

## U12 BYTE SIZE COACHING CURRICULUM

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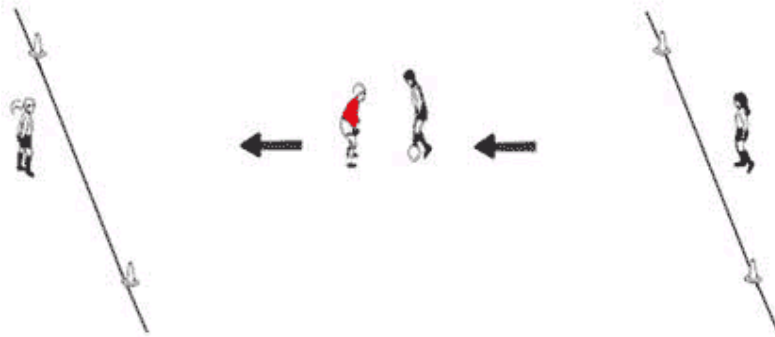
### One Forward - One Back

#### Session 9

#### 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.

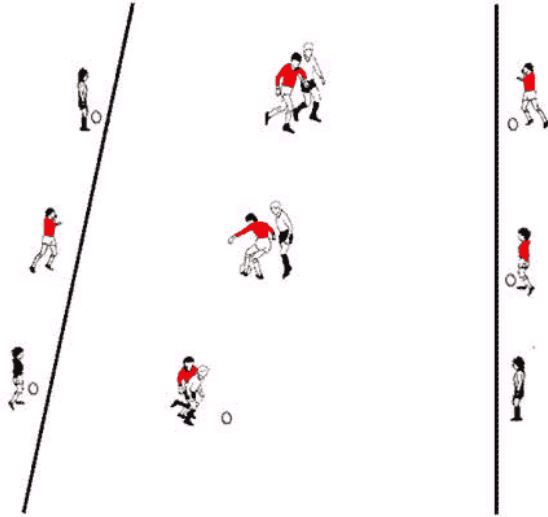
## Spin & Go

### Session 9

#### Warm-up

#### Objective:

- To work on good turns and accurate passing.
- To develop disciplined defending.



#### Organization:

- Groups of four (can make accommodations for fives).
- Two outside the lines both with a ball.
- Two in middle decide who is the attacker and who is the defender.
- On signal from the coach the attacker must attempt to fake the defender and go for a ball from one side or the other.
- Outside players must not play the ball unless they get a shout. "Yes!"
- All passes are returned to the player who passed the ball in.
- All passes must be one-timed.
- Defender is not allowed to challenge for the ball.
- Coach keeps the time to maximum 15 seconds.
- Players change with the outside players coming in and they change their roles each time they go in the middle.
- 4 sessions (2 as attacker and 2 as defender) are sufficient.

#### Teaching:

- Coach keeps strict time (stop watch).
- Encourages the defender to stay "touch tight" and not to be faked.
- Attacker tries to off-balance the defender by fakes, turns and change of pace.
- Insist on high quality passing both from the servers and the attackers.

#### Target:

- Although this is more of a drill than a game, it cultivates excellent attacking and defending skills.

# Man Marking Game

## Session 9 Skills game

### Objective:

- To establish both the individual and team discipline required for successful defending;
- To establish good 1 vs. 1 defending habits;
- To practice reading the game (Sweeper Role); to encourage attackers to "elude" tight marking.



### Organization:

- Field sized according to numbers and ages (approximately 50 x 40 yards) with halfway line.
- Goals/poles are set up (4 yards wide).
- Squad is split up evenly (e.g., 5 vs. 5).
- Every player is assigned a "Partner Opponent" from opposing team.
- One "pair" split to become the sweepers. "Sweepers" are changed every four or five minutes.
- Each player can only mark and challenge his assigned opponent.
- The sweeper can challenge anyone.
- No one can challenge the sweeper.
- "Sweepers" are restricted to their own half of the field, and are limited to "two touches" maximum on each ball contact.
- Interceptions (not challenges/tackles) are permitted by anyone.
- No one is allowed to handle the ball.

### Teaching:

- Encourage players to challenge their opponent without "diving in" and being left trailing.
- Make each player aware of "opponent" at all times.
- When the attack breaks down have former "attacker" react immediately by attempting to recover to defending position "goal-side" of opponent.
- Encourage players to get forward to score.
- Encourage player caught "wrong side" to get back if a teammate loses the ball, but don't criticize them if they are caught out when trying to make a positive forward run.
- Encourage the "sweepers" to block an attack or to be available for a back pass from own team.

### Target:

- To outsmart your individual marking opponent both in attack and defense. As a team, to outscore the opposition.

## The Zone Game 4 v 4

### Session 9

### Skill Developer

#### 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.

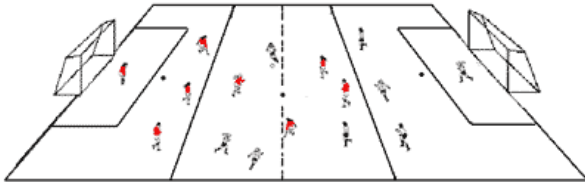
# Super 8's

## Session 9

### 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.