

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10 – 12 Year Olds



### Part III

## Shooting

**Objective:** Attempting to score by striking the ball towards an opponent's goal while encountering opposition.

### Key Factors:

1. Most chances are missed because they are never attempted. Encourage shooting at every opportunity.
2. Hit the goal target.
3. Coach the "attitude" of wanting to score goals. The technique should then follow.

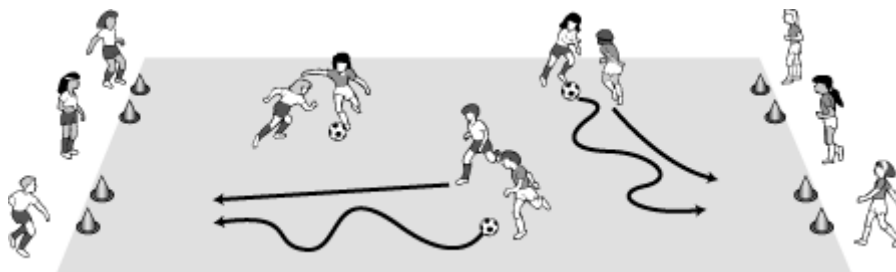
# LET'S PRACTICE!

10-12 year olds

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

## Warm-up (10 minutes)

Half of the team stands on the edge of a 30m x 30m grid. The other half of the team moves around inside the grid with a ball each. Grid players pass the ball and get it back from the outside players. On receiving the ball back, they turn, move with ball, and pass ball off to another player on the outside who then returns it. Grid players switch with outside players after 40 seconds. Insist on passes with right foot, left foot, inside of foot.



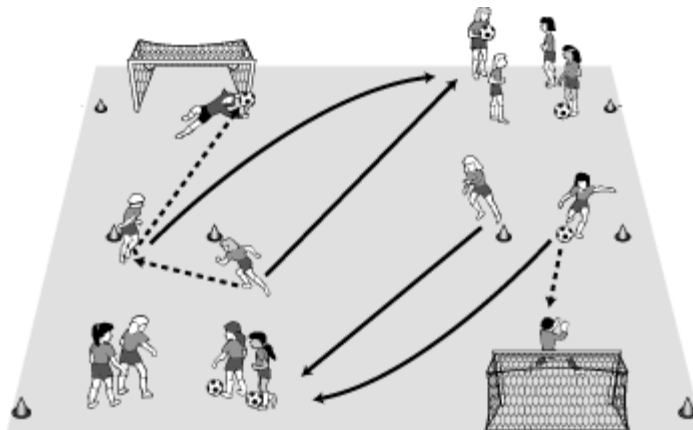
## Stretching (5 minutes)

Slow stretching.

## Skill Practice (10 minutes)

- a) Players line up at opposite ends of a 50m x 30m grid. On the whistle, the first person in each line dribbles to the opposite goal and shoots. After the shot, player continues on to end of opposite line.
- b) Players dribble 10m and pass the ball diagonally. They then sprint to the opposite ball and shoot.

Players should try a) and b) from both sides.



### Key Coaching Points:

- Low shots are more difficult to deal with than high ones.
- Accuracy before power.
- Follow in for rebounds.

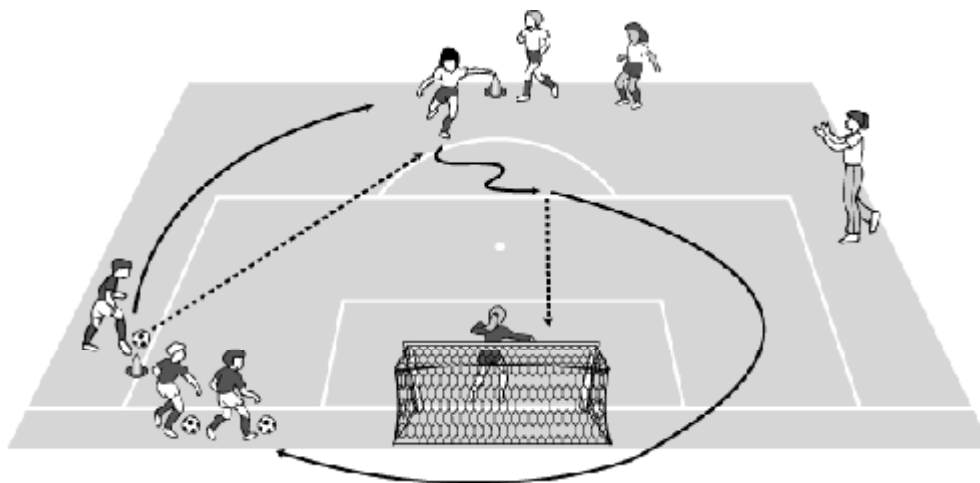
### Shooting Skills (10 minutes)

Players line up beside the goal and at the corner of the penalty area. First player beside the goal serves the ball diagonally to the player in line A.

