

Byte Size Coaching U10 Curriculum

Crazy Warm Up

Session 4 Warm-up

Objective:

- To start practice is a lively, fun way.
- To get the children laughing.



Organization:

- Mark out an area 15 yards by 15 yards - depending on the numbers.
- With a group of say 12, have 5 or 6 of the players with a ball.
- Start with a game of soccer tag - the players with the ball can only untag themselves by hitting the leg or foot (i.e., below the knee with the ball), but the ball must be kicked.
- Then the game is changed. Just four players have a ball and the ball is picked up. The rule is now that to tag someone the player with the ball must hit another without a ball below the knee. This time the player without the ball can protect his/her lower legs with the hands and arms.
- Finally, a more conventional game of tag, where the player who is "It!" can tag any player within the square -- except for those holding a ball.
- The idea is for those with a ball to follow "It!" around and throw the ball to a friend who is about to be tagged.
- Should a player just hang on to the ball and do nothing then that player becomes "It!" (at the direction and discretion of the coach).
- Similarly, if a player runs out of the area in an attempt not to be tagged that player becomes "It!"

Teaching:

- Encourage the players to be alert and alive and looking all around so as not to be caught out.
- Encourage the players with the balls to "hunt in pairs" to either tag someone or later to help the player who might be tagged and is looking for a helpful soccer ball.

Target:

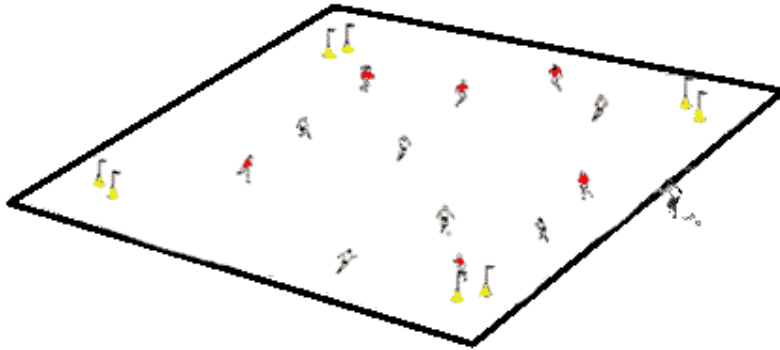
- Not to get tagged; or to untag oneself as quickly as possible.

4 Goal Game - 6 v 6

Session 4 Skills Game

Objective:

- To encourage On-the-ball composure of individual players.
- Awareness of team-mates.



Organization:

- Area 40 x 40 yards.
- Four goals are set-up by cones or markers five yards out from each corner. Goals are one yard wide.
- The six players combine to score in any of the four goals.
- They can only score through front of goal and may dribble or pass through goal and still maintain possession.
- When ball goes out of play, re-start with either a throw-in or pass-in.
- Teams can also score by getting five (or six) consecutive passes.
- The challenge for the coach is to keep the score - and count the passes!
- Remember that they can score through a goal and still keep the passing sequence going.

Teaching:

- Encourage players to "switch" the play by passing as the defending players can quickly mark the four goals.
- Encourage players to turn away with ball if one goal becomes "marked" by opponent.
- Passing the ball will produce goals more readily than by scoring.

Target:

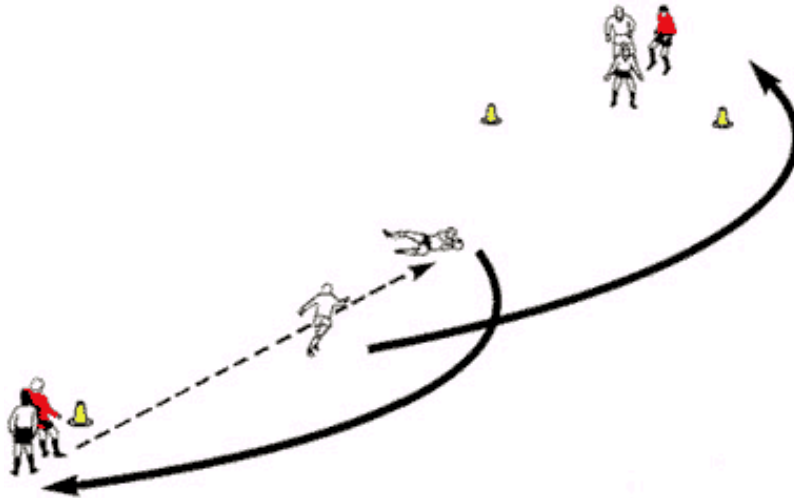
- To outscore the opposition.

