

# U9-U10 Recreation Game Day

Full on match day is here with all the rules and standard halves. The scheduled game time is the time the game should start. Please arrive at the fields 30 min early in order to warm up before game time!

[Printable 7v7 Lineup](#) Understand the [7v7 2-3-1 formation](#). [Teach your players how to build out of the back](#)

## Warmups

- Upon arrival: Players should juggle, pass the ball together, or do rondos until the whole team arrives
- Dynamic warmups: 5min
- Foot Skills 2min
- Duck Tails [Rondo/Square Passing](#) Passing 2min
- Quick Reminder them of the week's lesson and what you are looking for in this game. 2min
- After 15 min, Practice your [formation](#) with choreographed [7v7 Build Out Pattern #1](#). Teach only one pattern per game (This may take an entire season for many to understand just one).
- Trust the process!

## General Rules

Remember, you are coaching 8-10 year olds; set expectations higher than U7-U8. Coaching should consist of reinforcing the lessons from the previous week's training. Occasionally remind them of the key concepts and to work together. The goal at the end of the season is for them to learn how to work as a team. Individual skills are a must. Match rules need to be followed.

- 7v7, 5v5, or 4v4, or 3v3 format (max roster is 10-12)
- Size #4 soccer ball
- GOALIES Needed
- Refs in Training
- Keep Score (Mercy Rule of 7 point spread)
- Two 25 min halves, 5 min half time
- [No heading or slide tackling](#)
- Offsides in affect
- [Build out line for goal kicks and offsides](#)
- Each player must play a minimum of 50% of each half (for which they are present)
- **Encourage a diamond shape and team formation of G-2-3-1**
- Both coaches are on the sidelines of the field to assist/direct players typically one on each half. We should be helping both teams out with minimal coaching.
- Players need to switch sides at halftime.
- As a reminder, U9-10 is still developmental. *Mercy rule of 7 is in effect*. If your team is much stronger than the other team, use the subs or half time to find creative ways to make the match more balanced and ensure that both teams are having fun. Some suggestions include:
  - Make a game of it and...
    - Have players pass and shoot using their left/nondominant foot
    - Ask your players if they can string together 3 or more passes before they can shoot
  - Play all your weaker players at one time to allow the other team to score
  - Let the other team control the ball all the way to midfield before you contest the ball
  - If the other team is short players or has no subs and the other coach would like some help, see if you have a player or two who are willing to play with them.