

Byte Size Coaching U10 Curriculum

GK Ball

Session 3 Warm-up

Objective:

- Fun game that gives good practice in throwing and catching.
- Develops supporting play and appreciation of space.



Organization:

- Work in an area 30 x 20 yards approx. with full sized goals or five cones spaced 2-feet apart on the goal line.
- If using full-sized goals, goals only count with balls rolled into goal.
- If using cones, the team has to knock a cone over with a throw to score.
- Ball can only be moved by throwing to team-mate. Players cannot run with the ball. All passes must be caught before touching the ground.
- Opposition gets possession if ball hits ground from a misplaced throw or a mishandled catch.
- Interceptions can be made by opposition; everyone can use their hands.
- Partial interceptions can be disputed and claimed by either side by diving on the ball.
- No tackling allowed - only screening.
- 3-second rule. If one player is holding on to the ball the coach begins the count: "One, Two..." if the ball is not thrown before "Three" it is turned-over to the opposition.

Teaching:

- Team in possession must support well.
- All players should recover to own goal quickly after team loses possession.
- Ball will need to be passed around in front of the "goals" to make an opening for the shot if the defending team has recovered well.

Target:

- To outscore the opposition.

The Zone Game 4 v 4

Session 3 Skills Game

Objective:

- To develop combined offensive and defensive play in a 4 vs. 4 game.
- To encourage attacking players to get on the "blindside" of the defense to receive a pass.



Organization:

- Area 35 x 25 yards, with additional five-yard zones at each end.
- Normal 4 vs. 4 - but the only way to score is by "touch down" of ball with foot in end zone.
- If ball goes out of play over end zone line or at side of end zone, defending team re-starts game with "goal kick" or "dribble-in" from end line.
- If ball goes out over side line (not including end zone) play is re-started by "pass-in" (or throw-in if coach prefers).
- Condition game to disallow any slide tackling.

Teaching:

- The only way to score is by dribbling or passing into end zone - both methods should be encouraged.
- Players attempting to score should screen ball from opponent as he or she "touches down" - to protect both ball and player.
- Attacking player "off-the-ball" should try to steal into an attacking space on the "blindside" of the defence.
- Defending team must work collectively to stop "dribbler," and at same time avoid being "blindsided" by pass.
- Encourage defenders to be come very aware of all attackers and their changing positions.

Target:

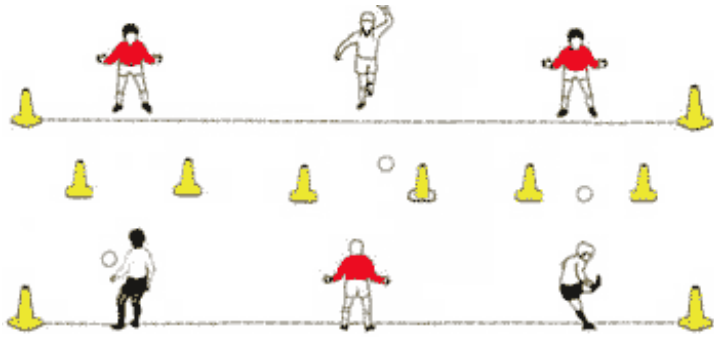
- To outscore opposition.

King's Court - Passing

Session 3 Skills Developer

Objective:

- Fun challenge surrounding passing and control.
- To encourage accurate kicking of the ball.



Organization:

- Set out two lines 8-yards apart.
- Put in cone goals in the middle 2-yards apart.
- All passes must be taken from the line or beyond the line (not inside the line).
- To count the ball must go through the goal gate "clean." Does not count if it hits the

Teaching:

- Encourage approaching the ball from a 45-degree angle to open up the hips.
- Use the foot like a hockey stick.
- Toes up and ankle locked on contact.
- Use the inside of the foot as the striking surface.

Target:

- To start with, everyone is practicing scoring through the gate and there is no pressure.
- Then the "battle" begins. The top field is designated the King's Court (coach decides the top and bottom).
- Goals only count if they are "clean" (must not touch the cone).
- Each "round" goes for 2- to 3-minutes and a winner is declared (coach needs a tie breaking method, e.g., paper, scissors, stone) and the changes are made as follows:
 - The winner in the King's Court retains the #1 position.
 - The loser goes all the way to the bottom court.
 - The other winners move up one place.
 - The battle recommences.
- With large groups have two or three King's Courts with 3 or 4 fields per sub-group.
- Keep it fun and therefore downplay the "winning at all costs" attitude.

5 v 5

Session 3 Game

Objective:

- To build up the numbers on a side from the 3 vs. 3 and 4 vs. 4.
- To gain a further understanding about combined play in more complex circumstances.



Organization:

- Field size 30 x 40 yards.
- Goal is 3-yards wide.
- Can use goalkeepers (5-yard wide goal) or no goalkeepers (3-yard goal).
- No goalkeeper, goals only count below knee height.
- With goalkeeper, put in an 8-yard line from each endline for the handling zone and goals only count below head height.
- When ball goes out of play, game is restarted by:
- Sideline - throw-in (or pass-in).
- Endline - goal kick or corner kick, depending on which player last touched ball.
- After a goal, re-start with goal kick.
- In practice with numbers of 15 or 16 make three teams and have 8-minute games. "Resting" team can play the Circle Game as they wait their turn.

Teaching:

- On goal kicks encourage two players to go fully wide, left and right, and one player to go forward centrally giving a diamond shape and one midfield player at the center of the diamond.
- Encourage attacking teams to always have a rear-supporting player. This will be the goalkeeper if you have one. If no goalkeeper the rear-supporting player should change if the rear player sees an opportunity to go forward.
- Look at the use of the width, support and team shape in fluid play.
- Try to get players in the habit of immediately recovering back into good defensive positions as soon as they lose the ball.

Target:

- To outscore opposition.