- Lakeville Father's Day Cup (6/14 - 6/16) <http://www.lakevillesoccer.org/Default.aspx?tabid=992465>

Please make sure you send me your tournament list after your team chooses where to go, so I can keep up with your team tournament updates.

Please send the following updates as they happen:

- Team Selects Event (Name of Event, Location, Dates)
- Registers for Event
- Paid/Accepted by Event
- Receives Schedule (Date, Time, Field Location)

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