

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10-12 year olds



### PART IX Defending Play

**Objective:** Preventing the opposition from scoring goals while playing within the laws of the game and, after gaining possession of the ball, generating attacking play.

#### **Key Factors:**

1. Get between the ball and your goal (“goal side”).
2. Close your man down rapidly and then “jockey” the man with the ball.
3. Select the “angle of approach” (pressure) that prevents direct movement towards the goal.
4. Keep your eye on the ball.

# LET'S PRACTICE!

10-12 year olds

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

**Warm-up** (10 minutes)

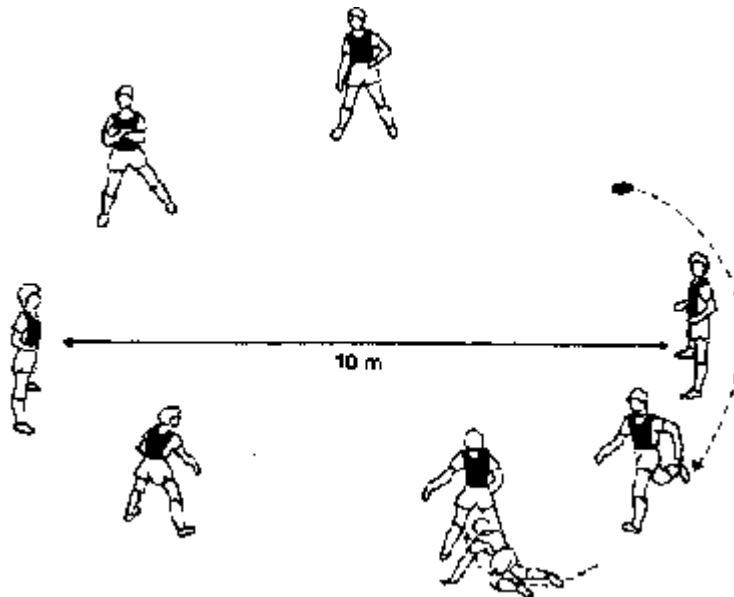
8 players play **Circle Tag** on a circle, which is 10 metres in radius (centre-circle).

One player is designated as the "**Mouse**". Mouse tags one of players standing - legs astride - on circle.

Player tagged by Mouse sprints after Mouse. To be "safe", Mouse must crawl between legs of any player on circle.

If Mouse is touched before being "safe", it remains Mouse and tags another player. (Original chaser assumes standing position on circle.)

If Mouse becomes "safe", the chaser becomes the new Mouse.



## Technique Practice (10 minutes)

Players work in pairs (one attacker, one defender). One ball per pair. Attackers move right and left with ball.



Defenders adjust stance according to position of ball. (Adjust body so that the ball cannot be pushed by him/her.)

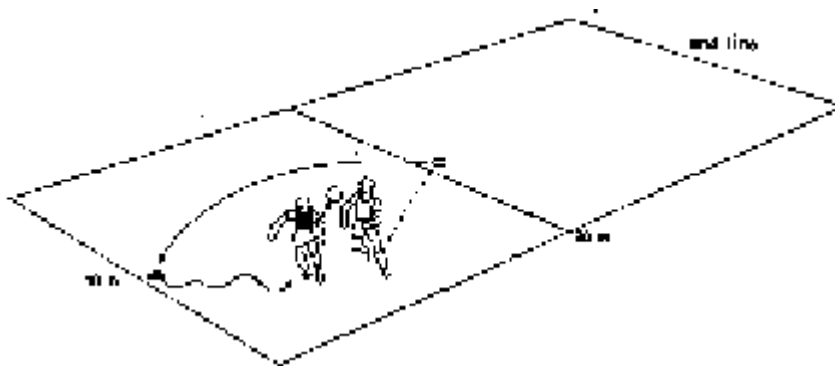
Alternate roles. Change individuals in the pairs.

## Skill Practice (15 minutes)

Players work in pairs (one attacker, one defender), one ball per pair.

Defender passes ball to attacker, then “closes him down” (move toward attacker as rapidly as possible, but under control, ending up on your toes in a crouched position, sideways on) and “jockeys back” (be balanced on your toes, take small steps, and have **patience** – only go for the ball when the attacker loses control of it).

Attacker dribbles forward, and then pushes ball past defender.



Defender should always turn to the side the ball was pushed.

Both players sprint to see who can get to ball first. The player who gets possession attempts to dribble over opponent's end-line.

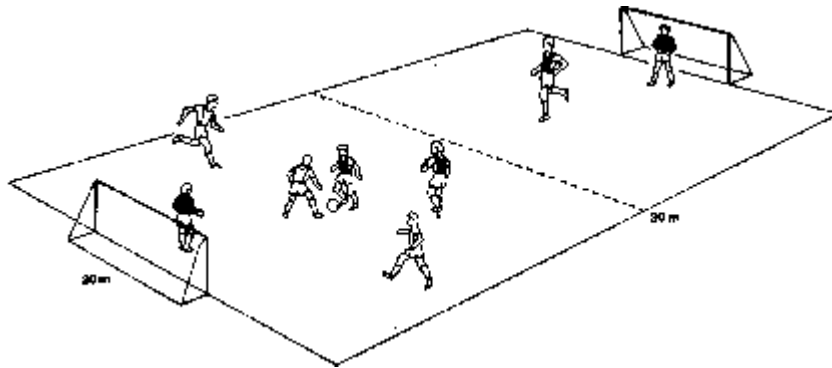
### **Related Game (20 minutes)**

4 v 4 game in 30 m x 20 m grid.

