

Coaching Under 10's

by Tino Stoop, KNVB Academy

Tino Stoop, along with KNVB, presents a circuit model for training youth players in his book, accompanied by a CD Rom, Coaching Under 10's. The book's guiding philosophy is that it is better and more enjoyable, for players, to repeat a number of soccer drills briefly each week than to focus on one drill for a longer period of time. Although Stoop acknowledges it may be a bit time consuming to run a circuit based practice for the first couple of weeks, he has concluded that in the long run training runs smoother and the players enjoy, and benefit from, the routine.

Although the coach remains a teacher, he/she serves the role of supervisor and facilitator first and foremost. Stoop believes that if a coach chooses his exercises properly and has the practice field laid out in an organized manner the games should do the bulk of the teaching with minimal coaching needed.

Questions a Coach, as supervisor, should ask:

1. Is the game running smoothly?
2. Are the objectives being reached?
3. Are the players learning?
4. Are the players having fun?

Coaching Under 10's offers several suggestions on practice planning, age appropriate exercise's, what proper coaching points to look for, and the CD Rom has very clear video of how to set up your field and proper demonstration techniques.

All exercises follow the same structure:

1. Field Set Up
2. Description of the Activity
3. Demonstration
4. Rules
5. Adjustments

Summary: Tino Stoop presents a very clear and concise argument for the value of training young players through a circuit module. Teams that have more than one coach should really consider following this approach. It will be easier to monitor your players' development through repetition of certain activities and the coach acting in a more supervisory role. Coaching Under 10's, offers a number of age appropriate exercises that any coach can use whether you decide to follow the circuit model or your natural practice progression. This is a very worthwhile and enjoyable book/CD Rom.

Highly Recommend for U10 Coaches!

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