

Byte Size Coaching U10 Curriculum

GK Ball

Session 8 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:

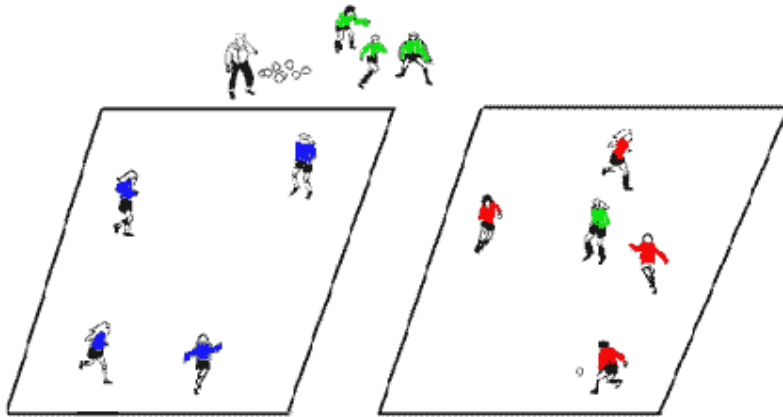
- To outscore the opposition.

4 v 1 Tennis

Session 8 Skills Game

Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a teammate and...
- To bring in penetrating forward passes.



Organization:

- Mark two grids 10 x 10 yards depending on numbers, 3-yards apart.
- Use 3 teams of 3 (adjust organization if numbers are greater).
- Use pinnies to distinguish the three groups.
- Two groups of 3 go into the squares. One of the third group also goes into one of the squares.
- Coach plays a ball into the defended square. The 3 players try to keep the ball away from the one defender.
- After three passes they are allowed to pass the ball to the other square.
- Only when one player in the other square has touched the ball is a defender off the field allowed to enter that square.
- The previous defender comes out of the square to take a rest. Defending chores are divided in this way.
- When a mistake is made and possession lost, the offending team then change to become the defenders and the former defenders take their place in the square (Coach to act as referee. Be warned!).
- The defending chores are shared on an equal time basis.

Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- Encourage the attackers to be looking for the opportunity of making the pass across the square. Must keep their heads up.
- The two players "off-the-ball" have to move and work hard to open up a good passing angle for the player with the ball.
- The player with the ball may have to screen the ball away from the defender while awaiting a better supporting angle from a teammate.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they become the "eyes" of the player with the ball.

Target:

- Have fun, but try not to be the defending team.

Big Shot

Session 8 Skill Developer

Objective:

- To develop ability and willingness to shoot from central areas.
- To develop an attitude of looking for half-chances and rebounds.



Organization:

- Mark area 25 x 18 yards, with halfway line.
- Use portable or improvised goals with cones/poles.
- If using regulation-sized goals (8-yards x 8-feet) allow goals only below head height.
- Two goalkeepers, but everyone rotates through the goalkeeping position.
- Goalkeepers cannot shoot
- 4 vs. 1 (plus goalkeeper) in each half.
- A goalkeeper starts by rolling ball to one of four players.
- Four keep possession from the opponent while working to create a shooting position.
- Shots can only be taken from within own half.
- After shot the one advanced team player (the "Sniffer") looks for scoring opportunities from rebounds off the goalkeeper, defenders or goal posts.
- Four players in possession may play back to their goalkeeper.
- Rotate the "Sniffer" and goalkeepers every 3- or 4-minutes.

Teaching:

- Encourage players to try a strike for goal.
- Tell "Sniffer" to always gamble on possibility of a rebound.
- Have defending players take up good positions to block shots (even though confined to their half).
- Encourage goalkeeper to work at maintaining a view of the ball at all times.
- Teach goalkeepers to make good decisions relative to the situation (e.g., whether to catch or deflect the ball into non-dangerous areas).
- Encourage supporting play to give alternative for shot or pass.

Target:

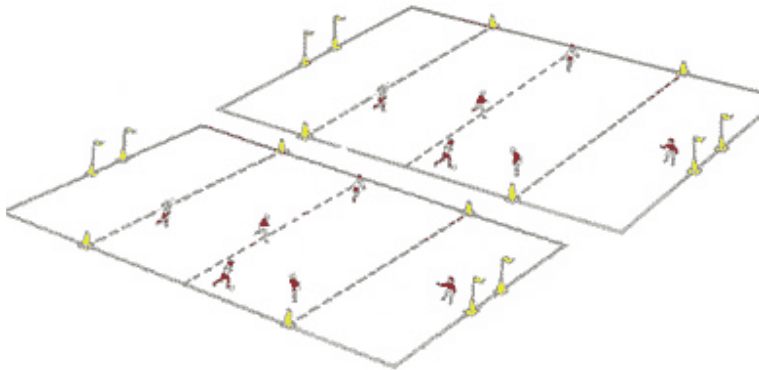
- To outscore the opposition.

Micro Soccer Jamboree

Session 8 Game

Objective:

- To create a Jamboree atmosphere.
- Children just play without any coaching.



Organization:

- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With 12 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 long whistle, and signals the end of the quarters and the end of the games.
 - One long blast signals the start of play.
 - A short blast signals the end of each quarter.
 - After the end of each quarter the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart 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 at the conclusion of the fourth quarter.
 - Play 4-periods of two minutes.
- Try not to have more than 4 players on a team.
- With 4, at the end of each period, the sub becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off.
- After 4-periods each player will have played 3 quarters - once in goal and twice on the field. Use the same principle with 3 players or 5 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 the sheer fun of unadulterated soccer with plenty of opportunities to get touches of the ball and score goals.