

Coaching at the Grass Roots

IT'S PRACTICE TIME!

10-12 year olds



PART VII

Dribbling

Objective: Moving with the ball under control when encountering opposition.

Key Factors:

1. Maintain close control of the ball – ball is within three metres.
2. Be aware of what is going on around you – look up!
3. Change direction.
4. Change speed.
5. Develop individual stunts and tricks – i.e. screening the ball.
6. Use different surfaces of the foot.

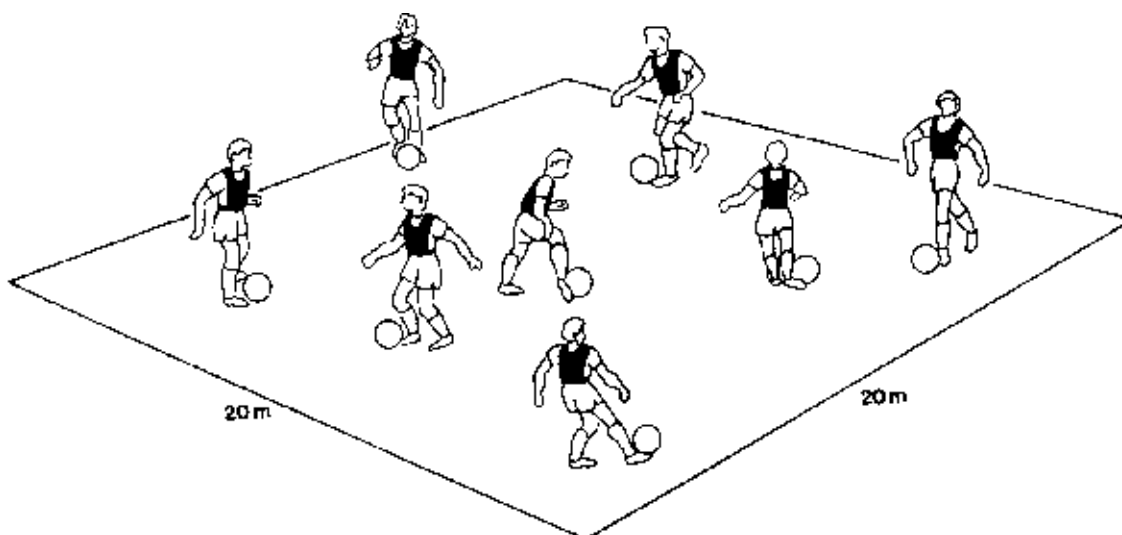
LET'S PRACTICE!

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EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-up (10 minutes)

8 players dribble within grid. Use inside and outside of each foot. Keep ball close. Change direction and pace. Players who are not in the grid perform stretching exercises.



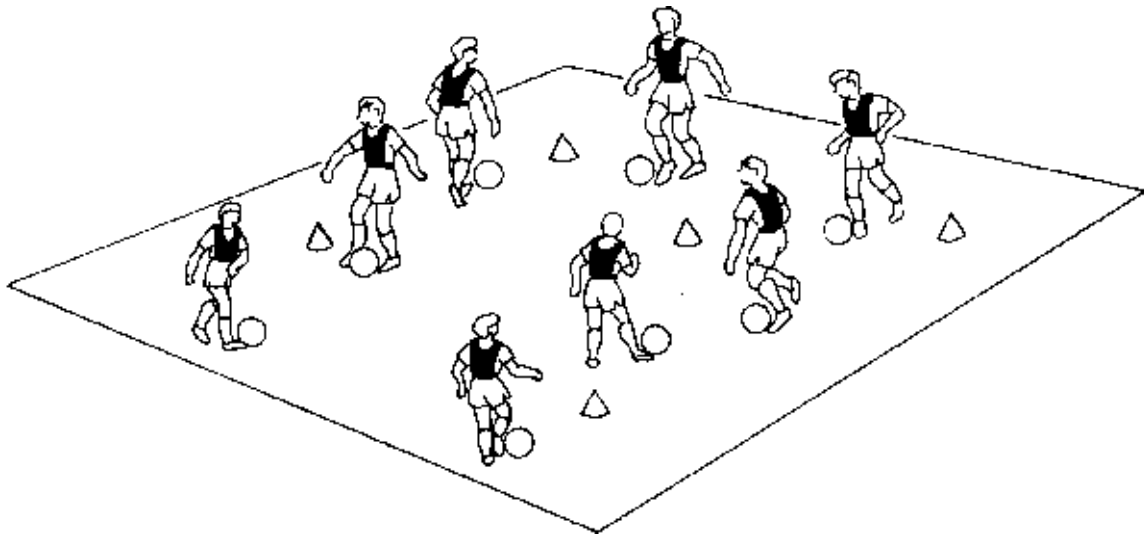
8 players move within grid. Use 3 cones less than number of players.

