

## U12 BYTE SIZE COACHING CIRRICULUM

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### Crazy Warm Up

#### Session 7

#### 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.

## 4-Goal Game 8 v 8

Session 7  
Skill Game

**Objective:**

**To encourage:**

- On-the-ball composure of individual players.
- Awareness of team-mates.
- Team cooperation.



**Organization:**

- Area 50 x 50 yards.
- Four goals are set-up by cones or markers five yards out from each corner. Goals are one yard wide.
- The eight players combine to score in any of the four goals.
- They can only score through front of goal and may dribble or pass through goal and still maintain possession.
- When ball goes out of play, re-start with either a throw-in or pass-in.
- Teams can also score by getting five (or six) consecutive passes.
- The challenge for the coach is to keep the score - and count the passes!
- Remember that they can score through a goal and still keep the passing sequence going.

**Teaching:**

- Encourage players to "switch" the play by passing as the defending players can quickly mark the four goals.
- Encourage players to turn away with ball if one goal becomes "marked" by opponent.
- Passing the ball will produce goals more readily than by scoring.

**Target:**

- To outscore the opposition.

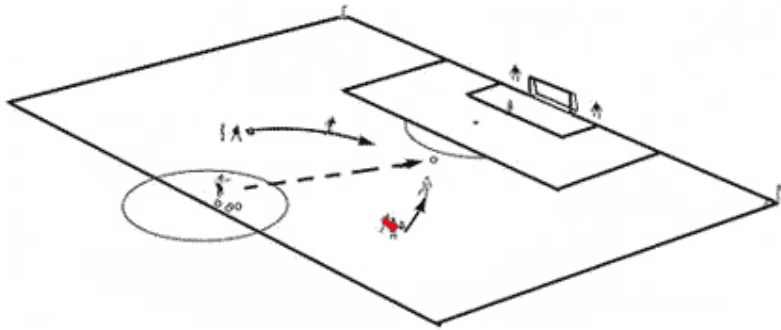
# Through Balls

## Session 7

### Skill Developer

#### Objective:

- To give realistic practice for goalkeeping in through balls.
- To produce critical one-on-one attacking and defending situations.



#### Organization:

- Set up two groups of field players as above and one group for the goalkeeping action. Goalkeepers rotate after each shot.
- First field player to the ball becomes the attacker. 2nd player becomes the recovering defender.
- After an attack, give time to clear the area before serving the ball for next two players.
- Coach always touches ball to side before playing the ball in to get everyone ready to respond.
- Coach/server should vary the service: sometimes biased in favor of goalkeeper, sometimes to a field player.
- Occasionally give a three-way "hospital pass," and a lobbed/bouncing service.

#### Teaching:

- Starting position of the goalkeeper critical - off the line to gain yards, but not too far to be exposed to an accurate long chip ball.
- Early decision is desirable but exception to "good goalkeeping rules" can apply here:
- As ball is played in, goalkeeper can move forward two or three paces while still assessing the situation. If the decision is to go, then ground has already been gained. If decision is to stay, the keeper relaxes while skipping and dancing back to original position.
- Attacker must be incisive and not be shepherded away from the goal.
- Defender works in cooperation with the goalkeeper either engaging the attacker or covering the blocking or side-diving goalkeeper.
- Good decisions and good techniques for the goalkeeper for final action in either diving at feet to win the ball; spreading and forcing attacker wide; or standing up and reacting to shot.

#### Target:

- Mainly to assist all players in becoming comfortable in dealing with the through ball from a goalkeeping perspective.

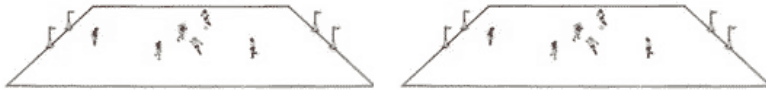
## 3 v 3 Jamboree

### Session 7

#### Game

#### Objective:

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



#### Organization:

- Any number of players above 11 can create a Jamboree atmosphere.
- If less than 12 set up make up three teams of 3 or 4 players. Have a second activity area as one team waits for their turn to play.
- Unlike the Micro Soccer Jamboree there are no goalkeepers. Goals only count below knee height.
- Put in two or three fields 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 comes on and one player goes off. After 4-periods each player should have played have played 3 of the 4 quarters.

#### Teaching:

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

#### Target:

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