

# Byte Size Coaching U10 Curriculum

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## Square Dance

### Session 1 Warm-up

#### Objective:

- To start practice in a lively way.
- A fun warm-up that introduces and develops the fundamentals of dribbling.



#### Organization:

- Mark a square approximately 15 yards by 15 yards, depending on numbers.
- Each player should have a ball.
- If not, use the "Change Soccer" principle: half the players inside the square, each with a ball, the remaining half outside the square, without a ball. Trade places when coach shouts "Change!"
- Players can dribble around anywhere within the square, but should not walk.
- Three instructions are given to the players inside the square:
- "STOP" - Put foot on top of ball quickly and freeze like a statue.
- "GO" - Move right or left with the ball, fast, for three or four yards.
- "TURN" - Quickly turn 180 degrees with the ball, moving three or four yards.

#### Teaching:

- Encourage players to keep the ball close to their feet.
- Occasionally insist on using left foot only or right foot only.
- See how many different ways they can turn with the ball.
- To avoid giving players too much information at once, introduce instructions one at a time and incorporate practice time between.
- Later, incorporate your own ideas.

#### Target:

- Stay in the area with the ball and make no contact with other players or other balls.

# Numbers Game

## Session 1 Skills Game

### Objective:

- To develop good attacking and defending skills in a "fun game" situation. To use 1 vs 1 and 2 vs 2 as the learning process.



### Organization:

- Use the 3-a-side Micro Soccer® field.
- Widen the goals.
- All players start on goal line.
- Each player on each team is given a number.
- Coach calls out number (e.g., "Three!") and rolls the ball into play.
- The two opposing number "Three" players leave the goal line immediately and compete for possession for a maximum of 20 seconds.
- Coach keeps some balls by him and so can roll another ball into play if one is kicked out.
- Call two numbers - "One!" and "Three!" - to create 2 vs 2.
- Remaining players defend goal without using hands and they must stay within one yard of goal line. Goals only count below knee height.
- If one player fails to respond to the number, a penalty - a free shot at open goal from half-way line - is called to keep players on their toes and make it fun.

### Teaching:

- If organization is working, let them play, enjoy the game and learn by trial and error.
- Encourage attackers to take on opponents and Go for the Goal!
- Defenders should stay on their feet as long as possible, rather than slide-tackling.
- Defenders must try to run back and recover even when beaten.

### Target:

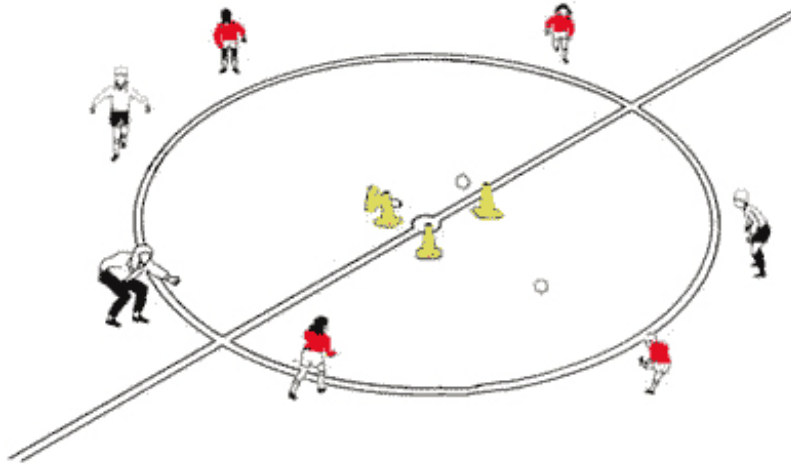
- To outscore opposing team.

# Circle Game

## Session 1 Skills Developer

### Objective:

- A fun center circle practice.
- Developing accurate kicking.



### Organization:

- Mark a circle having a center mark (line intersection; a coin; a scratched "X").
- A center circle works well, but may be too big for young players.
- 5-yard radius for 6-year olds; 6-yard for 7-year olds, etc.
- Use marker disks to make a circle.
- From center spot pace out the radius by going North, South, East and West. Then fill in the rest of the circle.
- Each player on one side of the circle has a partner directly opposite.
- If there is an odd number the coach joins in.
- Each pair has one ball between them.
- One player passes the ball towards his or her partner, but tries to knock over a cone in the center circle.
- The partner retrieves the ball and returns the pass through the center circle, again trying to kick over a cone.
- The ball must be passed from outside the circle.
- The game is stopped when all cones are knocked down.

### Teaching:

- Encourage the players to use pace as well as accuracy of pass.
- Suggest they continue to kick towards the ball even after they have actually kicked (follow through).
- Encourage them to approach the ball at a slight angle to the direction they are kicking (45 degrees).

### Target:

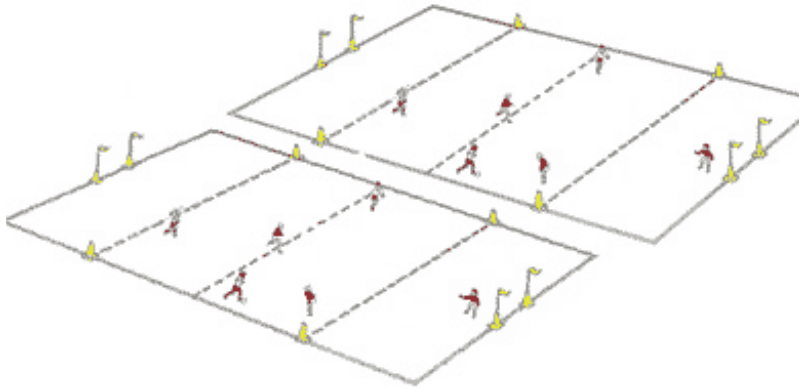
- The coach uses a stopwatch to set the "team" record of knocking all cones down. Later, winners are the pair to first knock over the cones 5 (6, 8,10) times.

# Micro Soccer Jamboree

## Session 1 Game

### Objective:

- To create a Jamboree atmosphere.
- Children just play without any coaching.



### Organization:

- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With 12 or more put in two fields or more, depending on numbers.
- With more than one field synchronize the play.
  - The time-keeper starts the game for everyone with a long whistle, and signals the end of the quarters and the end of the games.
  - One long blast signals the start of play.
  - A short blast signals the end of each quarter.
  - After the end of each quarter the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
  - Restart with an indirect free kick from the part of the field where the period ended with the kick taken by the team that was in possession.
  - A short blast, followed by a long blast signifies the end of the game at the conclusion of the fourth quarter.
  - Play 4-periods of two minutes.
- Try not to have more than 4 players on a team.
- With 4, at the end of each period, the sub becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off.
- After 4-periods each player will have played 3 quarters - once in goal and twice on the field. Use the same principle with 3 players or 5 players (equal time in goal and on the field).
- Teams work on a Round-Robin format.

### Teaching:

- Coaches have to work hard to say ... nothing!

### Target:

- To enjoy the sheer fun of unadulterated soccer with plenty of opportunities to get touches of the ball and score goals.