On command, each player attempts to stop his ball within one metre of a cone. Only one player is allowed within one metre of each cone. Players without a cone may be eliminated as in *"Musical Chairs"* or receive a *"minus point"*. Last player remaining, or player with least *"minus points"*, is winner.

Eliminated players should be given a task – i.e. individual ball control, passing and control between two players.

Variation: Simply regard cones as opponents and steer clear.

Players not in grid perform stretching exercises.



Technique Practice (15 minutes)

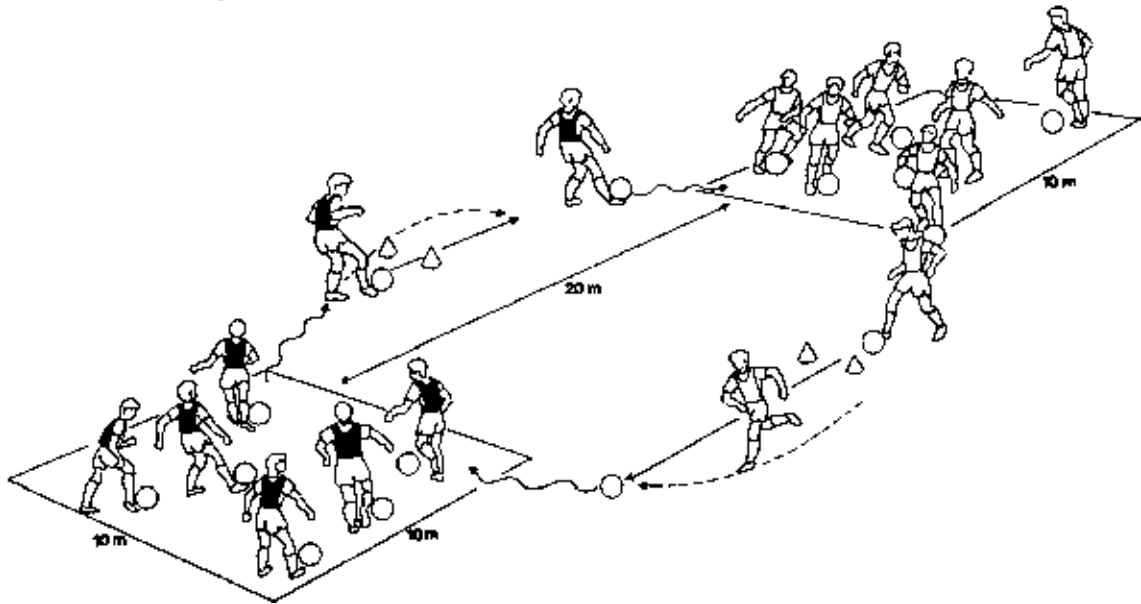
Two 10 m x 10 m grids, 20 m apart.

16 players. 8 players in each grid.

Each player has a ball. Players at liberty to dribble, and perform tricks and feints.

