

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



SEASON 2, PART V

Passing and Shooting

Key Factors in Control:

Watch for head movement.

As the ball comes towards the player, he/she watches the ball. The player controls the ball with first touch just out in front of him/her. The player looks up to find a target, then looks down and strikes the ball.

Key Factors in Passing:

The ball must be out in front at a comfortable distance (one step). Player takes a step and places the non-kicking foot a comfortable distance (30 cm to 40 cm) to the side of the ball. Player looks at the ball and, in one motion, kicks the ball with the “laces” to the target player. The follow-through of the kicking foot must be directly towards the target.

Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

All players in a 25m x 30m rectangle. Play with a partner, but each player has a ball. Each partner is given a number, 1 or 2.

Players move about with the ball.

Coach yells instructions. “ 1 follows 2.” This means that #1 moves in any free pattern she/he wishes and #2 follows dribbling the ball in the same pattern. (Just like “Follow the Leader”!!) Coach alternates leadership, using such instructions as:

“1 follows 2.”

“2 follows 1.”

“1 under 2.” (#1 crawls through the legs of #2.)

“2 under 1.”

“1 over 2.” (#1 leapfrogs over the crouched body of #2.)

“2 over 1.”

Coach, keep the players moving! Other directions for all players:

“Sit down – up.”

“On your tummy – up.”

“On your back – up.”

“On your side – up.”

“On your knees –up.”

Players are always to get up and move with the ball.

Skill: Passing with the Laces (10 minutes)

(This means – toe down and strike the ball with the top of the foot.

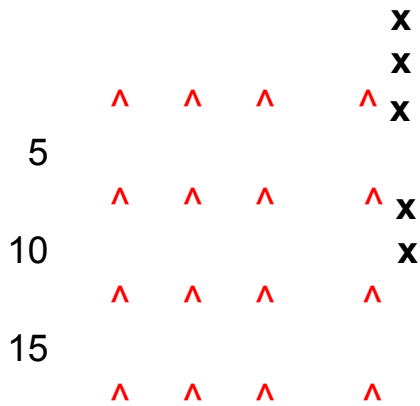
Remember – accuracy first, then speed.)

Set-Up:

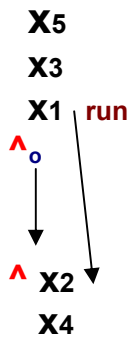
Lines of cones, 4 cones/line, 5m apart.

Divide the team into groups of 4 or 5.

2 or 3 players with one ball only at one cone. The other two players go to a cone 5m away.



Example of above – one station:



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X1 passes the ball 5m to X2. X1 then runs behind X4.
X2 passes the ball to X3, then runs behind X5.

The distance is 5m. Let the players get into a rhythm.

After 2 or 3 minutes, move half of the line to the next cone so that the players are passing over 10m now.

Repeat the above.

After 3 or 4 minutes, move one half of the line to the next cone (15m) and repeat.

Coach, as the distance increases, the accuracy diminishes. Remind the players to follow through with the kicking leg towards the target.

For some children, the 15m distance will be too much, so move them back if you find this is a problem.

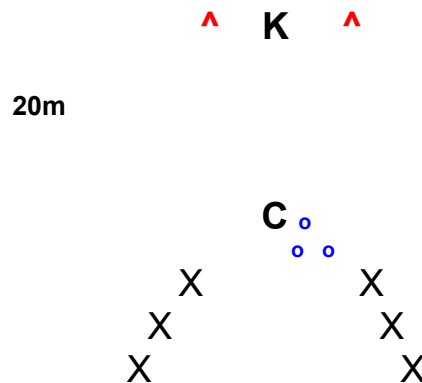
Skill: Shooting with the top of the foot (laces) (10 minutes)

Set-Up:

Divide the team into 2 groups. Each group needs a goal with a goalkeeper in it.

Give one group to an assistant coach or helper while the coach keeps one group.

Coach stands 20m away from goal. Players form 2 lines, one on each side of the coach, all facing the goal.



Coach rolls a ball towards the goal. One player from each line chases the ball. The one who gets it first takes a shot on goal. The other player chases the one with the ball.

Coach, remind the players that

- they must strike the ball the same way they were doing in the passing drill.***
- that the head movement is the same as they run for the ball (They look at it – head down. They touch the ball. Now head up to see what part of the goal to shoot at and to see what the keeper is doing. Then look down at the ball and strike it. So – head down, head up, head down again!)***

After each player has had two runs at it, the coach should start to vary the serve to the right or left.

After this, the coach can have the players sit or lie on their tummies or backs before the ball is served so that the players have to quickly get up on their feet, chase the ball, and shoot.

Rotate keepers.

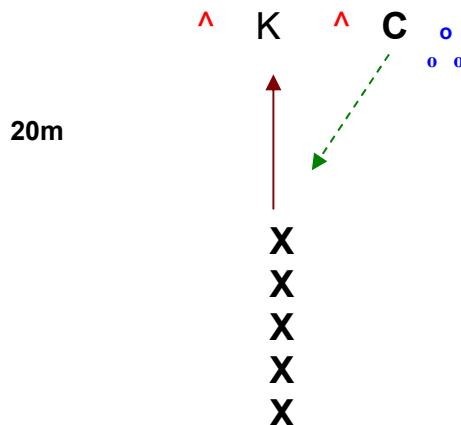
Skill: Shooting with the top of the foot (laces), Part 2 (10 minutes)

Set-Up:

Divide team into two groups. Each group needs a goal with a goalkeeper in it.

Give one group to an assistant coach or helper while the coach keeps one group.

Coach stands at side of goal with all the soccer balls. Players line up 20m out in front of the goal.



Coach rolls a ball out towards the players. First player in line runs towards the ball, controls it with one touch, and shoots it with the second touch.

Again, Coach, remind the players that the head movement is the same – head down, look at the ball, touch, head up, look at keeper, head down, look at ball and strike it.

Rotate keepers.

Small-Sided Game (20 minutes)

Set-Up:

Two 35m x 25m fields.

Divide team into 4 small teams. Play two 4v4 games.

Coach, encourage the players to shoot.

Constantly remind them about the correct head movement – down, up, down.

Remind the players to strike through the ball and follow through to the part of the goal they want to hit.

**THE HEAD MOVEMENT IN PASSING AND SHOOTING IS CRITICAL.
GOOD HABITS START EARLY.**

Rotate teams every 7 minutes.

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.

Practice is over!

Did everyone have fun?

Did the players attain any degree of success?

Coach, try to give positive feedback to each player individually at least once during 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