A1 dribbles towards the goal and shoots.

The server follows his pass and puts pressure on A1.

After the play, both players change lines and the B line attacks.



## **Shooting Skills Game (15 minutes)**

**Play 3v3 or 4v4 on a mini-field with full size goals. Remaining players rest. Encourage “look and shoot”.**

**Resting players retrieve balls.**

**After 2 minutes, change those playing for those resting. (If you do not have enough players for 4 teams, make 3 teams and exchange one team at a time. If lack of numbers necessitate, keep the same goalkeepers for all teams. Rotate when necessary.)**

**Ways to re-start game after a goal is scored:**

- 1. The keeper who is scored upon serves the ball out to his team.**
- 2. Coach, standing at mid-field, serves the ball into the field, varying area and the type of service.**

**Encourage goalkeepers to give their players directions. For example: “Time!” or “Turn.” or “Keeper’s ball!” or “Man on!”**



## **Mini-Game (20 minutes)**

**Encourage shooting and finishing.**

## Warm-down and Stretching (5 minutes)

**Practice is over!**

**Was it a challenge?  
Was it fun?**

***Remember - Success at the grass roots level is measured in  
terms of fun and participation.  
LET THEM PLAY!***





## Part IV

# Goalkeeping

**Objective:** Preventing the ball from entering the goal by using a variety of techniques and distributing the ball into the field of play.

### Key Factors:

1. Be balanced – “SET” yourself.
2. Eyes on ball.
3. Fast feet – attack the ball.
4. Hand positions for high and low balls.
5. Stay big/ First touch.
6. Decision-making

## LET'S PRACTICE!

10-12 year olds

EQUIPMENT CHECK: Balls, cones and bibs

**Warm-up** (These activities may be individual or in groups reflecting needs.)

**Ball-handling and stretching exercises**

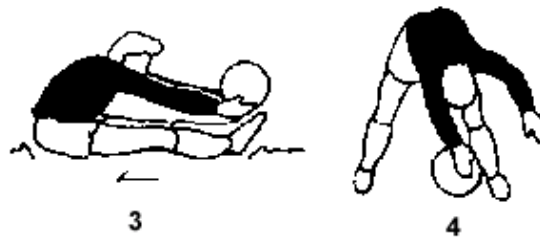
1. **Sitting groin stretch; ball placed in front of feet.**

2. **Sitting lower-back stretch with one leg extended. Ball at arms' length. Alternate legs.**



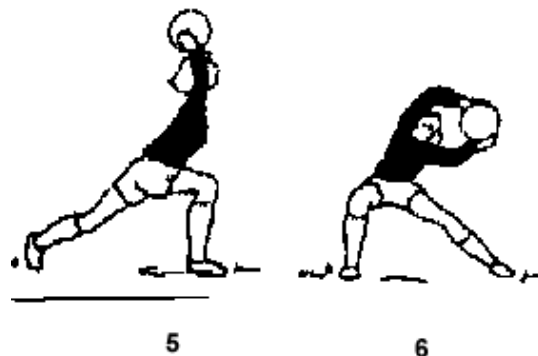
3. **Sitting lower-back stretch with both legs extended. Ball held at arms' length.**

4. **Straddle position; ball placed by left heel. Twist to touch right hand to ball; alternate sides.**



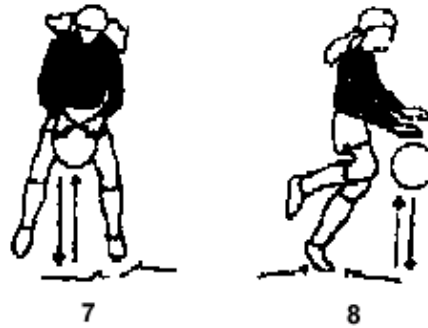
5. **From lunge position: Ball held above head, arch back. Alternate legs. Eyes on ball.**

6. **Side lunge position: Ball held to left side of body if right leg is bent. Alternate leg and arm positions. Eyes on ball.**

