

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10-12 year olds



### PART I

## 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.

## LET'S PRACTICE!

10-12 year olds

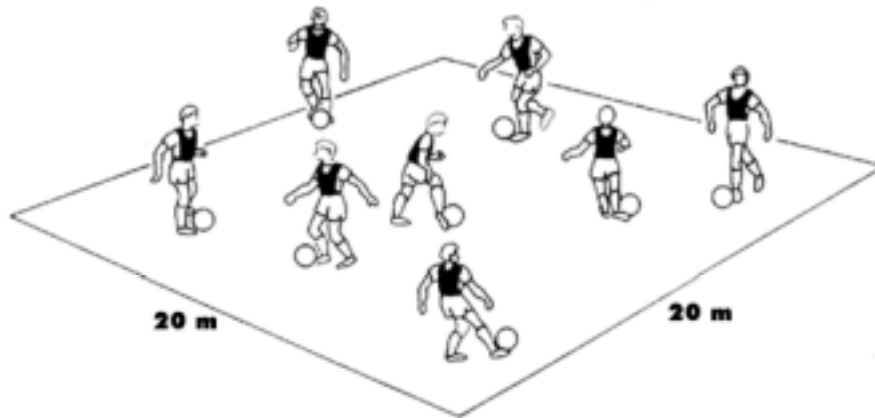
EQUIPMENT CHECK: Balls, cones, and bibs

## Warm-up (5 minutes)

Players dribble in a 20m x 30m grid.

On instruction from the Coach, they will use the right foot, left foot, change direction, accelerate, stop, or change balls.

Players are encouraged to find open space.



## Stretching (5 minutes)

Slow Stretching

## Turning with the Ball (10 minutes)

Players in up in columns.

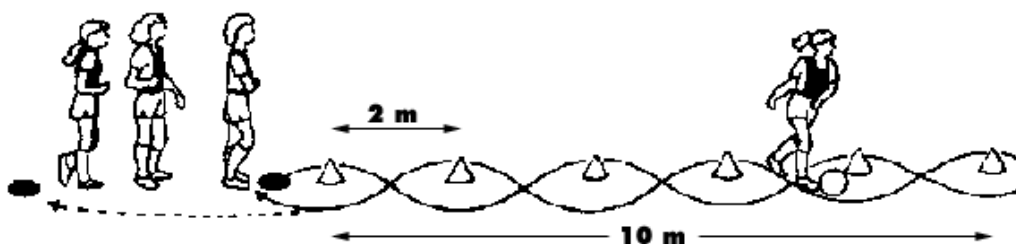
The first player dribbles the ball 10m, turns, and passes the ball to the next person in line.

The first player then jogs to the back of the line.

Players turn with a) sole

b) chop with the inside of foot

c) spin with the outside of foot



### **Dribbling - 1v1 (15 minutes)**

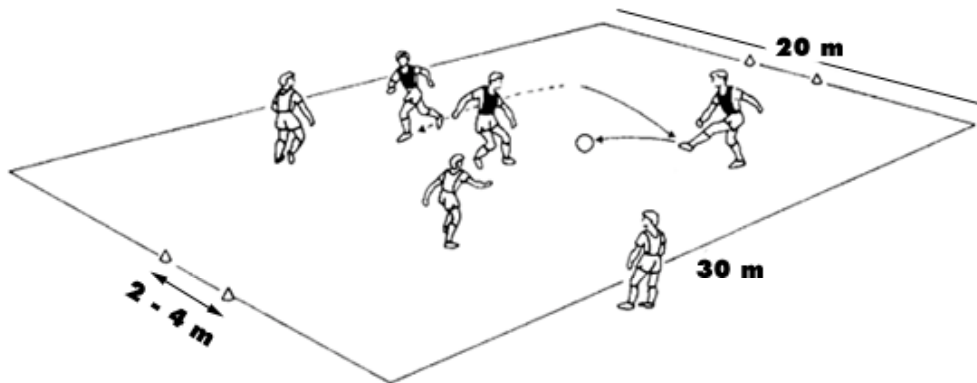
Each team forms a column between two mini-goals.