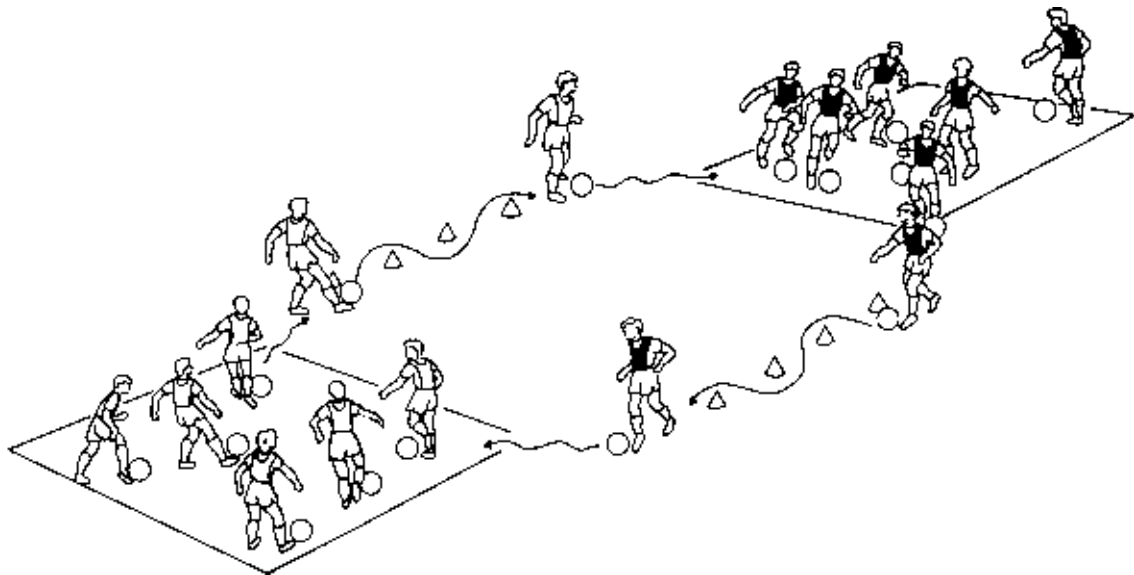
On command, players take turns to dribble towards a one-metre goal and pass the ball through goal so that they can "retrieve" ball before it reaches other grid.

Coach; assign numbers 1 to 8 in each grid or use bib colours so that you may shout a number or colour to tell players to move from one square to another.



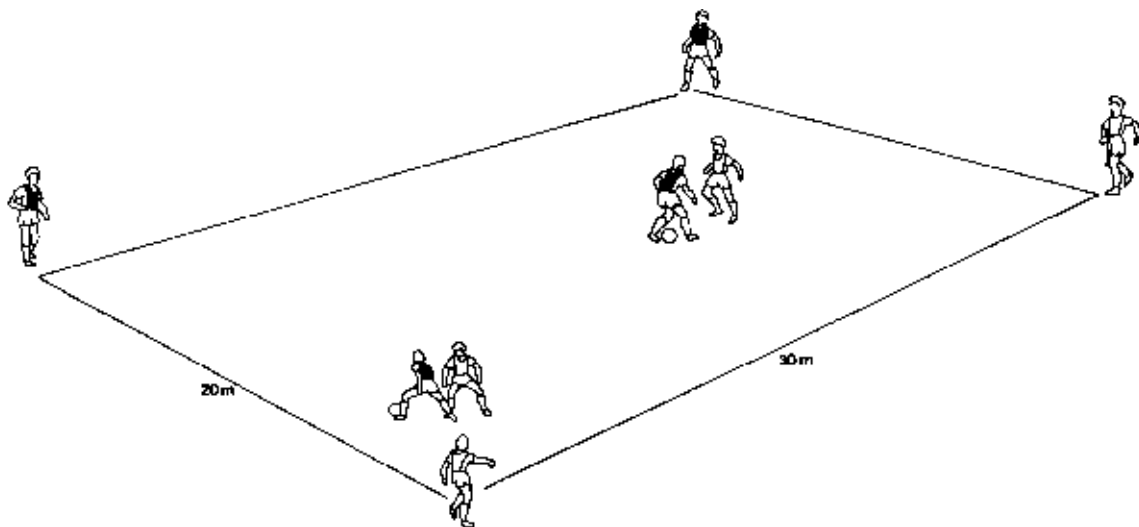
16 players: 8 players to a grid. Each player has a ball.

Players take turns to leave one grid and dribble around 4 cones before entering other grid.



