

Byte Size Coaching U10 Curriculum

Crazy Warm Up

Session 7 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.

2 v 1 Game

Session 7 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 7 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.

5 v 5 Mini Soccer

Session 7 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.