

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10-12 year olds

### PART V

## Ball Control



**Objective:** Receiving a moving ball and bringing it under control while encountering opposition

#### **Key Factors:**

1. Body behind the ball.
2. Attack the ball (go to it).
3. First touch.
4. Move the ball into playing position away from pressuring opponent.

# LET'S PRACTICE!

10-12 year olds

**EQUIPMENT CHECK:** Balls, bibs and cones.

## Warm-Up (10 minutes)

Work in pairs with one ball for each pair. One pair per 10m x 10m grid.

Receiver:

Gets behind the ball as it is moving.

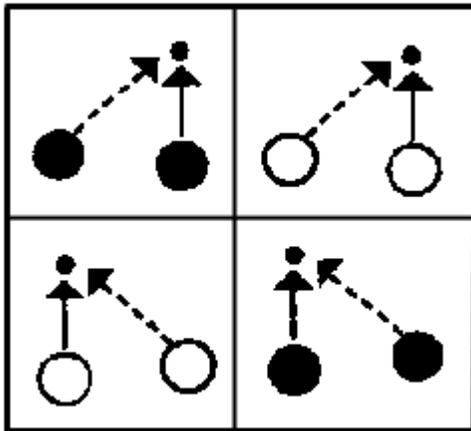
Uses WEDGE (sole of foot) or CUSHION (inside of foot).

Controls on first touch (low pass, therefore, foot control).

Alternates feet when controlling the ball.

Pass ball INTO SPACE to make partner move behind the ball in order to control it. Stay 8 -10m apart on either side of the grid.

Coach, you must see that the ball is passed at the correct speed for the size of the area or the distance of the pass.



## Stretching (5 minutes)

Slow stretching.

All stretches must be held for at least 10 seconds.

**Skills** (10 minutes)

Work in pairs with one ball for each pair. One pair per grid.

Throw ball to partner either

- in air
- bouncing

The service of the ball is high. Therefore, controlling surface will be thigh, chest, or head.

Relax body and cushion the ball.

Coach, if the ball is bouncing too far off the player, he/she is too rigid and should relax the controlling surface more.

**Skills** (10 minutes)

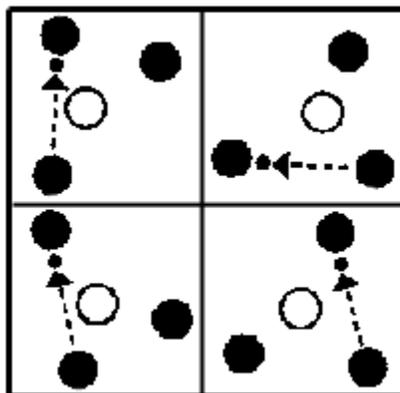
3 vs 1 in a 10m x 20m grid.

Ground pass to keep possession.

Emphasize OPEN body position when receiving the ball.

Emphasize good quality FIRST TOUCH.

To set up a pass, defender in middle starts off as passive. The first pass is free!



## Skills (10 minutes)

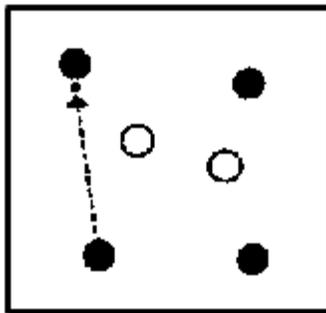
4 vs 2 in a 20m x 20m grid.

Control ball into space AWAY from defenders.

Encourage the attackers to pass the ball in between the two defenders, if the defenders are apart and square to the ball.

Encourage longer passes.

Coach, players should be encouraged to get their heads up after the first touch to see what is “on” (what options are available). If obvious options are missed, stop the drill and build the situation again to point them out. Simple choices are better choices.



## Mini-Game (10 minutes)

5 vs 5 plus goalkeepers on a 40m x 40m field.

Stress good control:

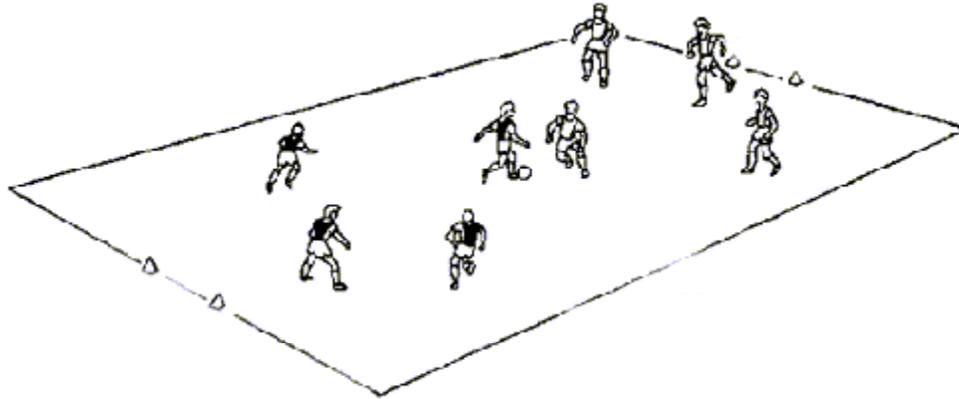
- body position to receive the ball
- quality of first touch
- control into available space

Small-sided game (condition to three or two touch).

