

U12 BYTE SIZE COACHING CURRICULUM

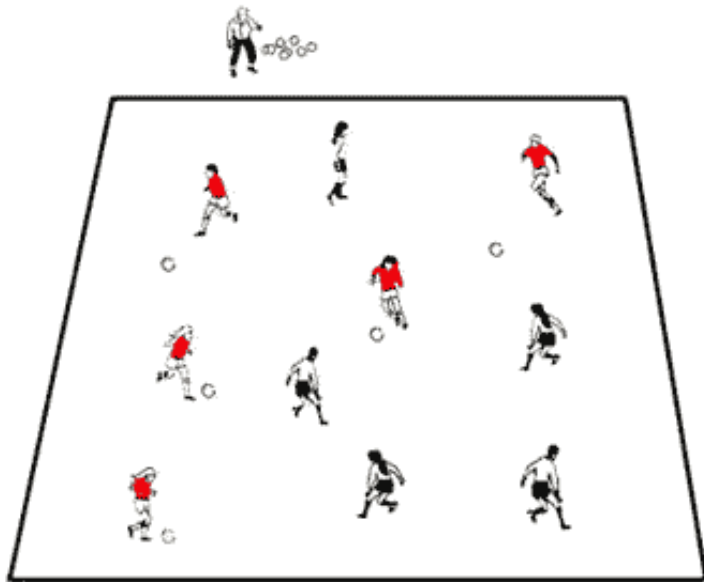
The Mixer

Session 2

Warm-up

Objective:

- A warm-up activity to encourage accurate passing.
- To develop One-Twos and good turns.



Organization:

- Everyone in a 30 x 30-yard square (depending on numbers).
- If there are say 10 players, 7 have a ball and 3 do not.
 1. The players with the ball can do a number of different passes/moves-
 2. They can play a one-two wall pass.
 3. Do a "take over" with a player without a ball.
 4. Play to a player without the ball and go on an overlap run.
 5. Or they can shout, "Turn!" and the player receiving the ball turns and keeps the ball.
- This activity is very demanding so stop every two minutes and have a "Pairs Challenge."

Teaching:

- Encourage players with the ball to look around to see who is available.
- Good communication is essential so player receiving the ball knows what to do next, i.e., turn, play a one-two, delay to allow the overlap run to take place.

Target:

- To get players ready for the next phase of the practice by encouraging accurate passing and good communication.

The Zone Game 4 v 4

Session 2 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 become very aware of all attackers and their changing positions.

Target:

- To outscore opposition.

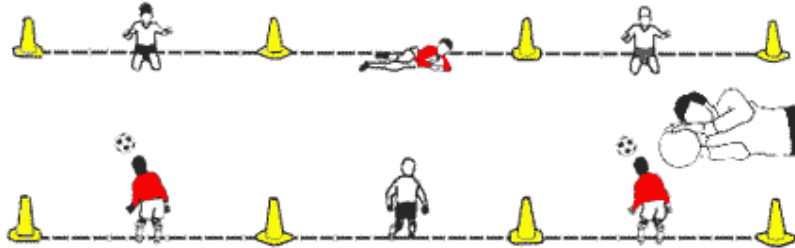
King's Court

Session 2

Skill Developer

Objective:

- To create a fun, yet challenging environment.
- To teach the correct way of diving on the side for goalkeeping.



Organization:

- Set out as many goals (3-yards apart) as there are players (goalkeepers).
- Two goalkeepers per area, one with a ball, both kneeling up facing one another four yards apart.
- Important that the players kneel in an upright position and not sit back on their heels. Feet/toes should be on the imaginary goal line.
- Balls must be rolled along the ground to the side of each keeper, not straight, but not so far to the side that the receiver cannot roll over and collect the ball.
- After receiving the ball the keeper should roll back to the kneeling position.

Teaching:

- Hands and arms should be pushed reach forward, palms towards ball, to stop ball in front of body.
- Hands and arms should relax into a "crooked" position as the pace is taken off the ball.
- 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 and so use the ground as the so-called "Third Hand." (See graphic above)

Target:

- To start with, everyone is practicing the side dive technique and there is no pressure.
- Then the "battle" begins. The top field is designated the King's Court (coach decides the top and bottom).
- Ball must be rolled, not thrown.
- 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 - "paper, scissors, stone") 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.

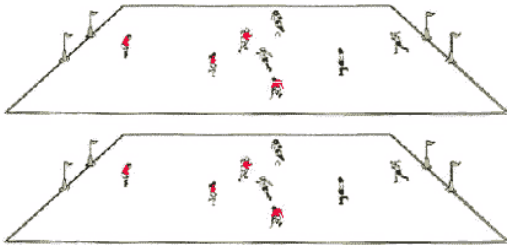
Fab Fours Jamboree

Session 2

Game

Objective:

- To create a Jamboree atmosphere.
- Allow the children to enjoy playing without any coaching.



Organization:

- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 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 whistle.
 - One long blast signals the start of play.
 - A short blast signals the end of each period.
 - After the end of each period the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart is 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.
 - Use 4-period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal.
 - Play two to three minute periods.
- Try not to have more than 6 players on a team.
- With 5 players, at the end of each period, one of the subs becomes the goalkeeper, the goalkeeper moves out onto the field. One field players comes off. With 4-quarter games, start the next with the player in goal who was not in goal in the first game and so on. Use the same principle with 4 players or 6 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 good fun soccer.