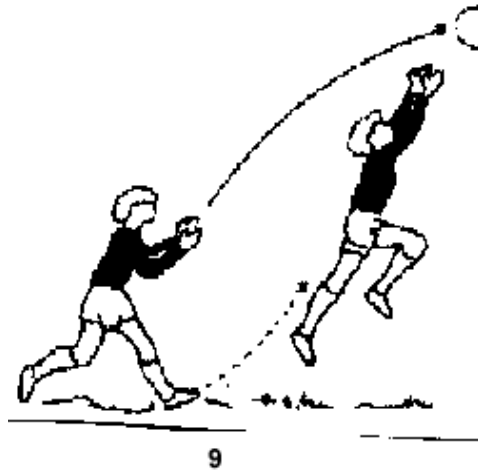


7. **Bounce jumps: Player bounces on both feet and bounces ball with both hands.**

8. Hop and bounce ball with both hands. Alternate legs. Hopping may be on spot or in motion.



9. While jogging, throw ball into air; take off from one foot and catch ball at high point of jump.

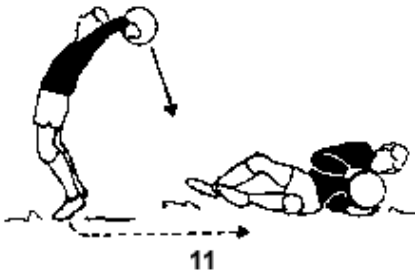


10. From squatting position, throw ball forward into air; move forward and catch ball at high point of jump (one-foot take-off).

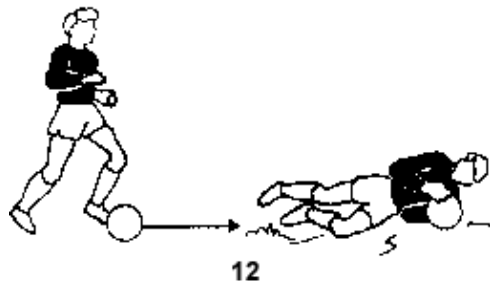




11. Standing with ball held above head; arch back; drop ball; turn quickly to dive on the ball; dive to alternate sides.



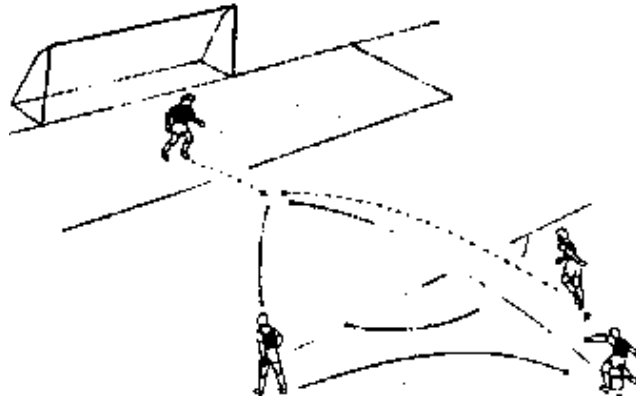
12. Dribble ball; then push ball 2 to 3 metres before diving on side and securing ball to body.



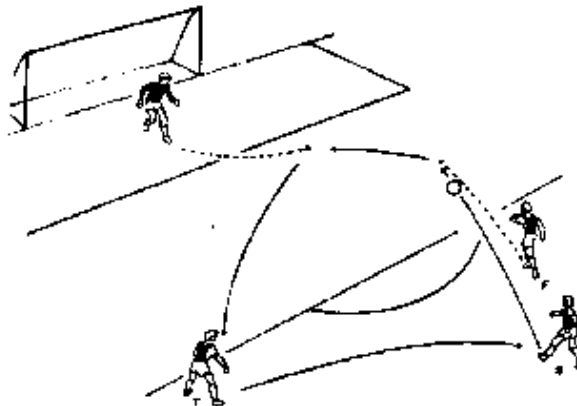
***Note to Coaches: Introduce these warm-up activities to your goalkeeper(s) early in the season. Then select those most appropriate to the activities being stressed during your practice.***

### **Skill Practice (10-15 minutes)**

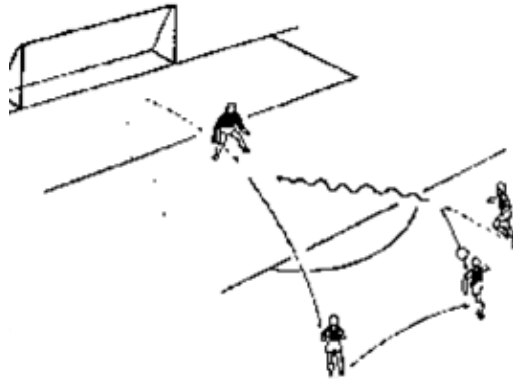
- ◆ **Goalkeeper assumes “ready” position 3 to 6 metres from the goal line. Server (S) sends balls at various heights for forward (F) to run onto and shoot. Goalkeeper moves forward to field ball and then throws ball to “target player” (T). Target player supplies server, and so on.**



- ◆ Ball is served into penalty area for forward (F) to run onto and shoot at goal. The goalkeeper moves from starting position (3 to 6 metres from goal line) using a controlled approach: stays well balanced in preparation for save. After securing ball, goalkeeper throws quickly to a target player (T). Repeat. Maintain momentum.