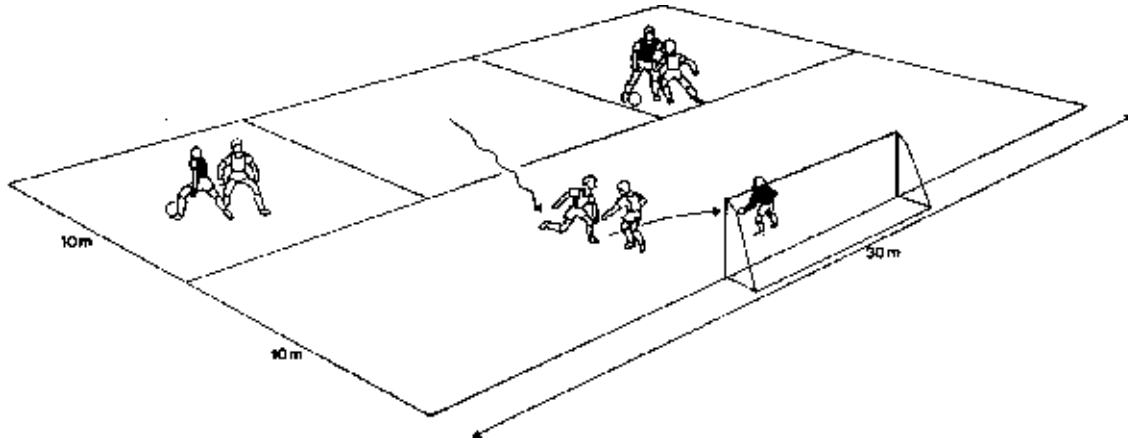
Skill Practice (15 minutes)

2 teams of 4 players. 2 players of each team inside 30 m x 20 m grid. Other 4 players are stationed at corners. Use 2 balls. Internal players in possession attempt to dribble ball to teammate at corner. Keep score if desired. Rotate positions every minute.



Related Game (15 minutes)

7 players: one attacker and one defender in each 10 m x 10 m grid; one neutral goalkeeper. Attackers attempt to dribble around defender and shoot to score. Players may enter larger grid. Alternate positions after so many shots, goals, or minutes.



Mini or Maxi Game (15-30 minutes)

Coach; try this. Before a goal can be scored a player on one team must dribble by a player on the opposing team in the attacking third of the field.

Warm-Down (5 minutes)

Relaxed running and stretching.

Game Day Goals:

Coach; the players should become more comfortable with the ball at their feet. You should see them start to use the inside and outside of both feet.

Practice is over!

Coach; review coaching points with the players. Ask them to tell you what they have been taught. You will soon know if they understand what is expected of them – even if they can't perform perfectly yet.

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PART VIII

Passing and Control

Objective: Kicking the ball to a teammate so it is easy to control.
Controlling the ball in such a fashion as to be able to complete another pass on the second touch.

Key Factors:

1. Accuracy – Partner should not have to move too far to receive the ball.
2. Speed/Pace – Not too difficult to control
Not over-hit (will go behind receiver)
Not under-hit (risks interception)
3. Part of foot and ball.

LET'S PRACTICE!

10-12 year olds

EQUIPMENT CHECK: Balls, bibs, and cones.

Warm-up (10 minutes)

Players work in pairs in quarter-field (50 m x 30 m grid).

Standing 5 metres apart, one player throws ball to partner for reception on thigh or chest.

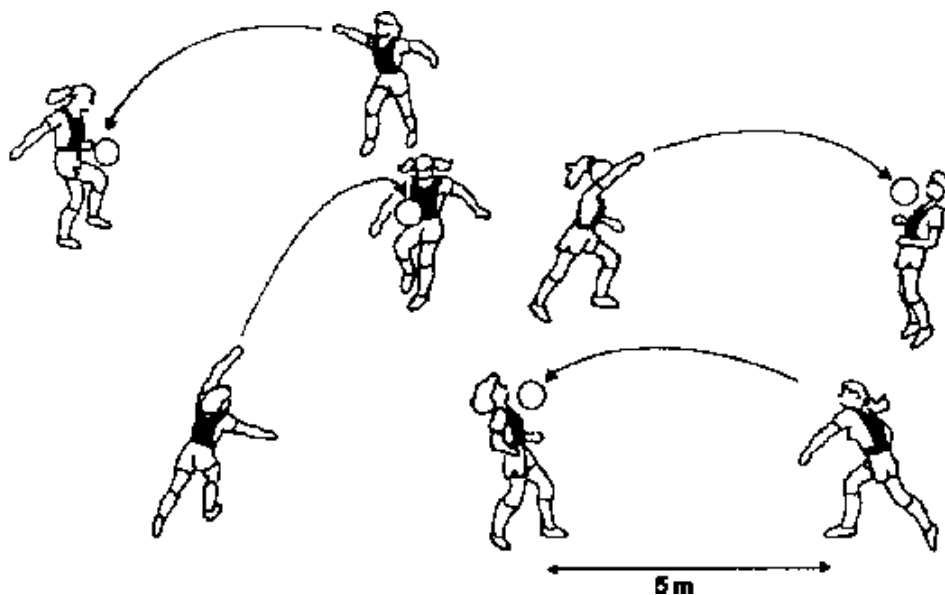
Control with one-touch if possible. Return pass on second-touch. Complete 5 serves, then change roles.

