

U12 BYTE SIZE COACHING CIRRICULUM

GK Ball

Session 5

Warm-up

Objective:

- Fun game that gives good practice in throwing and catching.
- Develops supporting play and appreciation of space.



Organization:

- Work in an area 30 x 20 yards approx. with full sized goals or five cones spaced 2-feet apart on the goal line.
- If using full-sized goals, goals only count with balls rolled into goal.
- If using cones, the team has to knock a cone over with a throw to score.
- Ball can only be moved by throwing to team-mate. Players cannot run with the ball. All passes must be caught before touching the ground.
- Opposition gets possession if ball hits ground from a misplaced throw or a mishandled catch.
- Interceptions can be made by opposition; everyone can use their hands.
- Partial interceptions can be disputed and claimed by either side by diving on the ball.
- No tackling allowed - only screening.
- 3-second rule. If one player is holding on to the ball the coach begins the count: "One, Two..." if the ball is not thrown before "Three" it is turned-over to the opposition.

Teaching:

- Team in possession must support well.
- All players should recover to own goal quickly after team loses possession.
- Ball will need to be passed around in front of the "goals" to make an opening for the shot if the defending team has recovered well.

Target:

- To outscore the opposition.

Chip n' Dale With Windows

Session 5

Skills Game

Objective:

- To produce a team practice emphasizing good collective defending.
- Also emphasizing good collective attacking.



Organization:

- Mark out area approx. 30 x 35 yards.
- Two zones are placed on the end lines.
- Squad is split into two teams, and each team is halved - one half on the field, the other in the zone.
- Two coaches (or players) act as the "windows" on the outside line.
- The "windows" are an outlet for the team in possession.
- Goals only count if ball is chipped forward, then caught in the end zone without touching the ground.
- A Zone player can dive out to an errant chip and punch/deflect it to a teammate in the Zone providing the ball does not hit the ground.
- "Windows" when they receive a pass must kick or throw the ball back to same team.
- Play for 3- or 4-minutes and then change Zone players with field players.

Teaching:

DEFENDERS

- Instruct one player to hustle player with the ball, not to "dive in" and so prevent the "chipped shot."
- Keep immediate support player alert to movement of other players, while maintaining the "first support" position.
- Make defensive support player(s) aware of forward and diagonal runs, and be prepared to "track down" without sacrificing defensive "shape."

ATTACKERS

- Tell players that accurate one and two-touch passing will break down defensive organization.
- Make player on the ball aware that a fake or dribble can open up angle for chip.
- Remember to take advantage of the outside outlet, but to look for space to receive the ball when "outlet players" are in possession.
- Attacking players must react immediately when the ball is given up to the opposition to prevent the quick counter-attack (and the first-touch chip shot).

Target:

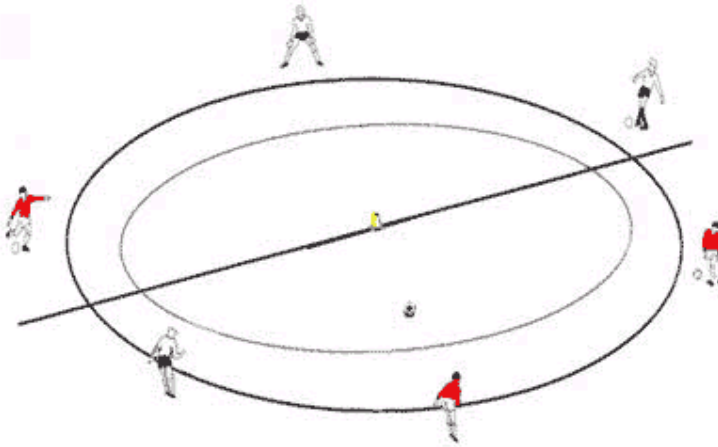
- To outscore the opposition.

Super Circle

Session 5
Skills Developer

Objective:

- A challenging centre circle practice that develops accurate kicking.



Organization:

- Extend the center circle by 2, 3 or 4 yards or use marker disks to make a circle.
- Each player on one side of the circle has a partner directly opposite.
- If there is an odd number the coach joins in.
- Each pair has one ball between them.
- One player passes the ball towards his or her partner, but tries to knock over the cone in the center circle.
- The partner retrieves the ball and returns the pass through the center circle, again trying to kick over a cone.
- The ball must be passed from outside the circle.
- Partners keep their score with the first pair to knock down the cone five times (or four; or three) being the winner.

Teaching:

- Encourage the players to use pace as well as accuracy of pass.
- Suggest they continue to kick towards the ball even after they have actually kicked (follow through).
- Encourage them to approach the ball at a slight angle to the direction they are kicking (45 degrees).
- Have at least one session where the players must use the "other" foot.

Target:

- Being the first pair to score the set target score.

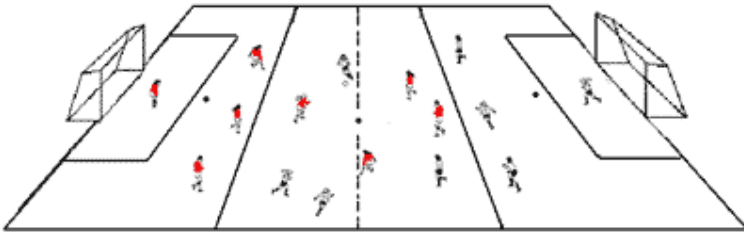
Super 8's

Session 5

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.