

U12 BYTE SIZE COACHING CURRICULUM

Inside Out – Chipping

Session 12

Warm-up

Objective:

- To develop chip passing.
- To develop the receiving of balls in the air.



Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark a 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 must play a chipped (lofted) pass ideally into the hands of an outside player.
- Must then find another outside player to receive a throw-in pass to be controlled by chest, thigh or foot.
- After one minute or so 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 chip pass by stubbing the foot under the ball.
- After chipping the ball player turns away to see who on the outside has a ball in the hands and then demands the throw-in ("David! Yes!").
- Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
- Perhaps restrict one session to left foot only.
- Encourage players with the ball to look around to see who is available on the outside.
- Players must play an accurate chip pass by stubbing the foot under the ball.
- After chipping the ball player turns away to see who on the outside has a ball in the hands and then demands the throw-in ("David! Yes!").
- Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
- Perhaps restrict one session to left foot only.

Target:

- To learn how to chip balls and develop good controlling skills when receiving aerial balls.

Medium Mixed Bag

Session 12 Skills Game

Objective:

- To encourage young players to think more about using the width of the field.
- To develop crossing skills and to look to finish (or defend) attacks from the flanks.



Organization:

- This is the progression from the Mini-Mixed Bag.
- Mark in an area 36 (two penalty areas long) by 30 yards wide and then further extend the width with a 6-yard channel on either side.
- Don't be tempted to use the full width of the penalty box (44 yards) as this may be too wide at this age.
- Put in a half way line, but not in the channel.
- Play 2 Attackers vs. 1 Defender and a goalkeeper in each half.
- There are two neutral "crossers" of the ball - one on each flank.
- Keep a supply of balls in each net.
- Goalkeeper at one end starts by throwing the ball out to one of the "crossers" (wingers).
- The wingers play a cross in towards the goal.
- If the defenders or the goalkeeper gets the ball they play out to one of the two wingers and the attack goes the other way.
- Rotate all players at intervals through all positions.
- Use the offside law to prevent attackers standing in front of the goalkeeper.
- If possible, organize three teams of 4 (see Progressions for "How to Organize").

Teaching:

- Encourage an accurate thrown ball from the keeper to the winger.
- Wingers should aim to cross the ball towards the far post with a hard driven pass.
- The wingers should also aim the ball to split the difference with the cross in between the defender and the goalkeeper.
- Attackers should go away from the crosser and then come in fast as the ball is played in (see Corner Shot).
- Defender and goalkeeper have to work well together as the defender cannot man-mark two attackers.
- Goalkeeper should take charge and organize the defenders.

Target:

- To generate a good, fun practice, but don't forget to keep the score.

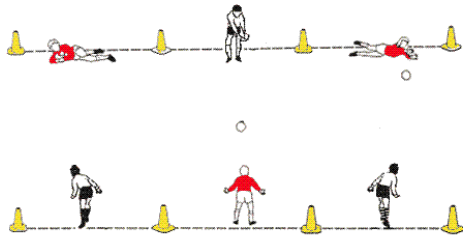
King's Castle

Session 12

Skill Developer

Objective:

- Fun game to establish correct way of side diving for goalkeeping.
- To develop the decisions involving when to dive and when to stay on the feet.



Organization:

- Set out as many goals (4-5 yards apart) as there are goalkeepers.
- Two goalkeepers per area, one with a ball, both standing up facing one another 6-yards apart.
- Receiving goalkeeper can come a yard forward from the line and should be encouraged to do so.
- Balls must be rolled along the ground to the side of each keeper.
- The keeper rolling the ball must do so from the goal-line.

Teaching:

- Try by gliding to the left or right to get in line with the ball and therefore be able to scoop it up without diving.
- If dive required most times it will be a collapsing dive - just let gravity take over.
- Try to React to the shot rather than Anticipate.
- As with King's Court arms should reach forward to stop ball in front of body.
- Arms should receive at full stretch and then relax into a "crooked" arm position.
- Upper knee should be drawn in comfortably across the body as the ball is received.
- Lower leg should remain loosely trailing.
- Head and upper shoulder should be drawn over and above the height of the ball.
- "W" hand position is employed, but with ball "trapped" by the upper hand on top of the ball and lower hand behind the ball (see graphic in King's Court) and so use the so-called "Third Hand."
- If the ball is just inside the cone, may have to drive with the leg furthest away from the ball to get the distance.

Target:

- To start with, everyone is practicing and there is no pressure.
- Then the "battle" begins. The King's Court system is used.
- The top field is designated the King's Court (coach decides the top and bottom).
- Ball must be rolled, not thrown, along the ground.
- Goals only count if they are "clean" (must not touch the cone).
- Service must be from a position where the attacker has his/her feet touching the goal line.
- Each "round" goes for 2- to 3-minutes and a winner is declared (coach needs a tie breaking method) and the changes are made as follows: The winner in the King's Court retains the #1 position. The loser goes all the way to the bottom court. The other winners move up one place. The battle recommences.
- With large groups have two or three King's Courts with 3 or 4 fields per sub-group.
- Keep it fun and therefore downplay the "winning at all costs" attitude.

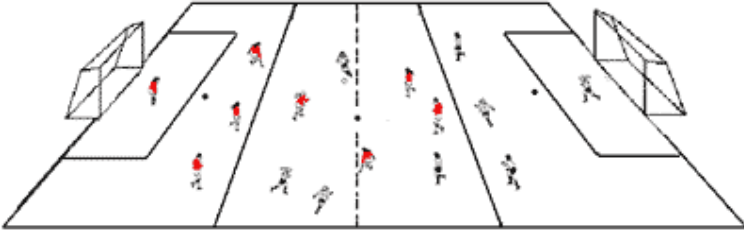
Super 8's

Session 12

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.