Variation: As above, but players move throughout grid.

Coach; emphasize:

- watching ball
- getting-in-line with ball
- relaxing body surface on contact with ball ("cushioning")

Players perform stretches at 5-minute intervals.



Players work in groups of 3. All players in half-field (60 m x 50 m grid).

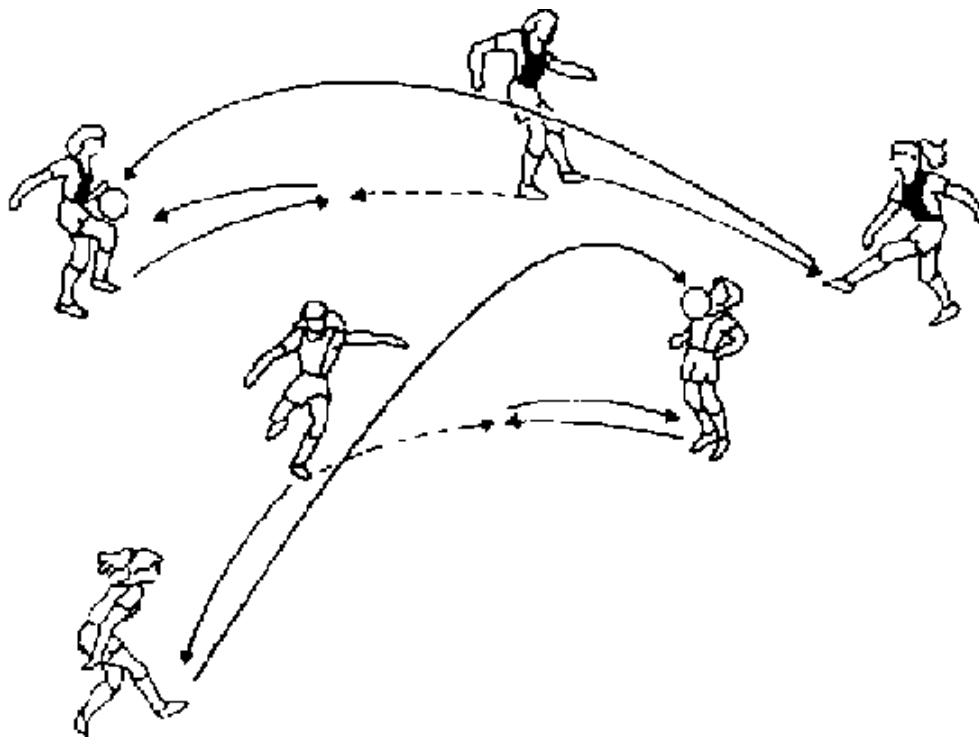
One of the 3 players stands between the other two, 10-15 m from each. The central player passes ball to an end-player that sends long high pass to other end-player. The receiving player uses chest, thigh or foot to control ball before passing to central player. Central player then returns ball to commence passing pattern in opposite direction and so on.

Coach; emphasize:

- getting-in-line with ball
- early selection of receiving surface
- relaxing body surface and cushioning ball on reception

Progress from 3-touch to 2-touch play (one-touch control).

Rotate positions.



Technique Practice (15 minutes)

Groups of 5, divided 3 and 2. Play starts with section that has greater number of players.

