

U10s...

Want to be “team player”
Interested in “Group Success”
Eager to please...coach/parent

Physical abilities differentiate
May have other sports interests
Better attention span

Age Group Dynamics

Under 10

By Under-10, soccer starts to look more like the real game—while still being fun and developmental. Kids are beginning to combine skills, awareness, and teamwork. Here are 10 fun and interesting things to watch for:

- **Real Spacing and Positions:** Players are more likely to stay in general positions (defense, midfield, forward) and spread out across the field instead of bunching.
- **Intentional Passing Sequences:** You may see multiple passes in a row between teammates—this is a big jump from earlier ages.
- **First Touch Matters:** Watch how kids receive the ball. A good first touch (controlling the ball right away) is a huge skill at this level.
- **Looking Up Before Acting:** Some players will start scanning the field before passing or dribbling—this shows growing awareness and decision-making.
- **Combination Play:** You might see give-and-go passes or simple teamwork moves starting to emerge.
- **Defensive Shape:** Defenders begin to understand staying between the ball and the goal, and not all chasing at once.
- **Transition Moments:** Watch what happens right after a team wins or loses the ball—do they attack quickly or fall back to defend?
- **Goalkeeper Development:** Goalies start using their hands more confidently, positioning themselves better, and even distributing the ball to teammates.
- **Communication on the Field:** You may hear players calling for the ball, saying “I’m open,” or directing teammates—huge step in teamwork.
- **Confidence + Decision Making:** Some kids will start making quick choices—when to pass, shoot, or dribble. Even mistakes are part of learning here.
- **Rules of the game appear** as Referees oversee the game and start to “make calls”, while also teaching the child about the rules

At U10, the fun shifts toward **understanding the game**, not just playing it. If you watch for decision-making and teamwork, you’ll start to see the game through your child’s eyes—and it becomes way more engaging.