

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6–7 Year Olds



PART I

Dribbling

Objective: Moving with the ball under control with all parts of the body, including the hands.

Key Factors

1. Maintain close control of the ball – ball is within 3 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

6-7 year olds

EQUIPMENT CHECK: Balls, cones, bibs!

Warm-up

Running with the ball in and out of each other. (5 minutes)



(20 x 20 metre grid)

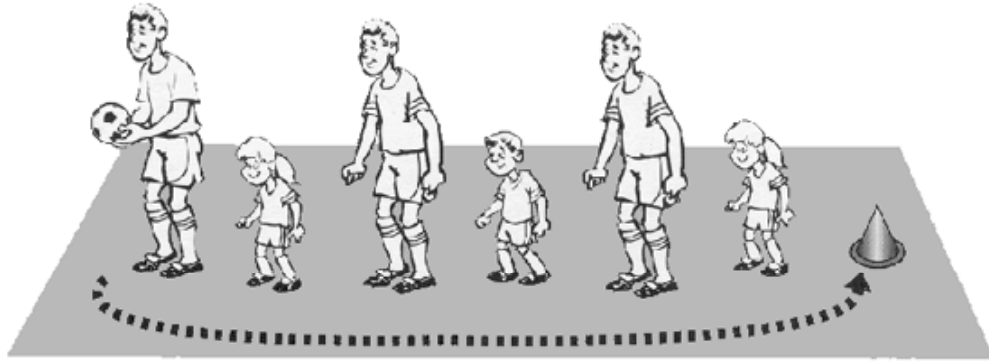
Player and parent each share a ball. Parent dribbles around freely while player sits. On whistle, parent stops ball with sole of foot. Parent sits and player dribbles ball. When whistle blows, player stops ball with sole of foot. Repeat.

Stretching

Slow stretching. (5 minutes)

Skills

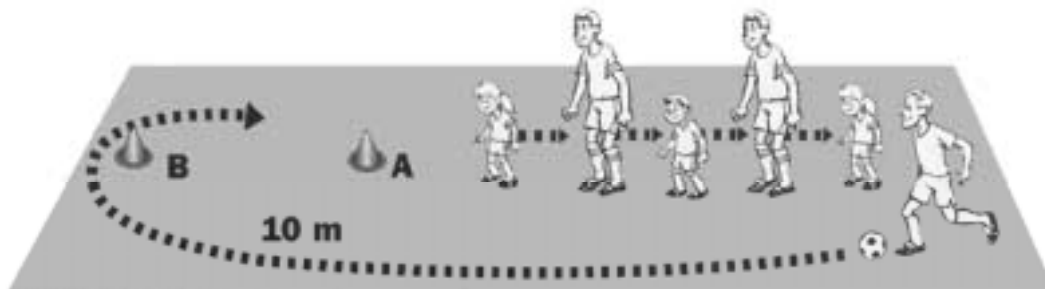
Flexibility. (10 minutes)



Parents and players make up teams of 6. Parents start with ball in hands, pass ball over/under or passes left, then right to end of line etc. Last player runs to front of line and starts process again. Repeat until first player has returned to front. First team finished wins. **Coach! Use your imagination to vary the passing methods – it's more fun!**

Races

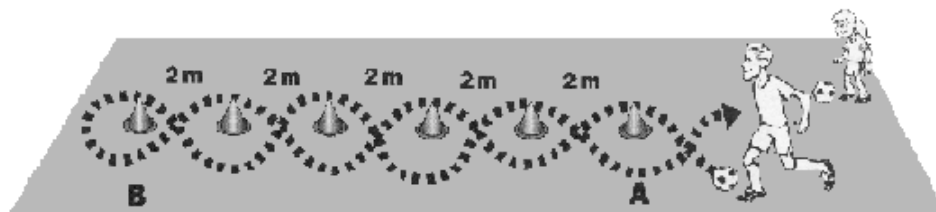
(10 minutes)



Teams of 6 (3 parents and 3 players) stand behind cone (A). Repeat previous relay game, but last player now dribbles ball down line around cone (B) and back to the front of the line. Relay starts again. First team finished wins.

