

## U12 BYTE SIZE COACHING CURRICULUM

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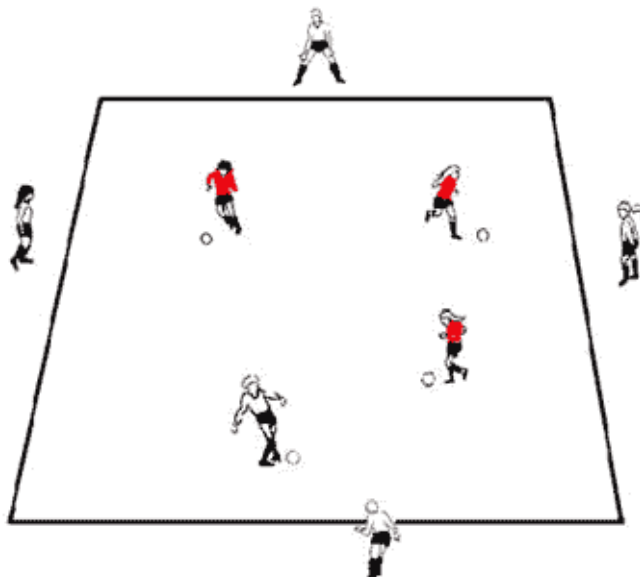
### Inside Out - One Two's

#### Session 4

#### Warm up

#### Objective:

- To develop good passing and receiving skills and to build awareness and vision.



#### Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark 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 play a One-Two with an outside player.
- Must then find another outside player to pass to other than the one they just received the pass from.
- After one minute 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 pass with good pace to enable the outside players to "wall" the return pass first time.
- Encourage the outside "wall" player to play the return pass into the space the One-Two passer is moving into.
- Tell players to continually be looking up and around to avoid two players both playing to an outside player at the same time (10 Push Ups for non-awareness!).
- When they play the One-Two they should do so at speed (in the game the One-Two usually gets the player in behind a defender).
- Encourage players on the outside without a ball to call for it with a specific name..."Kenny! Here!"

#### Target:

- To pass accurately and incisively.

## 3 v 1 Tennis

### Session 4 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.

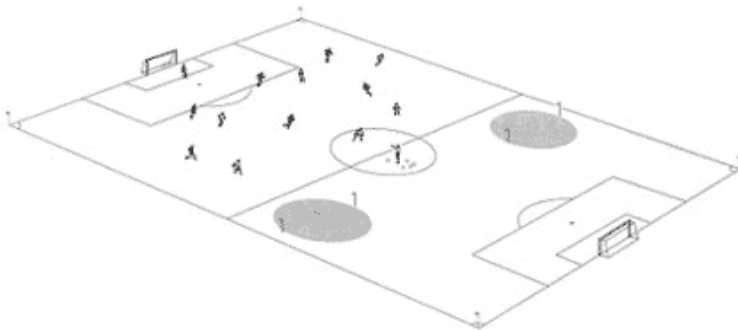
# Attack vs Defence

## Session 4

### Skills Developer

#### Objective:

- To prepare players for the attacking and defensive understanding, including offside.
- To prepare players for 11 vs. 11 soccer.



#### Organization:

- Players are arranged in their team positions - in this example, 6 vs. 6 plus a goalkeeper.
- The players start in one half of the field.
- Small target goals put on either side of the field near the halfway line for the defending team to play to and score (use cones/flags if no goals available).
- Coach serves ball into attacking half.
- Normal attack takes place - if defenders (and goalkeeper) win ball, they attempt to score in their smaller goals.

#### Teaching:

- Outline briefly - preferably by walk-through demonstrations - the expectations of the practice.
- Encourage the defenders to push up because of the advantage of exploiting the offside rule.
- If practice is not succeeding and you're sure of analysis, stop the practice and show what could have been done.
- Similarly, stop and show what was done well.
- Don't stop practice too much or interest will diminish.
- Discourage defenders from playing too many short passes.
- If defenders win the ball and then give it back foolishly, encourage attackers to punish the mistake.

#### Target:

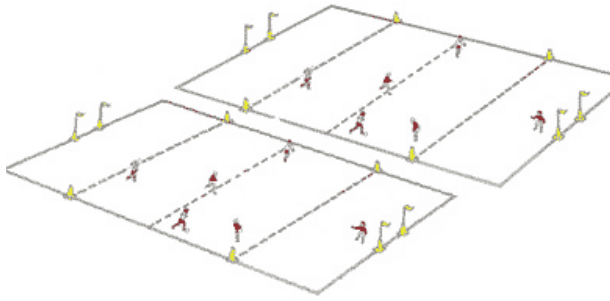
- Defense to outscore attack by getting more "small goals" than "real" goals; and vice-versa.

# Micro Soccer® Jamboree

## Session 4 Game

### Objective:

- To create a Jamboree atmosphere.
- Children just play without any coaching.



### Organization:

- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With 12 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 long whistle, and signals the end of the quarters and the end of the games.
  - One long blast signals the start of play.
  - A short blast signals the end of each quarter.
  - After the end of each quarter the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
  - Restart 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 at the conclusion of the fourth quarter.
  - Play 4-periods of two minutes.
- Try not to have more than 4 players on a team.
- With 4, at the end of each period, the sub becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off.
- After 4-periods each player will have played 3 quarters - once in goal and twice on the field. Use the same principle with 3 players or 5 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 the sheer fun of unadulterated soccer with plenty of opportunities to get touches of the ball and score goals.