One field-player on each team is restricted to own half of grid. This strategy gives advantage to defenders.

**Coach stands on the side and shouts “Patience!” every time a defender closes down a player with the ball.**

Rotate restricted role.



### **Mini or Maxi Game (20 minutes)**

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

Relaxed running and stretching.

# Practice is over!

**Coach** – your job is to promote patience in defenders. They should never go for a ball unless they are 100% sure they are going to win it while in the defensive third of the field. This is not a place to take risks.

**PATIENCE!**



# IT'S PRACTICE TIME!

10-12 year olds



## PART X Attacking Play

**Objective:** Moving the ball forward, under control, into the attacking third of the field, as rapidly as possible, in order to create a scoring opportunity.

### **Key Factors:**

1. Player must have his/her head up to see what opportunities he/she has to pass or shoot the ball.
2. Other players must be moving into supporting positions – near, far, and wide.
3. Players must communicate with one another (even just eye contact).

# LET'S PRACTICE!

10-12 year olds

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

## Warm-up (10 minutes)

**"All Against All"** - 16 players, no teams. Start with one ball.

When play starts, all players are in one half of playing area. Ball is put into play. The first player to ball shoots at any other player

Any player hit below knee by ball and any shooter who misses below-knee target moves to other half of grid to create another game. A second ball is now required.

Players may keep track of number of "hits".

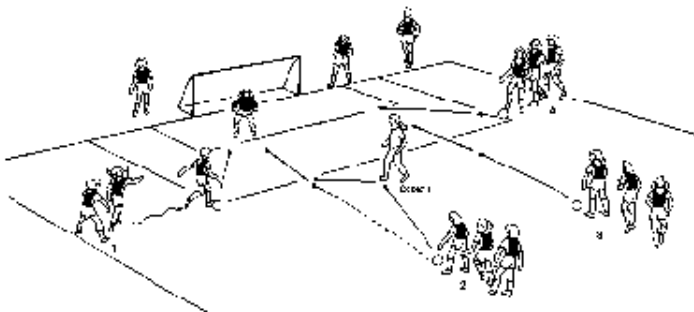
## Technique Practice (15 minutes)

13 players in one-third of field (60 m x 30 m grid); 4 groups of 3 players plus goalkeeper. Other players act as retrievers or rotate as goalkeepers.

Each group takes turn to shoot at goal:

Players in Group 1 dribble and shoot.

Players in Group 2 wall-pass and shoot.



Players in Group 3 push ball ahead and shoot.  
Players in Group 4 execute 2-touch shot.

Rotate groups every 2 cycles.

**Coach**, emphasize accuracy before power, and shooting to bottom corners of goal.

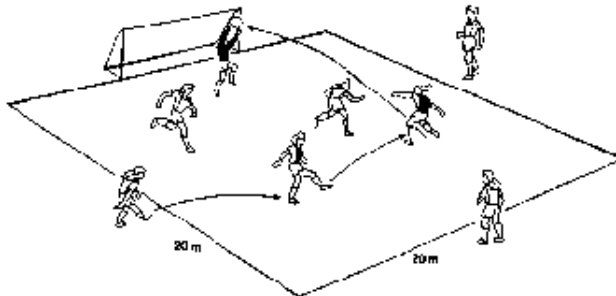
### **Skill Practice** (20 minutes)

8 players play game of non-stop shooting; 2 v 2 in 20 m x 20 m grid or part of penalty area. One goal with one goalkeeper.

Ball is kicked-in by one of 3 servers/retrievers to start play. These outside players rotate-in after so many shots, goals or minutes.

#### **Coach, emphasise:**

- shoot whenever possible
- if cannot shoot, dribble 1 v 1, then shoot
- use partner for combined play, then shoot



*Children have difficulty recognizing shooting opportunities. The coach should help them in this by encouraging the shot when opportunities arise. Use a key word, such as “NOW!” or “SHOOT!”*



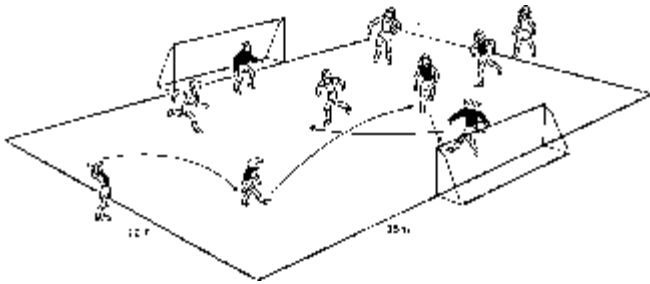
### **Related Game (20 minutes)**

4 v 4 in 30m x 20 m grid or part of penalty area. One of servers/retrievers throws-in or kicks-in to start play.

Outside players are rotated-in after so many shots, goals, or minutes.

#### ***Coach, emphasise:***

- technique-on-demand (player must recognize the situation he/she is in and use the correct technique for that situation i.e. pass, shoot, dribble)
- shooting attitude (low, accurate, often)



### **Mini or Maxi Game (20 minutes)**

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

Relaxed running and stretching.

## **Practice is over!**

**Coach**, the game is about SCORING GOALS!

Promote:

Forward passing

Shooting at every opportunity

**Coach**, be positive – always give credit when a child risks a shot, whether successful or not!

***Let all players experience the joy of scoring goals or assisting on a goal.***



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)