Dribbling

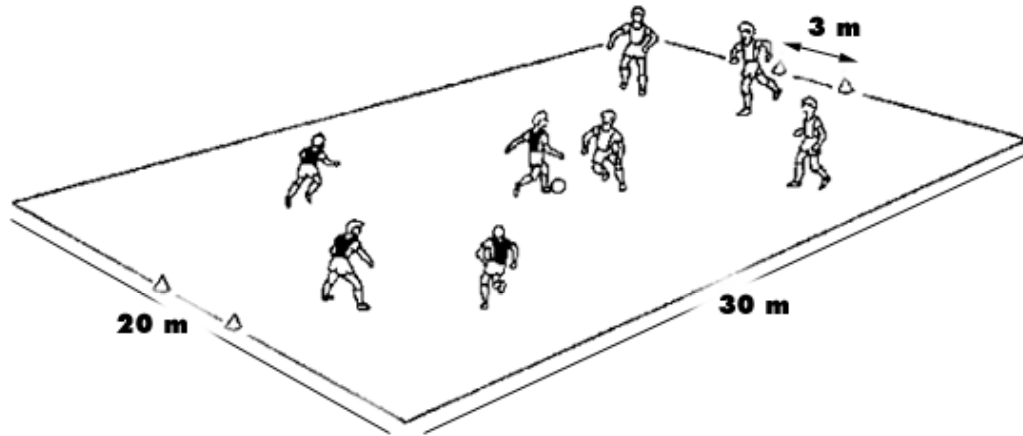
(5 minutes)



Cones are placed in a line 2 metres apart, etc.

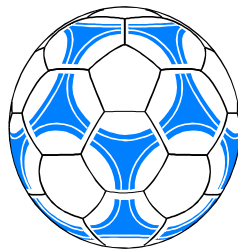
Mini-Game

(15 minutes)



4 players vs 4 players with no goalkeepers.

**Practice is over:
We had fun while we learned!**



Part II

Passing

Objective: Kicking the ball to a teammate so it is easy to control.

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 overhit (will go to receiver)
 - Not underhit (risks interception)

LET'S PRACTICE

6-7 year olds

EQUIPMENT CHECK: Balls, cones, bibs!

Warm-Up

(5 minutes)



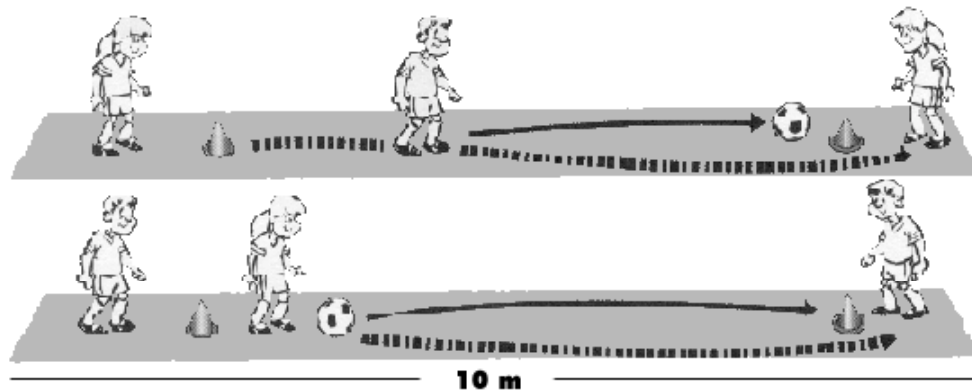
Using “Simon Says”, i. e. Simon says - stop, turn, sprint.
Each player has a ball. Players dribble the ball and the coach guides exercises

Stretching
(5 minutes)

Slow Stretching

Skills

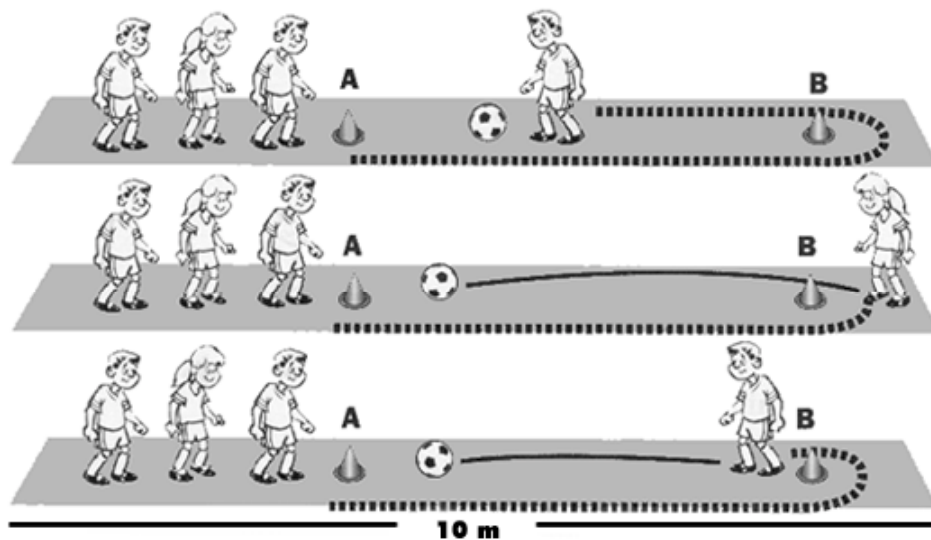
(10 minutes)



