

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



SEASON 2, PART VI Dribbling

Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

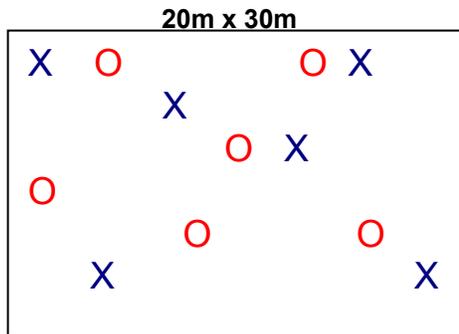
Set-Up:

30m x 20m rectangle

2 teams

1 ball for each player on both teams

2 colours of bibs



Each player on both teams has a ball. They move around the rectangle, dribbling the ball and, at the same time, trying to tag with a hand a player on the other team.

When a player is tagged, that player must stand with legs apart holding his/her soccer ball above his/her head. To bring that player back into the game, another player on the same team must kick (pass) his/her ball through the tagged player's legs.

To win, one team must have all players on the opposing team tagged with soccer balls in the air.

Technique Development (10 minutes)

Set-Up:

20m x 30m rectangle

1 ball for each player

Part One:

All players move about the rectangle.

Coach yells directions:

“only using right foot – inside, outside”

“only using left foot – inside, outside”

Yell the word “CHANGE”, meaning the players have to change direction. Constantly call “CHANGE”.

Use the word “TURN”. Coach demonstrates a simple “turn” – one at a time:
roll back – sole of foot
heel back – heel of foot
hook back – outside of foot
hook back – using inside of foot drawing the ball back between legs

After each turn is introduced, the players continue to dribble around the rectangle. The coach yells “TURN” and the players turn with the ball and move off in the opposite direction.

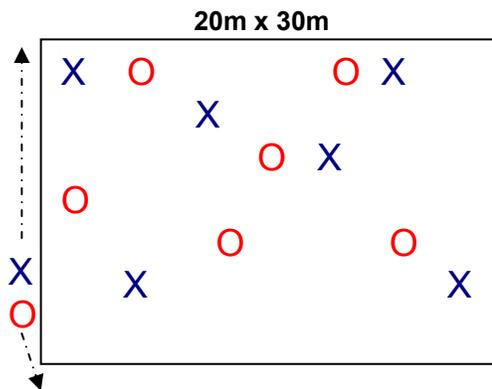
The coach now yells “CHANGE” and “TURN”.

Skill Development (10 minutes)

Set-Up:

20m x 30m rectangle
2 teams
2 colours of bibs
1 ball for each player

The two teams scatter in the rectangle, each player with a ball.



On the command, “GO” from the coach, each team tries to kick a soccer ball from a player on the opposing team out of the rectangle.

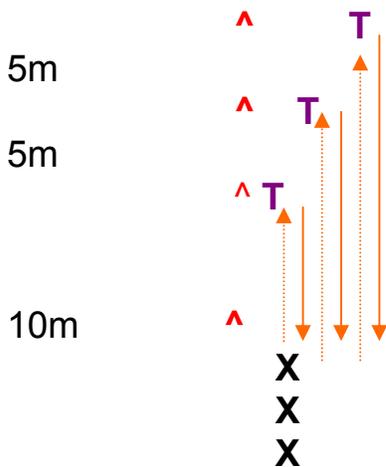
To get back in the game, the player having his/her ball kicked out MUST dribble his/her ball around the outside of rectangle. The red team’s players must go around the rectangle in one direction while the blue players must go around in the opposite direction.

Coach, constantly remind the players to keep balanced, head up, look around - not just in front, look for space, push the ball into space.

Skill Development (10 minutes)

Relay Races

Divide team into groups of 3, one ball for each group.
Set up a line of 4 cones for each group of 3 players.



Each front player starts at the word “GO”.

Player runs to the side of the first cone and “turns” using a turn designated by the coach. (Use “turns” from previous activity)

Player then comes back to the starting cone, “turns”, goes to the second cone, “turns”, goes back to the starting cone, “turns”, goes to the third cone, “turns”, and comes back to the starting cone. The second player repeats using the same “turn”. Repeat with third player.

When all have completed the run, the team sits down.

Repeat the relay using all the “turns”:

roll back – sole of foot

heel back – heel of foot

hook back – outside of foot

hook back – using inside of foot drawing the ball back between legs

Note: The players do not go around the cones. They turn at the side of the cones.

Small-Sided Games (20 minutes)

Set-Up:

two 25m x 35m fields
4v4 including keepers

Players play a regular game – ***BUT must***, during the playing of the game, demonstrate a “turn” when opposed by a player on the other team. After the “turn” has been demonstrated, that team can then score a goal. A goal cannot be counted if a “turn” was not previously demonstrated.

Rotate teams every 7 minutes.

Change keepers on both teams after each goal is scored.

Warm-Down (5 minutes)

At this point, your team should be in the habit of following the established routines for the warm-down. Gather around the coach for final instructions, comments and dismissal. No one just runs off the field!

Practice is over!

Did everyone have fun?

Did the players attain any degree of success?

Tell players when they are successful – a child who feels this success *will be* at the practice!



If you have any questions, comments or feedback about this document, or anything involving the Coaching Centre, please send an email to: ray_clark@soccercan.ca