

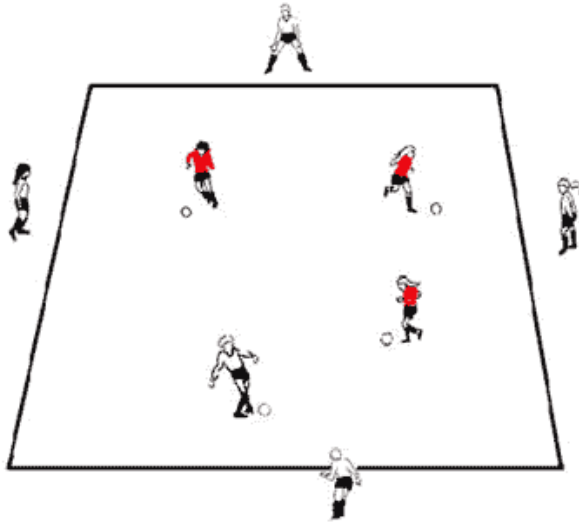
Byte Size Coaching U10 Curriculum

Inside Out - One Two's

Session 6 Warm-up

Objective:

- To develop good passing and receiving skills and to build awareness and vision.



Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark 25 x 25-yard square.
- Half of the group in the square; half spread evenly on the outside.
- All players on the inside have a ball.
- Inside players play a One-Two with an outside player.
- Must then find another outside player to pass to other than the one they just received the pass from.
- After one minute outside players change with the inside players.

Teaching:

- Encourage players with the ball to look around to see who is available on the outside.
- Players must play an accurate pass with good pace to enable the outside players to “wall” the return pass first time.
- Encourage the outside “wall” player to play the return pass into the space the One-Two passer is moving into.
- Tell players to continually be looking up and around to avoid two players both playing to an outside player at the same time (10 Push Ups for non-awareness!).
- When they play the One-Two they should do so at speed (in the game the One-Two usually gets the player in behind a defender).
- Encourage players on the outside without a ball to call for it with a specific name...“Kenny! Here!”

Target:

- To pass accurately and incisively.

Noah's Lark

Session 6 Skills Game

Objective:

- To combine the attack and defense in a challenging game.
- To begin to understand the cooperation required in 2 vs.2 play.



Organization:

- Area 30 x 20 yards with goals eight yards wide.
- 6 vs.6 (or whatever numbers), with partners assigned on each team: each partner given a number from 1 to 3.
- Coach shouts number (1-3) and rolls ball into play.
- The two pairs with that number come out of goal to compete against each other.
- Remaining players must stay on goal line and defend goal without using hands.
- Goal can only be scored below knee height.
- When ball goes out of play, coach can immediately serve in another to same pairs - or allow pairs to go back to goal line.
- Ball can be played back to "goalkeepers," who must play ball back with no more than two touches.
- Do not let "goalkeepers" move out off goal line. Penalty kick from six yards out if they do.

Teaching:

- When defending, one player should go to player with ball.
- Supporting player must watch other attacker, mark the dangerous space and cover partner all at the same time.
- Coach should encourage dribbling, passing and shooting to the "team" in possession.
- Encourage "goalkeepers" to defend as a wall together, and to move as a unit to block shooting angle.

Target:

- One team vs. the other, also pairs to keep a count of goals scored and conceded.

5 v 2

Session 6 Skill Developer

Objective:

- To further develop supporting play, timing, pace and accuracy of passing.



Organization:

- Group of 10 whenever possible.
- Split into two teams of 5.
- 15 x 15 yards area.
- 5 vs. 2 with other defenders waiting their turn.
- The "five" attempt to keep possession from 2.
- As soon as the "five" make a mistake and lose the ball the two defenders change and the coach rolls in another ball.
- Defenders can change "on the fly" if the "five" are doing well and the defenders are getting tired.
- Coach keeps the time on the stopwatch and calls time out after 4 mistakes.
- Then the other five try to keep the ball for longer than their opponents.
- Coach keeps supply of balls to help continuity.
- If the players are finding the 5 vs. 2 difficult consider making it 6 vs. 2 and increasing the space.
- If they are finding it easy, decrease the space.

Teaching:

- Tell players "off the ball" to work continually at making good passing angles for players with ball.
- Encourage use of space available by spreading out.
- Requires good passing techniques, pace of the pass and good "first touch."
- Make sure players "on the ball" are prepared to hold it and screen away from opponents if players "off the ball" are not available.
- Two defenders must work off one another.
- When the defenders win the ball make sure it is kicked out of play otherwise it does not count as a "mistake" if an attacker gets the ball back.

Target:

- To keep the ball longer than the opposition.

5 v 5 Mini Soccer

Session 6 Game

Objective:

- To encourage good supporting play and use the width of the field.



Organization:

- Mark an area approximately 35 x 55 yards (1/4 of full-sized soccer field).
- Improvise goals (or full-sized portable goals, if available).
- If improvised goals, specify height under which goals are scored - coach is the judge of what is or is not a goal.
- 10-yard line outside goal is for the handling area for the keepers.
- No offside - otherwise normal rules.

Teaching:

- When goalkeeper has the ball encourage players to spread and use width.
- If necessary, stop the game and show the possibilities that are being ignored.
- After losing ball, ask nearest defender to opponent with ball to be patient and hustle opponent to "buy" time until teammates recover.

Target:

- To outscore the opposition.