



## AYSO U-10 Coaching Course *Test*

Name\_\_\_\_\_

Date\_\_\_\_\_

Region, Area and Section\_\_\_\_\_

## Questions 1 through 10

## Circle True (T) or False (F)

1. The **Vision Statement** of AYSO is to provide world class youth soccer programs that enrich children's lives. T F
2. AYSO soccer is open to all children between 4 and 19 years of age who want to register and play soccer. This describes the AYSO philosophy of **"Everyone Plays"** T F
3. The coach must help each athlete understand that the objective of any game is to win, but that the overall goal is to enjoy the game and strive to be their best T F
4. U-10 children are not self-critical, so a coach need not always be positive When working with these age athlete T F
5. A coach must always come to the field prepared. You need to bring the minimum equipment to practices only. T F
6. The attacking objectives of the game which are stressed for the U-10 player are to: score, maintain possession and advance the ball T F
7. The defending principles of play which are stressed for the U-10 player are: delay, concentration, balance and depth T F
8. Dribbling is one of the ways to achieve the attacking principle of play of penetration T F
9. A throw-in is used to restart the game after the entire ball has crossed the touchline, whether on the ground or in the air T F
10. Tackling is used to achieve the attacking principle of play of mobility T F

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## Answer Key

1. True

2. False

3. True

4. False

5. False

6. True

7. True

8. True

9. True

10. False