

U12 BYTE SIZE COACHING CURRICULUM

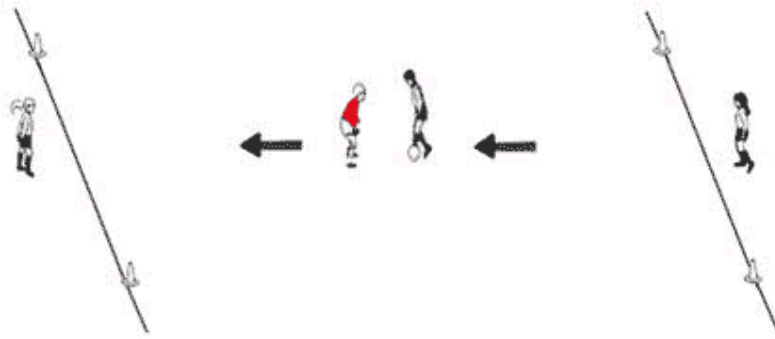
One Forward - One Back

Session 6

Warm-up

Objective:

- To teach every player how to jockey as a defender.



Organization:

- Split group into 4 (if uneven numbers have one or more groups of 5).
- Put in marker lines 20 yards apart.
- Start with three on one side and one (or two) on the other side.
- In the three group, 1 player dribbles the ball across the area; the other jockeys back.
- The jockeying player is not allowed to tackle or intercept the ball.
- Dribbler moves the ball left and right and tries to go past the defender.
- On reaching the other side, the dribbler plays the ball to the waiting player (or with 5 the front players) and then the dribbler becomes the defender on the return.
- This continues for 6 - 8 minutes.

Teaching:

- Encourage the defender to crouch low and at 45 degrees to the dribbler.
- Not too close, nor too far away - touch tight to the dribbler.
- Defender must not turn through 360 degrees.
- Always has a view of the ball.
- Dribbler must try to unbalance defender by faking and change of pace.

Target:

- To perfect the technique of jockeying in One-on-One defending.

The Zone Game 4 v 4

Session 6 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.

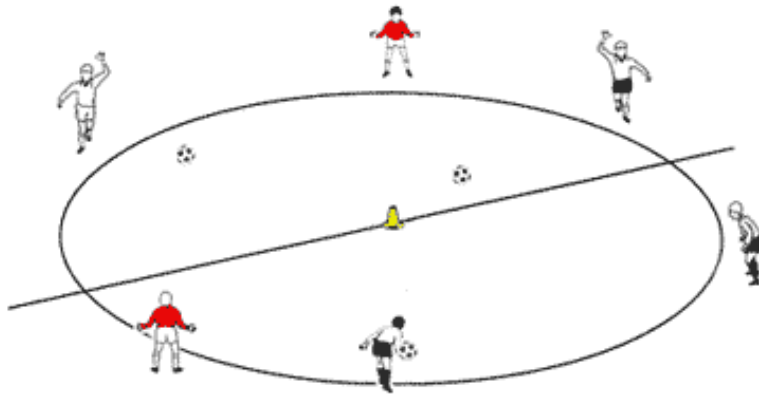
GK Circle Game

Session 6

Skill Developer

Objective:

- To produce a fun, challenging game.
- To develop goalkeeper throwing techniques.



Organization:

- Find a mark on the field (or use a quarter) to make sure you know where the center is going to be.
- Pace out from the center and put marker disks in for the four compass points of north, south, east and west, and then complete the circle.
- The distances will depend on the age of the players (4- to 5-yard radius for 6- to 7-year olds).
- Players partner up and go on opposite sides of the circle (coach may need to join in if there are uneven numbers).
- Target cones are placed in the center.
- Initially everyone is trying to knock the cones over (with their throw) as a "team."
- Then it can become more competitive as one pair tries to get 4 (or 5, etc.) knock downs before the others. As they become better, reduce the number of cones (eventually to one).
- The reward for knocking over the single cone is that the successful thrower must put it back up on the center mark (kids will get a laugh out of that!).
- Start with a rolled throw.
- Later use the over arm throw.
- Don't use size-4 or size-5 balls for younger players.

Teaching:

- Bowl the ball as you would in a bowling alley.
- Young players may need to support the ball with two hands until just before the ball is released.
- Same with the over arm throw, support the ball with both hands, but encourage them to make the final part of the throw with one hand for greater power.
- Do not let the practice go too long, as techniques can become sloppy through arm/shoulder fatigue.
- When they show arm fatigue change it to the conventional Circle Game using the foot pass.

Target:

- The fastest time the team can knock down all the cones; or the first pair to score three (or four knockdowns or hits).

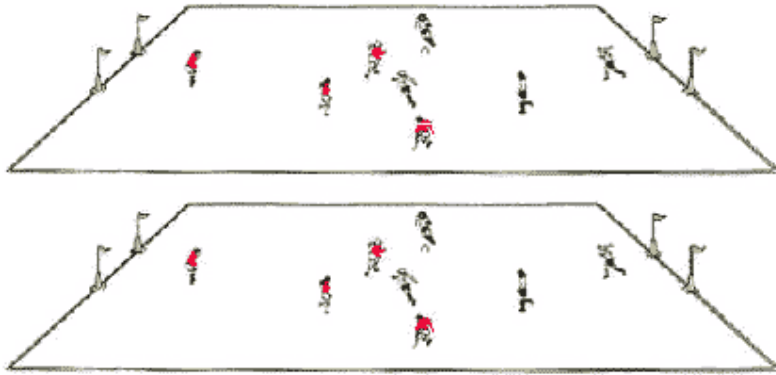
4 v 4 Jamboree

Session 6

Game

Objective:

- To create a Jamboree atmosphere.
- To allow 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 wait their turn 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 long whistle, and signals the end of the period 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 period 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 fifth period.
 - Play 4-periods of two to three minutes.
- 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. In next game the one player who did not play in goal starts in goal. Use the same principle with 4 players or 6 players (equal time in goal and on the field).
- Jamboree operates with a Round-Robin format.

Teaching:

- Coaches have to work hard to say ... nothing!

Target:

- To enjoy the sheer fun of non-stop soccer with plenty of opportunities to get touches of the ball and score goals.