Criss Cross

Session 4 Skills Developer

Objective:

- To produce a high-activity goalkeeping drill giving repeated practice in the basic techniques involved in diving at the feet of an attacker.



Organization:

- A minimum of 5, maximum of 9 (use another station if 10 or more).
- Players split into two facing files at marker cones set 15-20 yards apart.
- The single-cone file act as the "servers," the two-cone file the "goalkeepers."
- After each serve and each act of goalkeeping, the players criss-cross to the end of the opposite file.
- Ball is rolled to side for diving- at-the-feet save.
- After successfully collecting the ball, the keeper projects a short, sharp baseball-type throw aimed at the chest of the waiting server.

Teaching:

- The goalkeeper goes for the ball as if in a game, but the server should take caution to avoid injury-threatening situations.
- Coach should continually reinforce that the "Hands as the Leaders," and the "Open/Side Diving" considerations are maintained (see This Way/That Way).

Target:

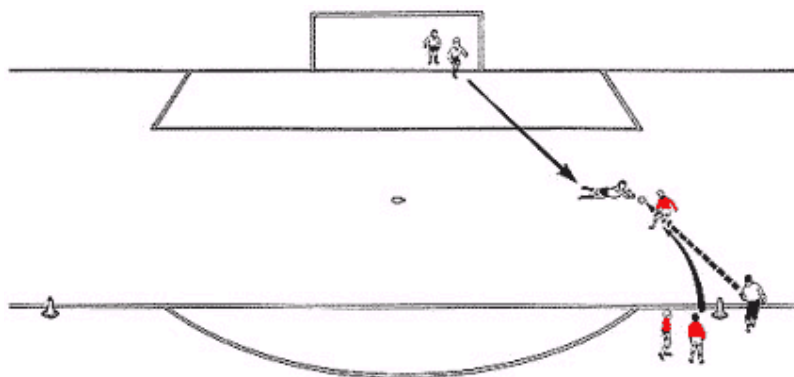
- To build confidence and competence in diving at a player's feet.

Submarining

Session 4 Skills Developer

Objective:

- To build up the realism of the technique involved when a goalkeeper dives at the feet of an incoming attacker. (see This Way/That Way).



Organization:

- Use existing goal and penalty area when available - if not, improvise with cones and markers.
- Try to keep to maximum of six players per practice group (two groups, one with the assistant coach working left and right if only one goal).
- Coach acts as server and rolls balls to give a realistic service slightly in favour of goalkeeper.
- Goalkeepers should start in correct position - covering near post just off the goal line. They cannot move until ball is rolled. Coach can throw or kick at goal if the keeper tries to "cheat."
- Attacker is not allowed to kick ball or physically challenge for ball (to avoid injury risk).
- Rotate from attacking to goalkeeping files.
- After five to seven minutes, change angle of approach from right side of goal to left side (or change groups).

Teaching:

- Goalkeepers should move to ball quickly with low crouching run.
- Slide - don't dive! - to side-diving position. Don't swing the legs around before receiving the ball.
- Hands should go to ball with the head covering near post, while body and legs are covering across the goal and the far post.
- The hands are the "Protectors" as well as the "Collectors."
- When diving, stay on the side - not stomach - with body parallel to goal line.
- Once ball is secured - pull into body and wrap body around ball.

Target:

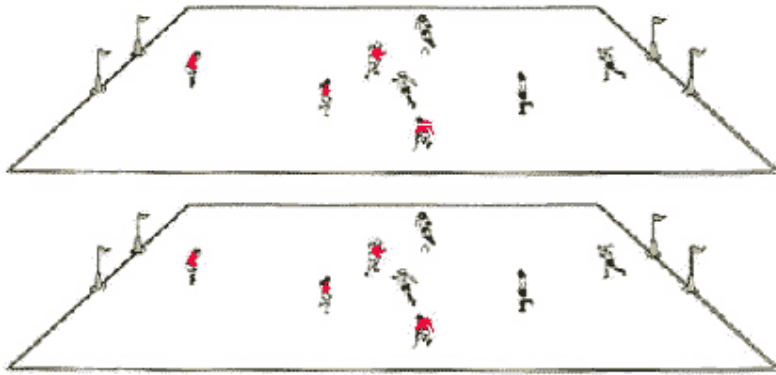
- To secure ball cleanly with good technique.

Fab Fours Jamboree

Session 4 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.