



## U9/U10 Soccer Parent Guide

Supporting Skill Development, Confidence & Teamwork

**Welcome to U9/U10 soccer!** At this age, players are building stronger skills, learning teamwork, and beginning to understand the game more deeply.

**Fun still matters most — but now we also focus on growth, effort, and decision-making.** Your support on the sidelines makes a big difference!

### Your #1 Job

#### Encourage and Let Them Play

Let players think, make choices, and learn from the game themselves.

### What Parents SHOULD Do

**Cheer for effort and improvement** - “Great hustle!”, “Nice pass!”, “I love how you kept trying!”

**Support learning** - Let mistakes happen — that’s how skills grow, Praise teamwork and smart decisions, Focus on progress, not goals or wins

**Create a positive sideline** - Clap for both teams, Stay upbeat and supportive  
Keep the environment fun and safe

**Help build responsibility** - Arrive on time and prepared, Bring water and proper gear  
Encourage kids to pack and carry their own equipment, Volunteer when the club needs help

**Model sportsmanship** - Respect referees and coaches, Be kind to other families  
Stay calm and positive (kids copy what they see)

### What Parents Should AVOID

**Sideline coaching or instructions:** Avoid yelling “pass,” “shoot,” “spread out,” or tactics  
**Too many voices slow decision-making and learning**

**Focusing on winning:** Development > results, Praise effort over outcome

**Negative comments** about referees, coaches, or players

**Pressure or comparisons** Every player develops at their own pace

### Remember - At U9/U10, you’ll still see:

Missed passes, Missed shots, Big emotions, Learning through trial and error

**That’s normal — and necessary for growth.**

**If they’re improving, gaining confidence, and excited to play each week, we’re succeeding.**

This guide reflects U.S. Soccer’s Player Development Framework for the Learning Phase (U9–U12), which prioritizes skill development, decision-making, teamwork, and positive adult support over results and winning.

**Thank you for helping create a positive soccer experience for every player!**