

## **Stage 3: Harnessing Their Passion for Soccer (U10-U12: Ages 9-11)**

**Emotional – Wants to play the game:** Young players at this age develop a genuine love and passion for soccer, fueling their motivation and dedication. They eagerly look forward to each training session and match, driven by their enthusiasm for the sport.

**Social – Able to execute group tactics:** As players progress, they learn the importance of working cohesively as a team to achieve success on the field. Through structured training sessions and game scenarios, players learn to communicate effectively, cooperate with their teammates, and execute team strategies. Developing a strong sense of teamwork and understanding the dynamics of collective play is crucial during this stage.

**Technical – Skills under pressure:** Players are introduced to more challenging training exercises and game situations where they must execute their technical abilities with precision and speed. They refine their dribbling, passing, shooting, and ball control skills, while also learning to maintain composure and make effective decisions in high-pressure scenarios. Here are a few of our favorite soccer drills for 10 year olds!

**Physical – Fitness and strength training:** This stage involves the introduction of fitness and strength training. Players' physical development becomes increasingly important to support their overall performance on the field and often coincides with growth spurts and adolescence.

**Mental – Able to make decisions:** As players mature, they are encouraged to think critically and analyze situations to make effective choices during gameplay. This is the age where players learn to assess their options, anticipate the movements of opponents and teammates, and choose the most appropriate actions in real-time.