

# U12 BYTE SIZE COACHING CIRRICULUM

---

## Crazy Warm Up

### Session 3

#### 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.

## 3 v 1 Tennis

### Session 3 Skills Game

#### Objective:

- To encourage players to move into good supporting positions.
- To bring in directions and penetrating passes.



#### Organization:

- Mark two grids 10 x 10 yards depending on numbers, 3-yards apart.
- Use 3 teams of 3 (adjust organization if numbers are greater).
- Use pinnies to distinguish the three groups.
- Two groups of 3 go into the squares. One of the third group also goes into one of the squares.
- Coach plays a ball into the defended square. The 3 players try to keep the ball away from the one defender.
- 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 is a defender off the field allowed to enter that square.
- The previous defender comes out of the square to take a rest. Defending chores are equally divided in this way.
- 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 two 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 a team-mate.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they become the "eyes" of the player with the ball.

#### Target:

- Have fun, but try to avoid being the defending team.

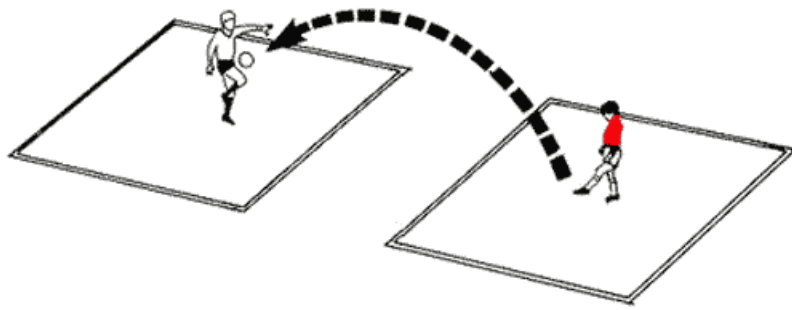
## Square Pegs Chipping

### Session 3

### Skill Developer

#### Objective:

- To improve aerial ball control and to develop the chip pass.



#### Organization:

- Using markers/grids, organize six-yard squares six yards apart.
- One player passes to partner in opposite square.
- Organize squares to accommodate all players. If odd number, coach joins in.
- For pass to count as "accurate" it land in the opposite square without touching the ground in between.
- Each player is allowed a maximum of three touches in their square (one to control, one to set up the pass and the third to chip the ball).
- Use the King's Court game system to make it a fun challenge for the players (see King's Court). 3- to 4-minute rounds.
- Adjust size and distance of areas to ability of players.

#### Teaching:

- Encourage the receiving player in most instances to control the ball before it touches the ground (with thigh or chest).
- Use the second touch to nicely set up the ball for the chip.
- Before starting King's Court allow them some time to practice their chipping technique (kicking foot under the ball, stubbing action with limited follow through).
- Receiver must be very alert and quickly moving into the line of the ball to improve chances of control.

#### Target:

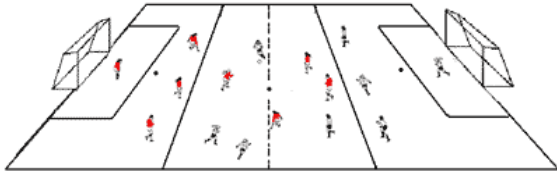
- To enjoy improving these challenging techniques and to try to get to (or to stay at) the King's Court.

# Super 8's

## Session 3 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.