Two lines of players stand about 10 metres apart. The player with the ball dribbles to centre and then passes the ball to the opposite player. He then runs to the end of the opposite line. The player receiving the ball repeats the action.

Relay Races

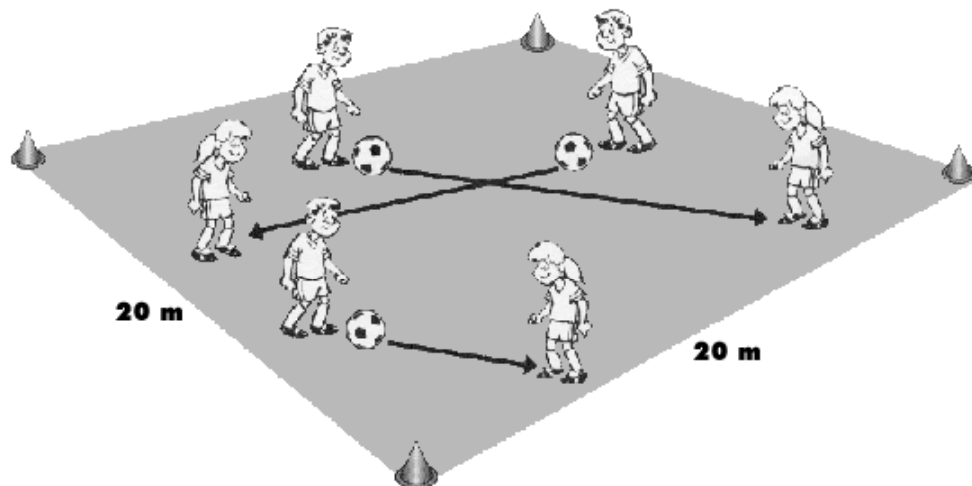
(10 minutes)



Players stand in teams of 4 with 1 ball behind cone (A). On the whistle, players commence exercise. The first team to finish sits down as winners.

Dribbling

(10 minutes)

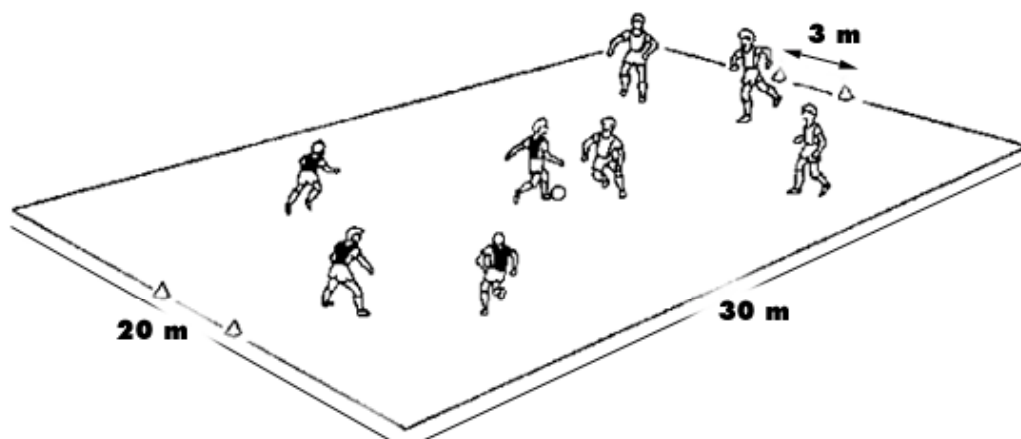


Players are arranged in two's.

1. Pass using inside of foot. Use left foot, then right foot.
2. Pass into space for partner to move onto.
3. Pass anywhere within the square.
4. Pairs move and pass throughout the entire grid.

Mini-Game

(10 minutes)



4 players versus 4 players with no goalkeepers.

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