- ◆ As above, but forward (F) moves into penalty area with ball under control and attempts to dribble past goalkeeper. Goalkeeper approaches as before, but as forward gets closer, goalkeeper “stays big” (looms as large as possible – hands to side, palms facing ball). Distributes to target player (T) after securing ball.

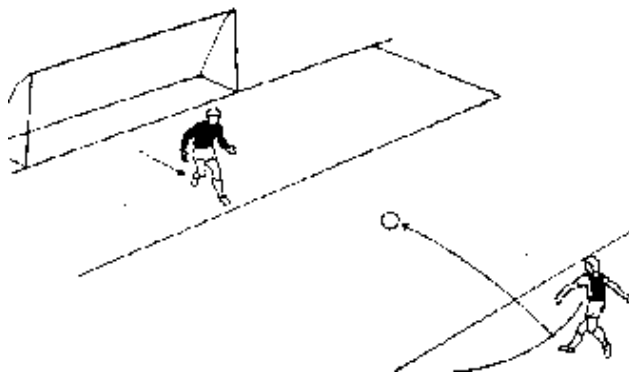


### Key Coaching Points

- Narrow the angle using controlled footwork.
- Keep head steady, eyes on ball, and hands low.
  - Decision: “Can I get it?”
- If no, narrow the angle and look for shot/dribble.
  - If yes, advance quickly and smother ball.

### Technique Practice (10 -15 minutes)

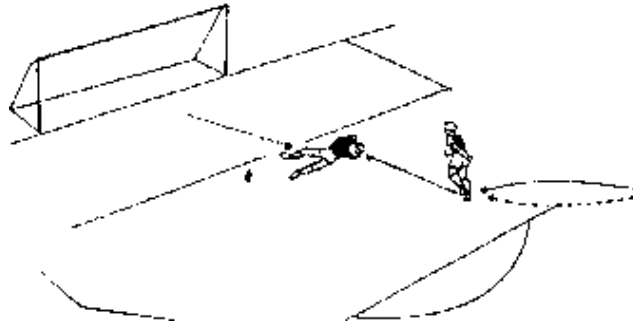
- ◆ From 15 to 20 metres, server kicks ball at various heights toward goalkeeper. Goalkeeper uses fast, controlled footwork to “attack” and field ball. Goalkeeper should “step into” ball.



### Key Coaching Points

- Use fast, controlled footwork to “attack” ball.
  - Step into ball when fielding it.

- ◆ Starting some 15 metres from goal, server taps ball to one side, follows it, and attempts to kick it by the goalkeeper. Goalkeeper presents a long, wide barrier and “attacks” ball with hands.



### Key Coaching Points

- Present a long, wide barrier.
- Attack the ball with the hands.

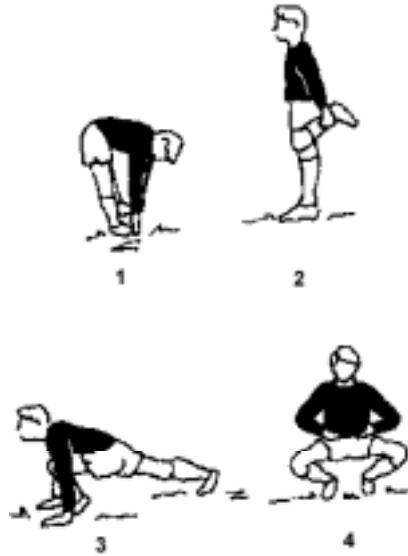
### Mini or Maxi Game (20 minutes)

### Warm Down (5 minutes)

Relaxed runnin.

### Stretching exercises:

1. Hamstring stretch
2. Quad stretch (alternate legs)
3. Calf stretch (alternate legs)
4. Groin stretch



**Coaches, please note: Goalkeeper practices are highly individual in nature. This is a suggested format only. You are encouraged to change/add activities to suit the needs of your goalkeeper(s) and your coaching style.**

**Practice is over!**

**Did the players and I have fun?  
Were the players challenged?  
Did I attain any degree of success?**



**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)**