

# Byte Size Coaching U10 Curriculum

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## Square Dance

### Session 12 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 12 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:

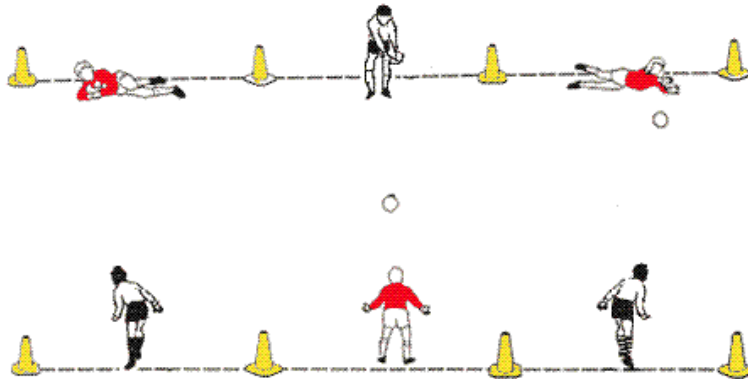
- To outscore opposing team.

# King's Castle

## Session 12 Skills Developer

### Objective:

- Fun game to establish correct way of side diving for goalkeeping.
- To develop the decisions involving when to dive and when to stay on the feet.



### Organization:

- Set out as many goals (4-5 yards apart) as there are goalkeepers.
- Two goalkeepers per area, one with a ball, both standing up facing one another 6-yards apart.
- Receiving goalkeeper can come a yard forward from the line and should be encouraged to do so.
- Balls must be rolled along the ground to the side of each keeper.
- The keeper rolling the ball must do so from the goal-line.

### Teaching:

- Try by gliding to the left or right to get in line with the ball and therefore be able to scoop it up without diving.
- If dive required most times it will be a collapsing dive - just let gravity take over.
- Try to React to the shot rather than Anticipate.
- As with King's Court arms should reach forward to stop ball in front of body.
- Arms should receive at full stretch and then relax into a "crooked" arm position.
- Upper knee should be drawn in comfortably across the body as the ball is received.
- Lower leg should remain loosely trailing.
- Head and upper shoulder should be drawn over and above the height of the ball.
- "W" hand position is employed, but with ball "trapped" by the upper hand on top of the ball and lower hand behind the ball (see graphic in King's Court) and so use the so-called "Third Hand."
- If the ball is just inside the cone, may have to drive with the leg furthest away from the ball to get the distance.

### Target:

- To start with, everyone is practicing and there is no pressure.
- Then the "battle" begins. The King's Court system is used.
- The top field is designated the King's Court (coach decides the top and bottom).
- Ball must be rolled, not thrown, along the ground.
- Goals only count if they are "clean" (must not touch the cone).
- Service must be from a position where the attacker has his/her feet touching the goal line.

# Super 6's

## Session 12 Game

### Objective:

- To produce a fast-changing game.
- To introduced the offside law.



### Organization:

- Use a 54-yard by 45-yard field.
- Goal sizes should be approximately 6-feet x 6-yards wide (be prepared to improvise or use what is available).
- Mark in two 18-yard lines with coaching disks - if available use corner flags to emphasize the 18-yard lines.
- Put in a 10-yard handling box out from the goal and the endline.
- If available use two people - assistant coaches, parents - to act as linesmen, stationed on opposite sides of field to coach at the 18-yard lines (with flag or handkerchief).
- "Offside" only occurs in the attacking third of the field. A player is offside only at the moment they ball is played forward and will only be offside if there are less than two opponents either level or between the receiving attacker and the goal line (Note: the goalkeeper is usually one of the two).
- Otherwise, normal rules of soccer.

### Teaching:

- Encourage goalkeepers and rear defenders to "utilize" offside to keep opponents away from goal.
- Encourage a 1-3-2 system. A goalkeeper: a back three and a front two.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: one goes and the other stays).
- Encourage awareness, attacking support, width and defensive cover.
- Encourage goalkeepers to help "organize" the team.
- Goalkeepers may now need to put into practice the skills previously learned in This Way/That Way and Submarining in the event of One vs. One situations.
- Make sure that all players are rotated through the goalkeeper, defender and attacker positions on an equal-time basis.

### Target:

- To get the players ready for the important rule of offside and to prepare players for more formalized "positional" play.