The Coach passes the ball to the first player in Team A who then tries to dribble the ball through either of Team B's two goals.

The first person in Team B defends.

Players switch lines after the attack.

Encourage fakes, change of direction, and change of pace.



### **Dribbling - 1v1 or 2v2 (15 minutes)**

Two teams line up in columns opposite each other.

A soccer ball is placed on a cone to the right and left of each team.

The Coach serves a ball to A(1), who dribbles it to either of the two target balls and tries to strike it with the ball.

B(1) defends.

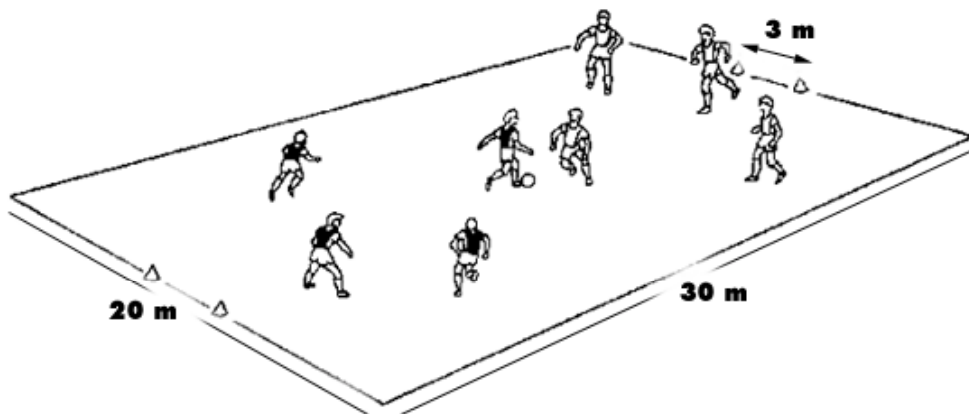
A(1) is encouraged to change direction.

Players change sides after 20 seconds.



**Mini-Game (20 minutes)**

Four players versus four players with no goalkeepers.  
 Each team defends two mini-goals.  
 Encourage change of direction.



**Cool-down (5 minutes)**

Slow jog.  
 Slow stretches.

## Practice is over:

Coach,  
Were your players challenged?  
Did they meet with success?  
Did they have fun?



## PART II

# Passing

**Objective:** Kicking to a teammate when encountering opposition.

### Key Factors:

1. Accuracy
2. Right speed/pace for distance
3. Well-timed
4. Disguised

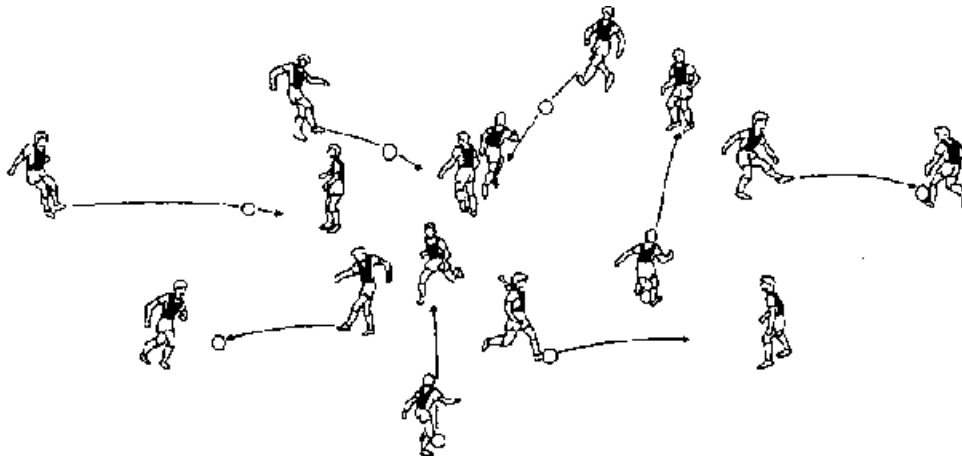
## LET'S PRACTICE!

