

Leicester Soccer Club

Program Descriptions Under 10 (U10)

Program Breakdown	
Program Name	Under 10 (U10)
Cost	\$100 (plus uniform charge)
Seasons	Offered in Fall & Spring
Ages	Players in Grades 3 & 4 (Separate Girls & Boys Teams)
Location	Community Field, Waite Street, Leicester MA 01524
Length of Program	 10-12 Weeks Late August to Early November in Fall Mid April to Mid June in the Spring
Field Size	45 x 65 yards
Ball Size	Size 4
What do they need?	Soccer Cleats, Shin Pads, Water Bottle, Club Issued Team Uniform.
Notes	This program will hold 1-2 weekly practices at Community Field and then play their games (vs other towns) on Saturdays. Games may be scheduled from 9:00-4:00 depending on opponent.

U10 Gameplay Breakdown	
Players on the Field	7 vs 7
Positional Play	Goalie, Defense, Midfielder, Forward/Striker
Situational Game Play concepts	Offsides, Goal kicks, Corner Kicks, Throw Ins, Free Kicks
What is Offside?	What is the Offside Rule Don't ambush!! Second-last in Soccer the last defender (usually G.K.) This player is in Offside position offside Line Opposite team's side
Introduction of Formations or Alignments	2-3-1
For Parents & Coaches	Mass Youth Soccer, 7 vs 7 Survival Guide