

# U12 BYTE SIZE COACHING CURRICULUM

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## GK Ball

### Session 1

#### 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-foot 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.

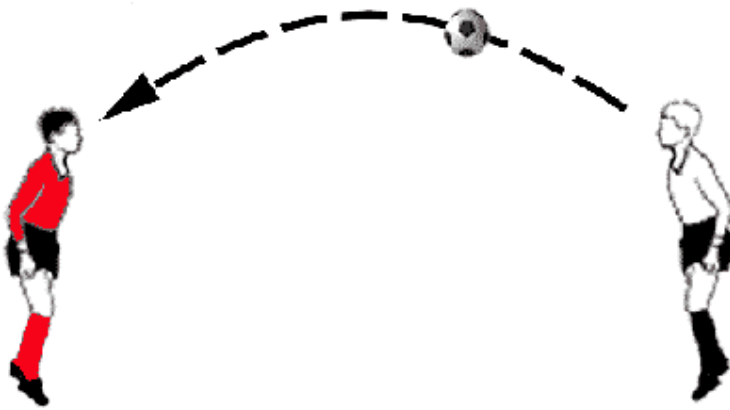
## Pairs Heading

### Session 1

#### Warm up

#### Objective:

- A fun warm-up.
- Developing the correct technique of heading.



#### Organization:

- Go to Me & My Shadow .in the U8 Lesson Plan for the basic starting organization of this activity.
- After each "shadowing" session throw in "pairs heading challenges" -
- In pairs heading back and forth.
- You can also use the activities from the [Pairs Challenge](#) in the U11 Plans.

#### Teaching:

- Encourage them to use the upper part of the forehead to project the ball upwards.
- Ask them to establish and then to try and beat their own record.
- The activity will be the teacher. Let them enjoy the Challenge.

#### Target:

- To improve their heading technique by setting and improving their record.

# Head Tennis

## Session 1 Skills game

### Objective:

- A fun game that greatly improves the touch on the ball, ball control and volleying.
- Develops heading technique as well as heading accuracy and power.



### Organization:

- Mark out a "court" as shown in the graphic.
- Put in a net or improvise with string, benches, etc.
- The initial service can be from within the courts (younger players) or from the back of the court (older players).
- In the illustration shown, these are teenage players who can use more advanced rules.
- Depending on the ability of the players, after the ball comes over the net they are allowed a maximum of two bounces before it must be played back over the net.
- Later make it one bounce only (eventually no bounces).
- If a ball goes outside the court the team that did not make the error wins the point.
- Use Tennis, Table Tennis or Volleyball system of scoring.

### Teaching:

- Encourage good communication and support ("Mine!" "I'm here!").
- Tell them to keep it simple and to get the ball over the net as soon as possible.
- The head is the most predictable way of returning the service.
- Encourage a player to stay close to the net when the ball is being returned, as they might need to head on a return or make a desperate volley chip if the ball is not making the net or is going out of play.
- The game will be the best teacher; so don't feel compelled to stop it too much.

### Target:

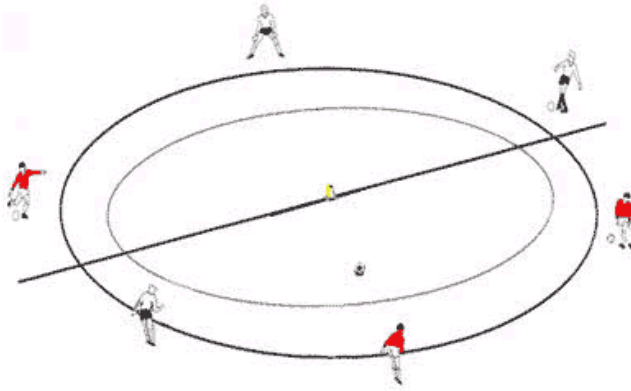
- To beat the other team.

# Super Circle

Session 1  
Skill Developer

Objective:

- A challenging centre circle practice that develops accurate kicking.



Organization:

- Extend the center circle by 2, 3 or 4 yards or use marker disks to make a circle.
- Each player on one side of the circle has a partner directly opposite.
- If there is an odd number the coach joins in.
- Each pair has one ball between them.
- One player passes the ball towards his or her partner, but tries to knock over the cone in the center circle.
- The partner retrieves the ball and returns the pass through the center circle, again trying to kick over a cone.
- The ball must be passed from outside the circle.
- Partners keep their score with the first pair to knock down the cone five times (or four; or three) being the winner.

Teaching:

- Encourage the players to use pace as well as accuracy of pass.
- Suggest they continue to kick towards the ball even after they have actually kicked (follow through).
- Encourage them to approach the ball at a slight angle to the direction they are kicking (45 degrees).
- Have at least one session where the players must use the "other" foot.

Target:

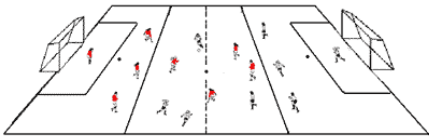
- Being the first pair to score the set target score.

# Super 8's

## Session 1 Game

### Objective:

- To prepare young players for the transition from small-sided play to 11 vs. 11 play by producing a fast-changing game.
- To produce most of the critical decision-making ingredients of 11-a-side play, including offside.



### Organization:

- Use a 66-yard by 50-yard field.
- Goal sizes should be approximately 6.5 feet x 6-yards wide (be prepared to improvise or use what is available, e.g., small portable goals, corner flags, etc.).
- Mark in two 22-yard lines with coaching disks - if available use corner flags to emphasize the 20-yard lines.
- Put in a 14-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 20-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.
- Try using a 1-3-3-1 system -- goalkeeper: a back three, three attacking midfield players and one center forward.
- Give great encouragement for the outside back defenders and the midfielders to go forward into attacking positions, but must also balance off one another to give cover.
- Encourage awareness, attacking support, width and defensive cover.
- Encourage goalkeepers to help "organize" the team.
- Goalkeepers may 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 next step, which is into 11-a-side soccer, with the important rule of offside, and to prepare players for more formalized "positional" play.