

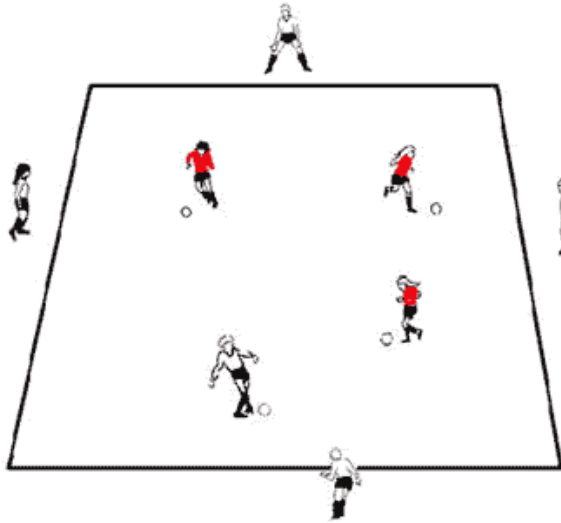
Byte Size Coaching U10 Curriculum

Inside Out - One Two's

Session 9 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.

The Zone Game 4 v 4

Session 9 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.

5 v 2

Session 9 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.

Super 6's

Session 9 Game

Objective:

- To produce a fast-changing game.
- To introduced the offside law.



Organization:

- Use a 54-yard by 45-yard field.
- Goal sizes should be approximately 6-feet x 6-yards wide (be prepared to improvise or use what is available).
- Mark in two 18-yard lines with coaching disks - if available use corner flags to emphasize the 18-yard lines.
- Put in a 10-yard handling box out from the goal and the endline.
- If available use two people - assistant coaches, parents - to act as linesmen, stationed on opposite sides of field to coach at the 18-yard lines (with flag or handkerchief).
- "Offside" only occurs in the attacking third of the field. A player is offside only at the moment they ball is played forward and will only be offside if there are less than two opponents either level or between the receiving attacker and the goal line (Note: the goalkeeper is usually one of the two).
- Otherwise, normal rules of soccer.

Teaching:

- Encourage goalkeepers and rear defenders to "utilize" offside to keep opponents away from goal.
- Encourage a 1-3-2 system. A goalkeeper: a back three and a front two.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: one goes and the other stays).
- Encourage awareness, attacking support, width and defensive cover.
- Encourage goalkeepers to help "organize" the team.
- Goalkeepers may now need to put into practice the skills previously learned in This Way/That Way and Submarining in the event of One vs. One situations.
- Make sure that all players are rotated through the goalkeeper, defender and attacker positions on an equal-time basis.

Target:

- To get the players ready for the important rule of offside and to prepare players for more formalized "positional" play.