

U12 BYTE SIZE COACHING CURRICULUM

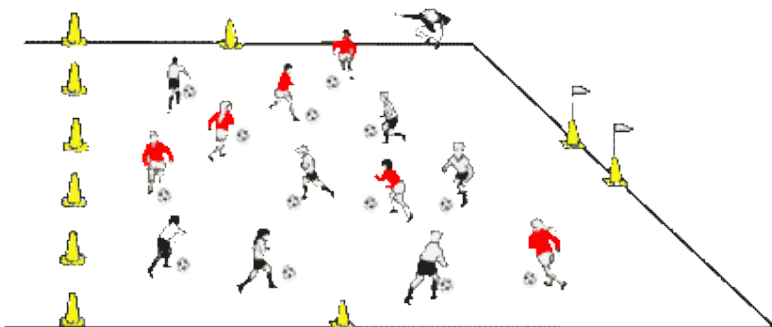
Crazy Warm Up

Session 8

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.

Inside Out – Chipping

Session 8

Skills game

Objective:

- To develop chip passing.
- To develop the receiving of balls in the air.



Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark a 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 must play a chipped (lofted) pass ideally into the hands of an outside player.
- Must then find another outside player to receive a throw-in pass to be controlled by chest, thigh or foot.
- After one minute or so 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 chip pass by stubbing the foot under the ball.
- After chipping the ball player turns away to see who on the outside has a ball in the hands and then demands the throw-in ("David! Yes!").
- Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
- Perhaps restrict one session to left foot only.
- Encourage players with the ball to look around to see who is available on the outside.
- Players must play an accurate chip pass by stubbing the foot under the ball.
- After chipping the ball player turns away to see who on the outside has a ball in the hands and then demands the throw-in ("David! Yes!").
- Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
- Perhaps restrict one session to left foot only.

Target:

- To learn how to chip balls and develop good controlling skills when receiving aerial balls.

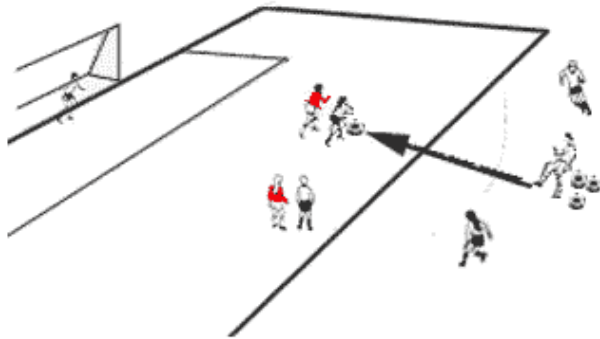
2 by 4 Shooting

Session 8

Skill developer

Objective:

- Developing the ability to make shooting positions.
- To develop accurate shooting and power shooting from longer distances.



Organization:

- Two teams of six or two teams of four.
- If there is a goal available use it, or improvise a goal with a penalty area.
- 2 vs. 2 inside the area with two supporting players outside the area.
- Offside rule applies.
- Coach players into the two who can combine to penetrate and shoot.
- Or they can play it back to one of the players on the outside for a first-time shot.
- Players on outside must either shoot first time or they can control it and play back into the two inside the box (but cannot shoot on the second or third touch).
- Defending team has a goalkeeper and two defenders.
- After five serves in by the coach teams rotate. For instance, with six, defenders and goalkeepers change; two attackers inside the box take a rest; two outside move inside the box; two players who have been resting take up the outside the box positions.
- With teams of four, similar rotation. The Golden Rule is equal time wherever possible in all the positions - goalkeeping, attacking and defending.
- After everyone in the attacking team has been through both modes, change with defending team.
- Coach may want to limit goals only counting below 6-feet (adult goals too high).

Teaching:

- Encourage the two "box" attackers to work off one another.
- Both must work hard to create space to receive the ball from the server or outside attackers.
- Inside attackers must always be looking for rebounds off the goalkeeper, the post or a defender.
- Outside attackers must help by good communication (e.g., "Here!" or "Turn!").
- Defenders have to combine well together and give attackers little or no space.
- They should use the offside law to allow them to push up and constrain the space for the attackers.

Target:

- To outscore the opposition.

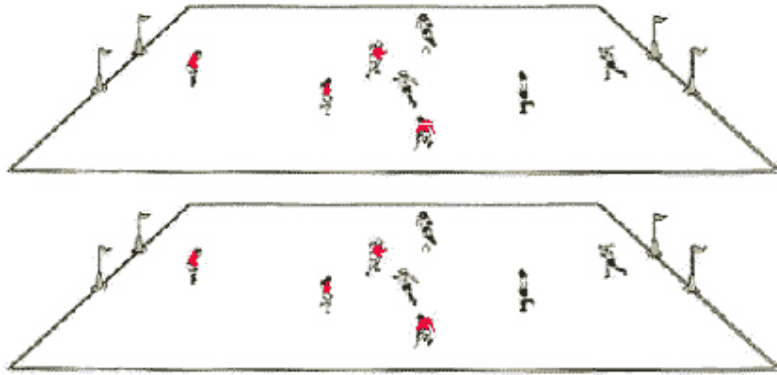
Fab Fours Jamboree

Session 8

Game

Objective:

- To create a Jamboree atmosphere.
- Allow the 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 waits 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 whistle.
 - One long blast signals the start of play.
 - A short blast signals the end of each period.
 - 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 is 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.
 - Use 4-period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal.
 - Play two to three minute periods.
- 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 player comes off. With 4-quarter games, start the next with the player in goal who was not in goal in the first game and so on. Use the same principle with 4 players or 6 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 good fun soccer.