Coach, the majority of players at this age will find it difficult to control and pass in 2 to 3 touches. Use 3 or 4 touches and when success is more common, reduce the number of touches.

It is a good idea to have a whistle and stop play when too many touches have happened and give a free kick to the other team.

Players who have used their maximum number of touches, should shield the ball until a player on their own team takes possession.



### **Warm-Down (5 minutes)**

Light run.

Slow stretching. Hold all stretches at least 10 seconds.

### **Game Day Goals:**

*Coach, you should start to see players control the ball with their first touch. The ball should not be bouncing away when they attempt to bring it under control. Your team should now be having more possession of the ball.*

### **Practice is Over!**

Coach, remember that the key to success is ensuring that practice is fun and challenging!

Praise “**real**” accomplishments – even small ones!



## PART VII

# Heading



**Objective:** Attempting to score by heading the ball towards an opponent's goal.

### Key Factors:

1. Watch the ball.
2. Head on the hairline.
3. Attack the ball.
4. Try and use a soft or small ball for young players.

## LET'S PRACTICE!

10-12 year olds

**EQUIPMENT CHECK:** Balls, bibs, and cones

### Warm-Up (10 minutes)

Line up all the players around the centre circle and number off "1, 2 or 3".

To start, #1's go inside the circle. #2's and #3's, with balls, stand outside the circle, facing in.

#1 starts in the centre and runs towards an outside player, receives a serve and passes it back to server.



## Heading Game (10 minutes)

1 vs 1 or 2 vs 2

Players serve for themselves and try to score in their partner's goal by heading the ball.

The partner tries to save the ball with their hands or to head the ball directly back.

Players use a nod or flick technique.

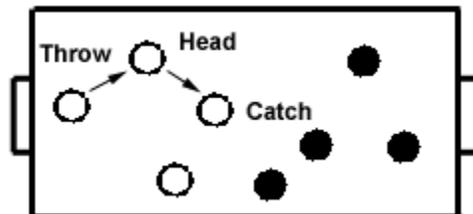
Coach, tennis balls are good for this.

## Throw-Head-Catch Game (10 minutes)

One team moves the ball down the field following the sequence of throw-head-catch.

The other team takes possession of the ball when the sequence is broken or the ball is intercepted.

Goals are scored by heading into the goal. No goalkeepers to start – can be added later as the players become better at the game.



## Mini-Game (20 minutes)

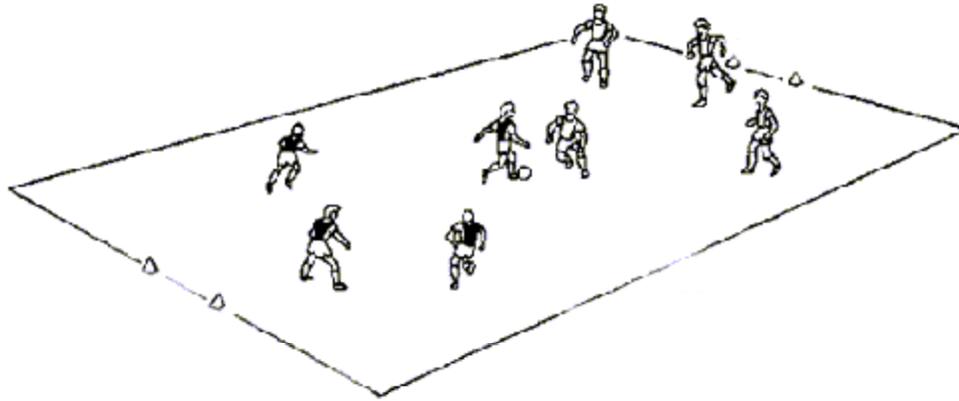
5 vs 5 plus goalkeepers in a 40m x 30 m field.

Stress:

Good control.

Quality first touch.

A goal from a header is worth 3 points.



### **Warm-Down (5 minutes)**

Light run  
Slow stretching

### **Practice is Over!**

Coach, young players should be competing against their own personal past performances. They know what they have accomplished and they recognize their own improvement.

It is important for you see these successes too and to praise every one! Praise only REAL accomplishments.



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](mailto:info@soccercan.ca)