10-12 year olds

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

### Warm-up (10 minutes)

Players work in pairs in half-field (60 m x 50 m grid). Standing. Pass to partner. Emphasize: watching ball, clean strike, accurate and firm, try to control ball in one touch. Progress to moving freely throughout grid with 2 or 3-touch passing. Emphasize eye-contact. Perform stretches at 5-minute intervals. Stretch major muscle groups and joints.



## Coaching Points

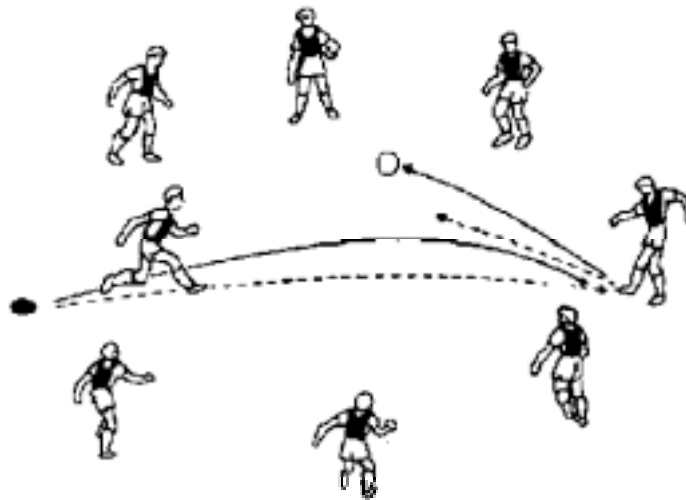
1. Watch ball.
2. Strike through the centre of the ball.

## Technique Practice (20 minutes)

8 players on a circle of 20 m diameter.

Pass ball to player on opposite side of circle. Follow pass. Receiver passes and follows, and so on. Progress from 3-touch to 2-touch play.

Variation: Dribble to centre of circle before passing and following.



## Coaching Points

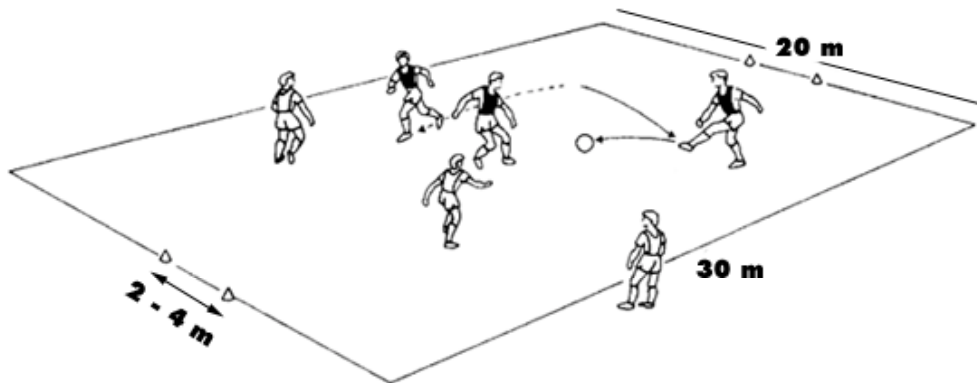
1. Player with ball make eye-contact with other players before attempting to pass.
2. Call for the ball.

## Related Game (20 minutes)

Two teams of 3 players on a 30 m x 20 m grid.

A game of 3 v 2 is played. One player waits outside grid. The team with 3 players has ball and passes to maintain possession. When possession is lost, one player (ex-attacker) drops out and the waiting player joins his team (ex-defenders) to create a new 3 v 2 game. Rotate players so that all take turns to wait.

Goals can be scored by passing ball between cones and/or allowing 5 consecutive passes to count as a goal.



### **Mini or Maxi Game (10 minutes)**

#### **Coaching Points**

1. Quality of pass.
2. One-touch control.
3. Support behind and in front of ball.
4. Eye-contact and “calling”.

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

Relaxed running and stretching.

## **Practice is over:**

**Coach,  
Were your players challenged?  
Did they have fun?**



## **COACHING MUSTS!**

- **YOU MUST BE ORGANIZED**
- **YOU MUST DEMAND STANDARDS**
- **YOU MUST BE ENTHUSIASTIC**
- **YOU MUST MAKE IT FUN**
- **YOU MUST LOOK THE PART**

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)