

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds

SEASON II PART 2



Passing and Control

Key Factors:

1. Accuracy/Eye on the ball.
2. Pace/Timing/Weighting.
3. Part of foot.

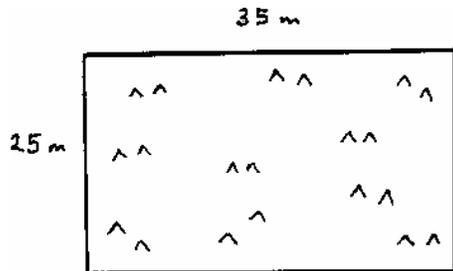
Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Using cones mark out a large rectangle, 35m x 25m, with several little goals 1m wide inside the rectangle.



Each player has a ball.

Direct the children to run around inside the rectangle moving to the dribbling directions: “**change**”, “**turn**”, “**stop**”, “**go**”, for three or four minutes.

Then direct the players to run towards one of the little goals and push the ball (pass) through the goal. The player then runs around the goal, collects the ball, and goes on to another goal. Repeat. **PUSH PASS is made with the inside of the foot.**

Coach, encourage the child to use both left foot and right foot when passing the ball through the cones.

Coach, encourage the child to see if he/she can push the ball through the goals from greater and greater distances.

Coach, encourage the child to strike the ball with the laces (top of foot).

Stretching.

Skill (10 minutes)

Players work in pairs, 5m to 10m apart. Start small. As they improve, increase the distance.

One ball for each pair of players.

One player rolls the ball, using two hands, to the other player. The player receiving the ball stops it with a foot. He/she then pushes the ball back to the server with the inside of the foot.

Coaching Points:

Coach, try to get the controlling touch put the ball slightly out in front of the player. He/she can then step into the ball and strike it harder.

When passing the ball, make sure that the player strikes the ball with the little groove in the shoe.

Coach, make sure the ankle is held firm as we do not want the foot to twist when it comes in contact with the ball. If the foot twists, the pass will be inaccurate.

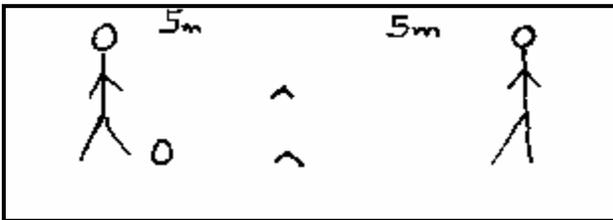
Make sure that the swing of the foot after striking the ball (the follow-through) is towards the person they are passing to.

After five serves, players change rolls and repeat.

Coach, encourage the players to use both feet when passing.

Skill (10 minutes)

Have players work in pairs. Each pair has two cones and one ball.



Players station themselves 4 to 5 meters each side of a pair of cones. They pass the ball back and forth to each other between the two cones. Encourage the use of both feet.

Coach, always emphasize that players touch the ball out in front of them so that they can step into the ball as they strike it with the foot.

NOTE – Many young children try to strike the ball when it is under them or between their feet. This is uncomfortable and causes the pass to lack power and accuracy.

As players improve, increase the distance between them.

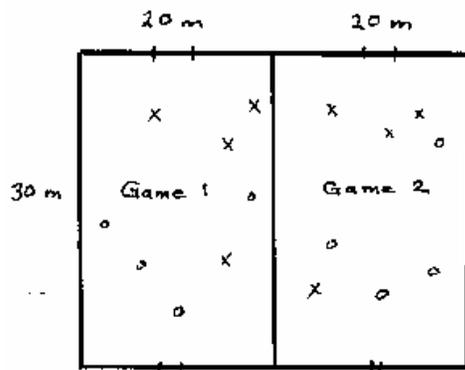
Have a little competition – see how many passes can be completed in one minute.

Game (20 minutes)

Set up two small fields, 20m x 30m. Each field has two small goals, posts 3m apart.

Four teams of 3 or 4 players/team.

Teams play 4v4, with no goalkeepers, for ten minutes. After ten minutes, rotate



the teams.

Coach, stress that three passes have to be accomplished before a shot can be taken or a goal can be scored. After each goal, start counting the number of passes again.

Warm-Down (5 minutes)

Jog and walk twice around the field. Stretch the large muscles in the legs.

Gather in a semicircle in front of the coach for final comments before dismissal.

Coach, establish a routine for warm-down at the beginning of the season! The objective is to instill in the children's minds the importance of warming-down. This should simply become a habit.

Practice is over!

Coach,

- Were your players challenged?
 - Did they attain success?
 - Did everyone have fun?



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