

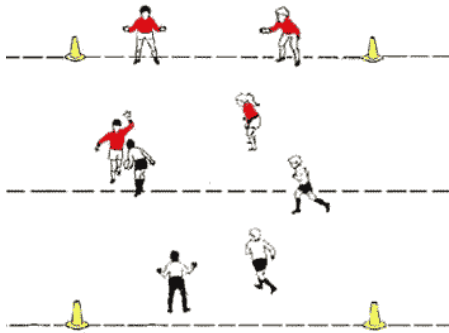
Byte Size Coaching U10 Curriculum

Shoot Out 4 v 4

Session 10 Warm-up

Objective:

- A create fun goalkeeping situations that also require “smart” teamwork.



Organization:

- Set up two goals 10-yards apart (use full sized goal or cones, but make the width of the goals 8-yards).
- Put in a center line.
- Put in as many fields as needed.
- Play 4 vs. 4.
- Players are restricted to their half of the field.
- Ball must be rolled or thrown in from the other half.
- Goals only count if they are below waist height (or shoulder height as they become better).
- Everyone is a goalkeeper.

Teaching:

- Don't be afraid of adjusting the field and goal size if you find it is too big or too small for the players.
- After receiving the ball, encourage a quick counter attack to catch the opposition out of position.
- The defending team should put out two players to block the attacking throwers at the center line.
- The defending team will also need two goalkeepers on the line to defend the 8-yard wide goal.
- If an opponent at the halfway line blocks the path for the throw at goal, a team-mate should support the player with the ball so the ball can be thrown to a team-mate who then throws for goal (if the other team has not got the block on).
- Attacking team may need to keep throwing the ball to one another in their own half to make a clear opening for a throw at goal.
- Good communication and quick adjustments of position make this an energetic and fun game.

Target:

- To outscore the opposition.

2 v 1 Game

Session 10 Skills Game

Objective:

- To encourage passing, dribbling and shooting where the attacking team has an extra player (2 vs. 1).
- To teach defenders how to contain when outnumbered.



Organization:

- Make the goal four yards wide, and create a play area 25 yards by 15 yards.
- Put in goal box 4-yards out from the goal line.
- Several balls should be kept at the back of the goals.
- Two teams of 4 (or 5 or 6).
- Teams alternate as the defending and attacking team.
- The attacking team has two attackers and no goalkeeper.
- The defending team has one field player and a goalkeeper (who must stay in the goal box).
- Start the game at the goal line with the lone defender outside the goal box.
- Play continues until a goal is scored or the ball goes out of play or the defending goalkeeper has the ball in his or her hands.
- Encourage the shorthanded team to score if they gain possession, even though the other team has a manpower advantage, as there will be an empty net opportunity.
- Restart the game at the other end, as the former defending team now becomes the attackers.
- Use a rotation system that produces equal time both as a field player and a goalkeeper and equal time on and off the field.

Teaching:

- Team with two outfield players
 - Encourage the player in possession to look at the two options - pass the ball or keep it.
 - Pass to teammate with pace and accuracy, and use teamwork to score.
 - For the player not in possession, support teammate by being visible.
- Team with one outfield player
 - Works with the goalkeeper to deny shooting space.
 - If the lone field player intercepts or wins the ball he/she should look to dribble forward quickly to score.

Target:

- To outscore the opposition.

Carl's Keep Away 4 v 1

Session 10 Skills Game

Objective:

- To further develop the passing and support so essential to successful team play.
- To make possession of the ball increasingly challenging.



Organization:

- Mark a grid 12 x 12 yards depending on ability.
- If possible split group in half, say two groups of 4.
- Use another field if you have large numbers.
- Use pinnies to distinguish the groups.
- One group of 4 goes into the square and just one of the other group also goes into the square. The rest wait in line for their turn.
- The 4 players try to keep the ball away from the one defender.
- When the defender wins the ball or forces the ball to be played out of the area he/she changes with the next defender. This goes on until every defender has been through and they then change with the other team.
- The team that keeps the ball for the longest time (stop watch out) is the winner.
- If a team is doing so well the defender cannot get the ball after 30 seconds shout, "Change!" and the next defender replaces the one in the middle. However, the game continues until 4 interceptions or errors have taken place.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she kicks or rolls another ball in.

Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- For the first few minutes allow the players to play in a non-competitive way so that when a mistake is made, the coach can recreate the situation and then ask the player who made the mistake what the alternatives are. Praise him or her for coming up with the answers. If they can see what should be done they will learn more quickly to do it when the ball is in play.
- After a few minutes go into the stopwatch competition described above without any interventions by the coach other than putting the ball back in play.
- This practice should be used on a regular basis and progressed when the children are ready.

Target:

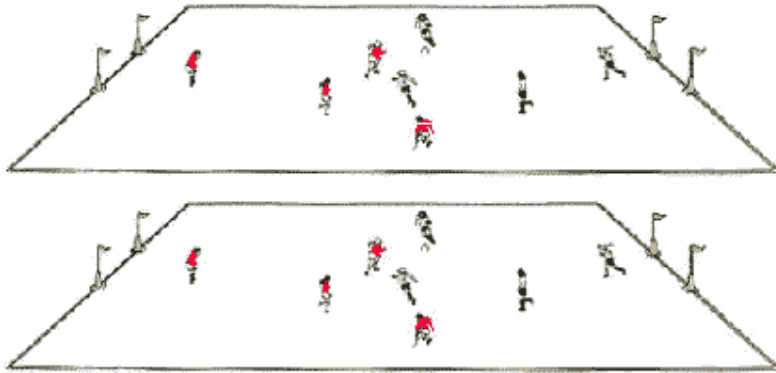
- To keep the ball for the longest time; for the defender to win the ball or force an error.

Fab Fours Jamboree

Session 10 Game

Objective:

- To create a Jamboree atmosphere.
- Allow the children to enjoy playing without any coaching.



Organization:

- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 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 whistle.
 - One long blast signals the start of play.
 - A short blast signals the end of each period.
 - After the end of each period the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart is 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.
 - Use 4-period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal.
 - Play two to three minute periods.
- Try not to have more than 6 players on a team.
- With 5 players, at the end of each period, one of the subs becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off. With 4-quarter games, start the next with the player in goal who was not in goal in the first game and so on. Use the same principle with 4 players or 6 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 good fun soccer.