



Characteristics of U10 Children

Psychomotor Development

- Gross and small motor skills become more defined.
- Boys and girls begin to develop separately.
- Ability to stay on task is lengthened.
- Greater diversity in playing ability and physical maturity, physically mature individuals demonstrate stronger motor skills.
- More prone than adults to heat injury.
- Accelerated heat loss, increased risk of hypothermia.

Cognitive Development

- Some children begin moving from concrete operational to formal operational stage.
- Lengthened attention span, ability to sequence thought and actions.
- Pace factor becoming development (starting to think ahead).
- More inclined towards wanting to play rather than being told to play.
- Demonstrate increased self-responsibility (i.e. bring ball, water, tuck in jersey, pull socks up.)
- Starting to recognize fundamental tactical concepts, such as changing directions of ball, but not always sure why.
- Repetitive technique very important, but it must be dynamic not static.

Psychosocial Development

- More likely to initiate play on their own.
- Continued positive reinforcement needed.
- Explanations must still be brief, concise and indicate purpose.
- Becoming more serious about "their play".
- Still intrinsically motivated.
- Peer pressure starting to be a factor.
- Prefer identification with team (i.e. uniform, balls, equipment).
- Adult/s outside of the family may take on added significance.

* Characteristics were re-printed from the US Youth Soccer National Youth License