Drill 1: Pass and follow; one-touch.

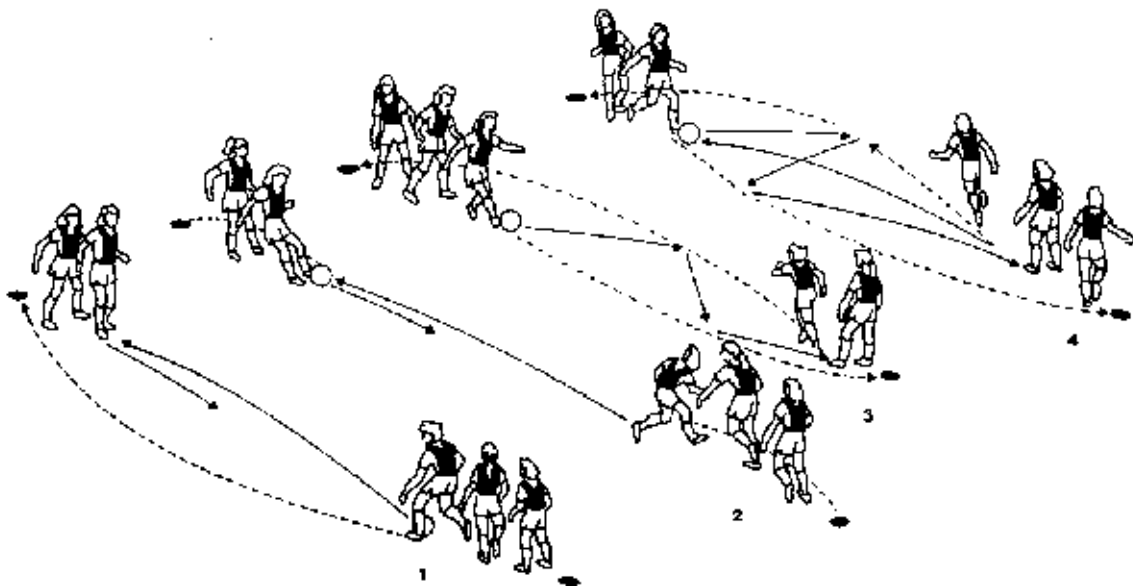
Drill 2: Pass and "check-back" (pass, follow 1 or 2 paces, then run to back of original line); 2-touch.

Drill 3: "Give and Go".

Drill 4: Setting-up play: Long pass followed by support run. Lay-off by receiver to server. Server sets-up next player.

Coach; in all drills, emphasize:

- quality of pass
- technique-on-demand (appropriate response)
- one-touch control



Skill Practice (15 minutes)

5 attackers v 2 defenders in 40 m x 30 m grid.

Attackers attempt to maintain possession.

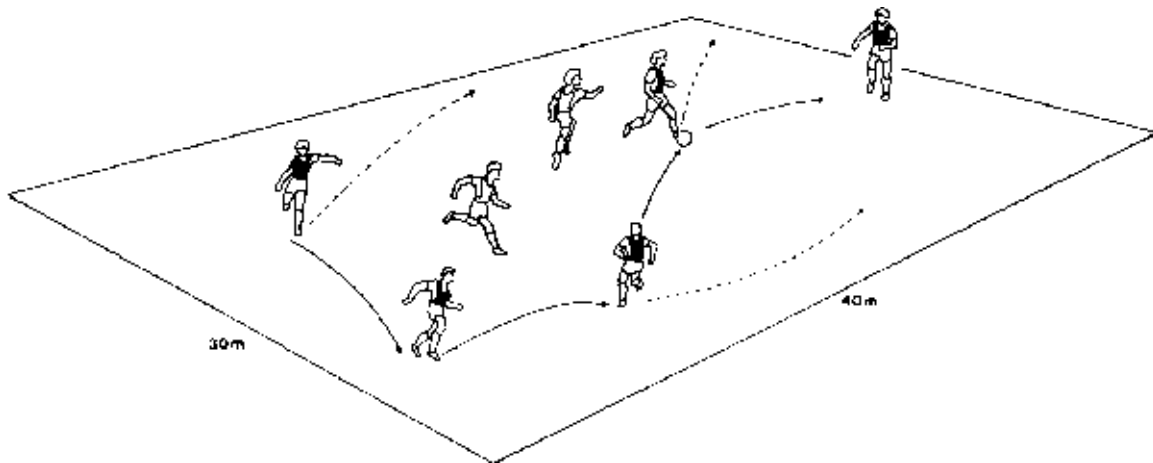
Defenders try to win ball or force it out of grid.

