Improving Skills for U10s & U12s





Main focus is to continue with Fun and Participation and also to develop specific skills required to play the game.





TASK???



What do we want our u10/u12 players to be able to do??









WHAT WE WANT?

- Basic Skills
- Be able to play a GAME
- Both Sides
- Decision Making
- Team play



How do we get there?

Yearly integrated Coaching programme

- Skills programme
- Games programme



FERMANAGH 2013

UNDER 8

UNDER 6

DEVELOPMENT TEMPLATE

UNDER 12

UNDER 14

UNDER 10

SEVEN STEPS TO SUCCESS

UNDER 18

UNDER 16

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7
Main focus is on Fun and	Main focus is on Fun and	Main focus is to continue with	Main focus is to continue with	Main focus is to embed sport	Main focus is to embed sport	Main focus is to embed sport
Participation.	Participation.	Fun and Participation and also to	Fun and Participation and also to	specific skills, develop	specific skills, develop anaerobic	specific skills, develop anaerobic
		develop specific skills required to	develop specific skills required to	anaerobic conditioning, and	conditioning, and strength.	conditioning, and strength.
PHYSICAL LITERACY	PHYSICAL LITERACY	play the game.	play the game.	strength.	PHYSICAL LITERACY	PHYSICAL LITERACY
Agility, Balance, Coordination,	Agility, Balance	PHYSICAL LITERACY	PHYSICAL LITERACY		Agility, Balance	Agility, Balance
Running	Coordination, Running	Agility, Balance	Agility, Balance	PHYSICAL LITERACY	Coordination, Running	Coordination, Running
Jumping, Throwing	Jumping, Throwing	Coordination, Running	Coordination, Running	Agility, Balance	Jumping, Throwing	Jumping, Throwing
Speed.	Speed.	Jumping, Throwing	Jumping, Throwing	Coordination, Running	Speed.	Speed.
		Speed.	Speed.	Jumping, Throwing		
TECHNICAL DEVELOPMENT	TECHNICAL DEVELOPMENT			Speed.	TECHNICAL DEVELOPMENT	TECHNICAL DEVELOPMENT
Body Catch, Low Catch	Body Catch, Low Catch	TECHNICAL DEVELOPMENT	TECHNICAL DEVELOPMENT		Body Catch, Low Catch, High	Body Catch, Low Catch, High Catch,
Hand Pass, Fist Pass	Hand Pass, Fist Pass	Body Catch, Low Catch	Body Catch, Low Catch, High	TECHNICAL DEVELOPMENT	Catch, Hand Pass, Fist Pass,	Hand Pass, Fist Pass, Ground Kick,
Ground Kick, Punt Kick	Ground Kick, Punt Kick	High Catch, Hand Pass	Catch, Hand Pass, Fist Pass,	Body Catch, Low Catch, High	Ground Kick, Punt Kick, Hook	Punt Kick, Hook Kick, Side Tackle,
Crouch Lift.	Crouch Lift, Side Tackle,	Fist Pass, Ground Kick	Ground Kick, Punt Kick, Hook	Catch, Hand Pass, Fist Pass,	Kick, Side Tackle, Frontal Tackle,	Frontal Tackle, Drift Tackle, Solo
		Punt Kick, Side Tackle, Frontal	Kick, Side Tackle, Frontal Tackle,	Ground Kick, Punt Kick, Hook	Drift Tackle, Solo Run, Evasion	Run, Evasion Skills, Position Specific
TACTICAL DEVELOPMENT	TACTICAL DEVELOPMENT	Tackle, Solo Run.	Solo Run, Evasion Skills.	Kick, Side Tackle, Frontal	Skills, Position Specific Skills.	Skills
Spatial Awareness	Spatial Awareness			Tackle, Drift Tackle, Solo Run,		
Co-operation	Co-operation	TACTICAL DEVELOPMENT	TACTICAL DEVELOPMENT	Evasion Skills.	TACTICAL DEVELOPMENT	TACTICAL DEVELOPMENT
Non Invasion Games	Non Invasion Games	Spatial Awareness	Spatial Awareness,		Understanding the principles of	Understanding the principles of
Simple rules and ethics	Simple rules and ethics	Co-operation	Creating and Exploiting Space,	TACTICAL DEVELOPMENT	play in grids and small sided	play in grids and small sided games.
		Non Invasion Games	Co-operation	Understanding the principles	games. Part Invasion games, Full	Part Invasion games, Full Invasion
MENTAL DEVELOPMENT	MENTAL DEVELOPMENT	Part Invasion Games	Non Invasion Games, Part	of play in grids and small sided	Invasion Games, Solid application	Games, Solid application of skills in
Positive Attitude to sport	Positive Attitude to sport	Small Sided Games 7 V 7 Max,	Invasion Games, Full Invasion	games. Part Invasion games,	of skills in games.	games.
Build Self Confidence	Build Self Confidence	Simple rules and ethics.	Games, Small Sided Games 9 V 9	Full Invasion Games, Solid		
Respect to Coaches	Respect to Coaches		Max.	application of skills in games.	MENTAL DEVELOPMENT	MENTAL DEVELOPMENT
Respect to Other Players	Respect to Other Players	MENTAL DEVELOPMENT	Simple rules and ethics		Goal Setting, Self Confidence,	Goal Setting, Relaxation
	Respect to Referees	Positive Attitude to sport		MENTAL DEVELOPMENT	Respect.	Techniques, Game Rehearsal,
		Build Self Confidence	MENTAL DEVELOPMENT	Goal Setting, Self Confidence,		Focusing and refocusing.
PHYSICAL DEVELOPMENT		Respect to Coaches	Positive Attitude to sport	Respect.	PHYSICAL DEVELOPMENT	
Push/Pull Exercises	PHYSICAL DEVELOPMENT	Respect to Other Players	Build Self Confidence		Development of Strength,	PHYSICAL DEVELOPMENT
	Push/Pull Exercises	Respect to Referees	Respect to Coaches	PHYSICAL DEVELOPMENT	Aerobic Fitness via games,	Development of Strength, Aerobic
ANCILLARY CAPACITIES	1	3-40	Respect to Other Players	Development of Strength,	Anaerobic fitness and speed,	Fitness via games, Anaerobic fitness
Advise on Nutrition and	ANCILLARY CAPACITIES	PHYSICAL DEVELOPMENT	Introduction to mental	Aerobic Fitness via games,	Flexibility.	and speed, Flexibility, Core Stability,
Hydration.	Advise on Nutrition and	Push/Pull Exercises	preparation, Respect.	Anaerobic fitness and speed,		Light Weights.
	Hydration.			Flexibility.	ANCILLARY CAPACITIES	
	7 04	ANCILLARY CAPACITIES	PHYSICAL DEVELOPMENT		Introduction to game analysis via	ANCILLARY CAPACITIES
	1 1	Advise on Nutrition and	Push/Pull Exercises, Medicine	ANCILLARY CAPACITIES	DVD and stats.	Introduction to game analysis via
		Hydration.	Ball Exercises, Speed	Introduction to game analysis	Continue with topics already	DVD and stats.
			Development.	via DVD and stats.	covered.	Continue with topics already
				Continue with topics already		covered.
			ANCILLARY CAPACITIES	covered.	75.	Introduction to Recovery
			Advise on Nutrition and		475	Procedures.
			Hydration.			l
		Electric Control of the Control of t				1



