



2013 - U10 - Spring Lesson Plan - Week One



Module I: Let's Learn the Rules

Topic: Let's Play



Possible Formations	GK-3-2 or GK- 2-1-2
Dimensions in Yards:	Long: 45 max-35 min yards Wide: 60 max-45 min yards
Ball	Size 4
Number of Players	A GK and 5 Players for a total of 6 players per team. The minimum number of players is 5 total
Referee	Referee needed, use club linesmen/women
Duration	Two halves of 25 minutes each
Fouls and Misconduct	Two cards: Yellow Card – Warning 2 Yellow Cards = Red Card – Expulsion
Free Kicks	Two kinds: Direct and Indirect. Defending players must be at least 8 yards away from the kick
Out of bounds - Side Line	Throw-ins
Out of Bounds – End Line	Goal Kicks
Corners	Place the ball on the corner and defenders must stay at least 8 yards away from the ball