Attackers try to build 10 consecutive passes and attempt to execute one long pass for every 4 short passes.

Rotate attacking-defending roles.

Coach; emphasize:

- technique on demand
- support (near and far)
- maintain passing channels
- varying length of pass



Related Game (15 minutes)

3 groups of 3 players with one ball.

Two groups are attacking groups. One attacking group in end-grid. The third group of players is defenders; one defender is in grid 1; other 2 defenders are between grids.

A game of 3 v 1 takes place in grid 1.

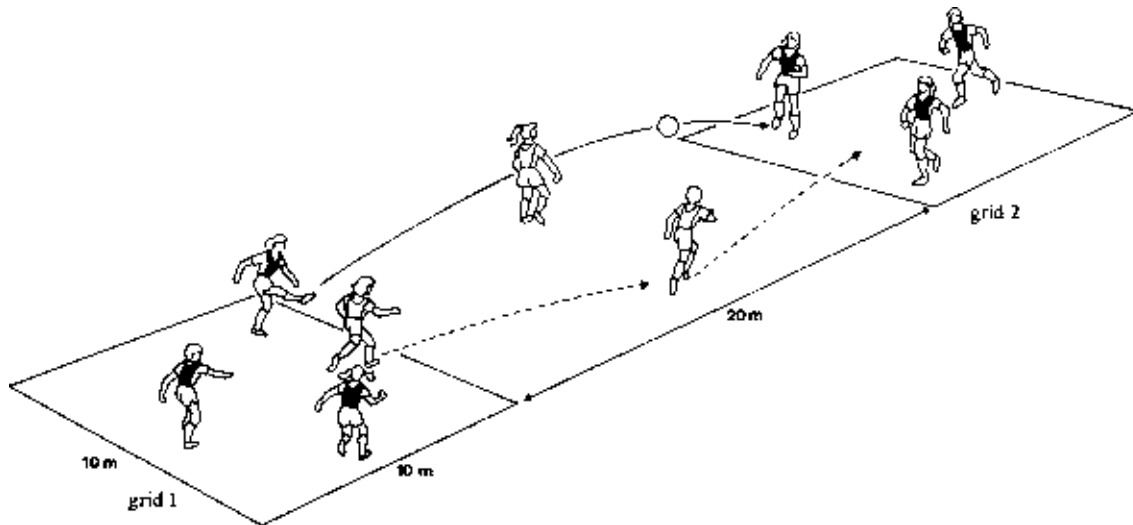
Attackers are to build 4 short passes before sending long pass to grid 2.

If ball ends-up in grid 2, one of 2 central defenders moves into grid 2 where a new 3 v 1 game starts.

Simultaneously, the defender in grid 1 moves to central area.

If defender wins ball or long pass is intercepted by central defender or is off-target, both central defenders move into grid where loss occurred or was caused. The two "ex-attackers" move into central area to assume defending role...and so on.

Coach; emphasize the groups of three should maintain a triangle for their passes. Stress good first touches and maintaining passing channels.



Mini or Maxi Game (15-30 minutes)

Warm-Down (5 minutes)

Relaxed running and stretching.

Game Day Goals:

Coach; you should start to see the players looking for teammates to pass the ball. Two passes should be put together by the players.

Practice is over!

Coach; late in the season enthusiasm may begin to fade. Now is the time to make practices as enjoyable as possible. Set new objectives to challenge your players.

Stress little competitions and games that are fun.



If you have any questions, comments or feedback about this document, or anything involving the Coaching Centre, please send an email to: info@soccercan.ca



Game of the Month: “Cow Pie”

The Fun Way to Work on Dribbling Skills!