U10 - 9 WEEK COACHING PROGRAMME

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WEEK	WARM-UP	GAME	SKILL	GAME	Small Sided Go Games
1	Colours, no.s shapes etc	Rob the Nest	Crouch Lift	Pick-Up and Drop	5 v 5 7 v 7
2	Pass & Move	Piggy in Middle	Hand Pass & Catching	Scout Ball	
3	Handpass dodgeball	Find a Goal	Fist Pass & Catching	Captains Ball	
4	Cone ball	Catch the Fruit	High Catch	Volleyball	
5	Find a goal (kicking)	Hit the Cones	Punt Kick (Front of Foot)	Over the River	
6	Kick & move	Clear the Circle	Punt Kick (Hook)	Circle Score	
7	Toilet Tag	Pass the Guards	Solo	Wing Man	
8	Cone monster	Gladiators	Side Step	Evade & Pass	
9	Tails	Through the Alley	Near hand tackle	Find Free Corner	



Drills vs Games

DRILLS	GAMES
Used to learn basic skills	To develop skills
Improve technical ability	Encourage decision making
Little/no decision making	Develop tactical play
Spot and fix the SKILL	Team play
	Spot and fix skill & movement
	Improve spatial awareness
	Games mimic match situations



INVASION GAMES:

- Non invasion: Players keeping possession in a grid with NO opposition i.e 4 v 0
- Part invasion: Keep possession while moving forward through zones/grids while under reduced pressure i.e 4 v ½
- <u>Full Invasion</u>: Keep Possession, move forward, FINISH with a score i.e preserve, create, exploit space



How to modify games?

- S- Space
- T- Task/time
- E- Equipment
- P- Players
- R- Rules



Favourite Games for U10s & U12s

- 1. Bank Ball
- 2. Over the River
- 3. Winning your Own Ball
- 4. Wide Man
- 5. 1 to 6
- 6. Circle Ball Score

Thank You

