

U12 BYTE SIZE COACHING CIRRICULUM

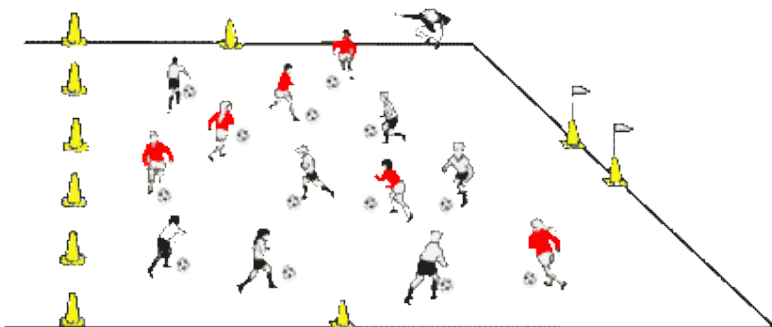
Crazy Warm Up

Session 11

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.

Big Shot

Session 11 Skills Game

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.

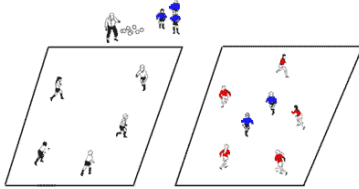
5 v 2 Tennis

Session 11

Skill Developer

Objective:

- To build up the complexity of passing and supporting play.
- To develop two player teamwork in defending.
- To bring in the aspect of penetrative and forward passes.



Organization:

- Mark two grids 15 x 15 yards depending on numbers, 5-yards apart.
- Use 3 teams of 5 players (adjust organization if numbers do not quite work out).
- Use pinnies to distinguish the three groups.
- Two groups of 5 go into the squares. Two players from the third group also go into one of the squares to become defenders.
- Coach plays a ball into the defended square. The 5 players try to keep the ball away from the two defenders.
- 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 are two defenders from off the field allowed to enter that square.
- The previous defenders come out of the square to take a rest. Defending chores are divided in this way and the defending chores are shared on an equal time basis.
- 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!).

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 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 team-mates.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they are the "eyes" of the player with the ball.
- The two defenders must work off one another to force difficult passes, and therefore mistakes, by the attackers.

Target:

- To stay as one of the attacking group and not the defending group.

Head Tennis Tournament

Session 11

Game

Objective:

- A fun, challenging round robin tournament.
- Culminating in some sprint relays.



Organization:

- Organize Head Tennis courts as shown in the graphic above.
- Consider joining up with another team who practice at the same time.
- Select teams of 3 players.
- Don't worry if there is an odd number (can have a team of two or four).
- Try to ensure even numbers of teams so no one is waiting.
- Play five minute games.
- Teams work on a Round-Robin format.
- See Head Tennis to establish the rules and scoring method.
- At the end of the tournament consider (if time allows) having some sprint relays (see Relays).

Teaching:

- As this is an end of session "free" play time, the coach merely organizes the tournament and lets the players play.

Target:

- To outscore the opposition.