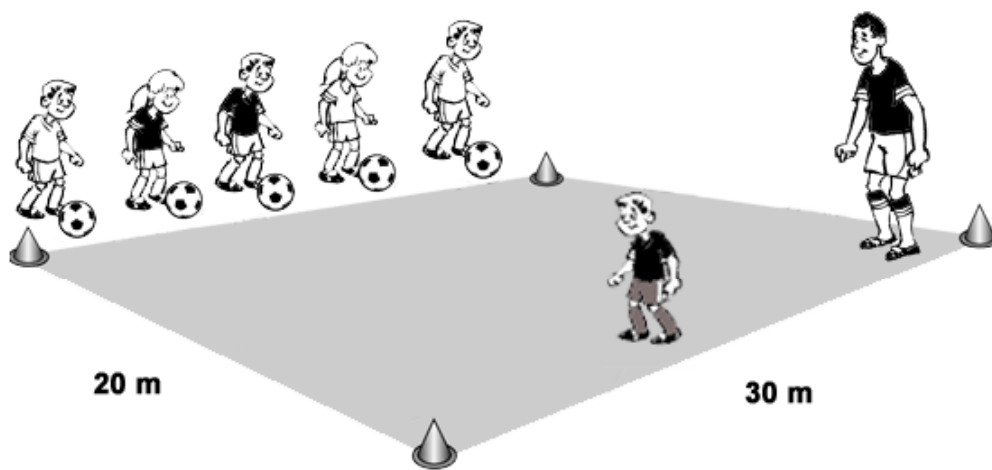
Each player must have a soccer ball.

20m x 30m rectangle (field)

Chose a player to be the defender. This player does not need a ball.

Coach stands with defender in center of rectangle.

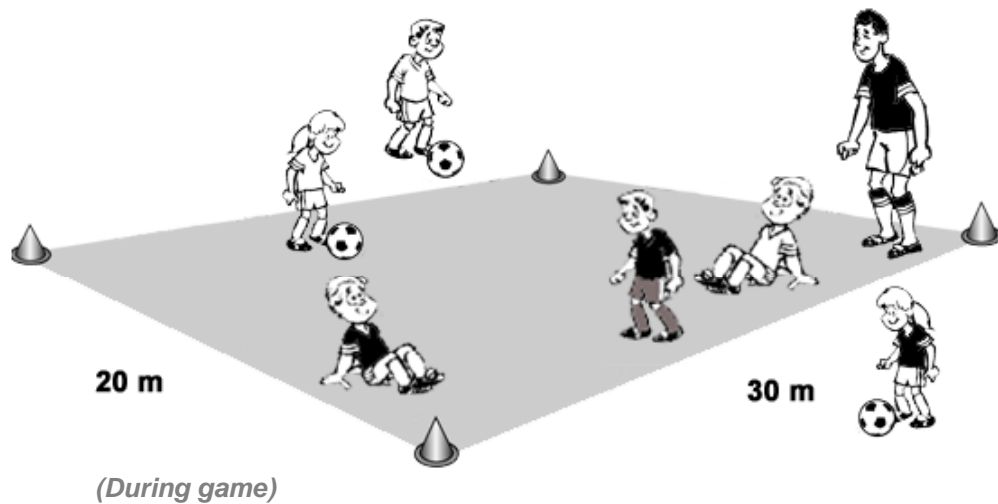
All the other players stand outside along one of the long sides of the rectangle.



(Before game starts)

Tell the players that the selected player is the *cowherd* and the rest of them are the *cows*. “We are going to play Cow Pie!” Ask, “What’s a cow pie?” You will get surprising answers!

At the word “Go”, cows (the players with the balls) must cross the field. If the cowherd (defender) kicks their ball out of the field, they become a cow pie. Cow pies sit in the field and try to touch other cows’ soccer balls with their hands or feet. If they do, that person also becomes a cow pie.



Gradually, the field becomes full of cow pies, which the other cows must manoeuvre around as they cross the field while being chased by the cowherd.

Suggestions:

1. The coach tells the players when to go from side to side.
2. Cow pies must face the direction the ball is coming from.
3. The coach may occasionally re-arrange the position of the cow pies to prevent straight lines across the field.
4. Players may not kick the ball across the field. They must dribble it.

This is fun. It may be used with players from 5 to 12 with success.

Little children love this game.