

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

6-7 year olds



## Passing and Control SEASON 2, PART VIII

### Key Factors:

#### Head movement:

- watch the ball coming in,
- head up to see what to do,
- look at the ball when striking it.

## Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

### Warm-Up (10 minutes)

#### Set-Up:

40m x 30m grid

8 attackers v 2 defenders

A. Attackers pass to keep ball from defenders. Attackers should try to run about 10 metres

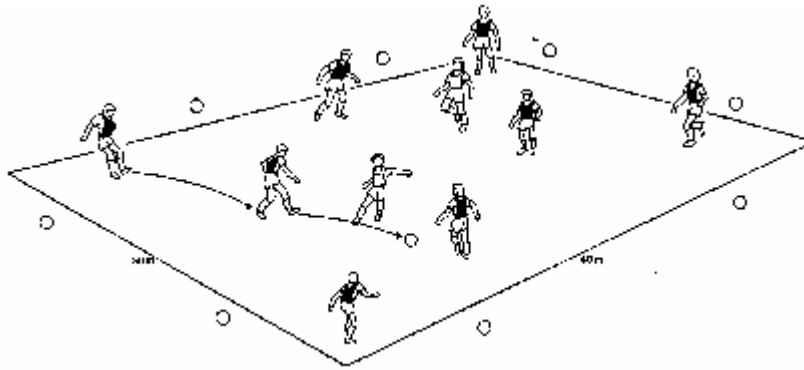
before passing.

Defenders try to win ball or force it out of grid.

If ball leaves grid, attackers take nearest ball to maintain momentum of practice.

Players not in grid perform stretching exercises.

Rotate defenders every minute.



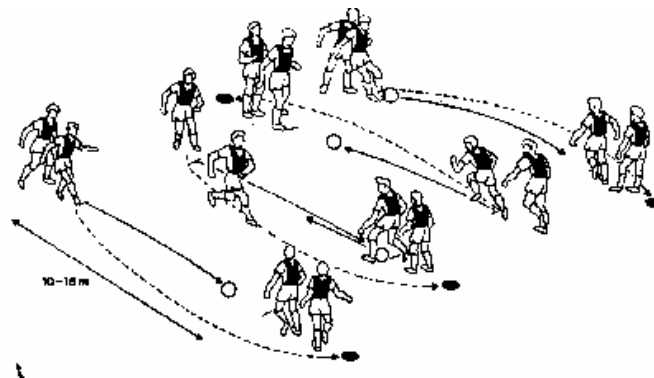
B. 4 groups of 4 players. Each group is divided into pairs 10-15 metres apart.

Pass ball to player in opposite line and follow pass.

***Coach, emphasize accurate passing and lively runs to end of opposite line.***

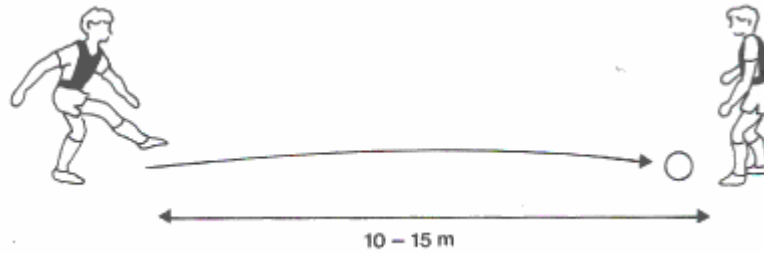
Try to control ball in one or two touches.

Stretches for all players after 5 cycles.



## Technique Practice (10 minutes)

A. Players work in pairs. Pairs 10-15 metres apart. One ball for each pair.



"Dance" on feet so as to be balanced and ready to receive ball.

Relax to control ball, then step into ball to strike.

Keep head down and steady to watch ball.

Strike ball with either inside of foot (toes pointed out), or instep (laced area of shoe; toes pointed down), or outside of foot (toes pointed in). Keep ankle rigid.

Pass ball using:

3-touch control and pass

2-touch control and pass

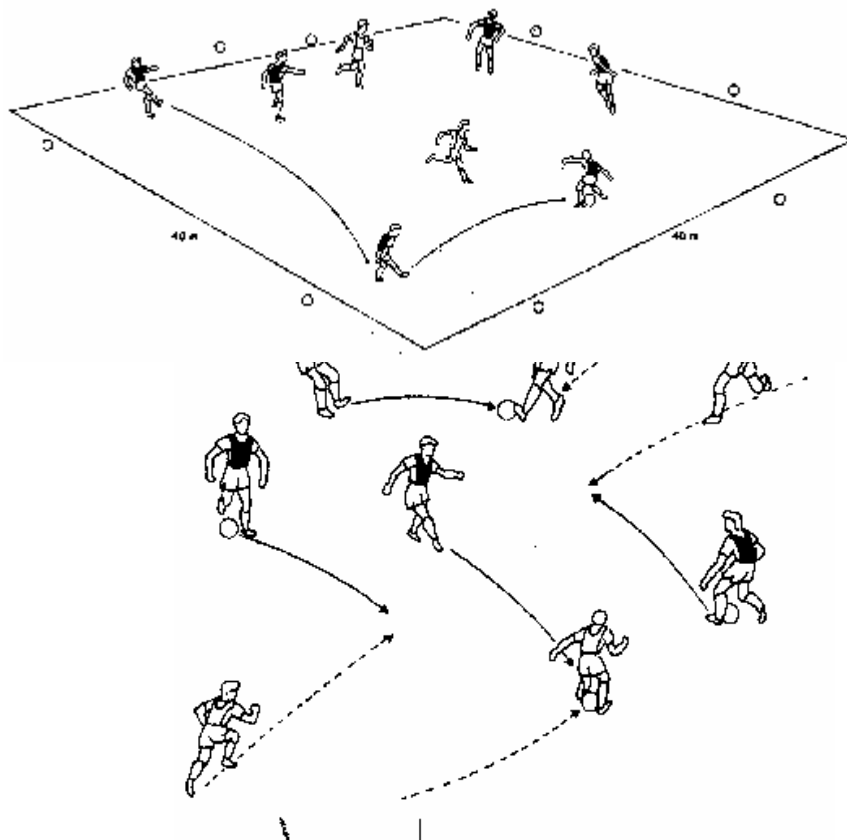
1-touch pass

B. Working in pairs, 8 players pass and move freely within playing-area (quarter-field or 50m X 30m grid).

Send pass into space ahead of receiving player.

Be aware of power of pass - crisp but not overhit.

Try to control ball in 1 or 2 touches.



## Skill Practice (15 minutes)

### Set-Up:

40m x 40m grid

6 attackers v 2 defenders

Attackers move throughout grid and pass to maintain possession.  
Defenders try to win ball or force it out of grid.

Passes should be accurate and well-paced.

Try to control ball in 1 or 2 touches.

Relax as ball contacts body-part used for control. Then head up!

Defenders hustle" to put pressure on attackers.

To maintain momentum, use balls stationed outside grid instead of retrieving wayward balls.

Rotate roles.



### **Related Game (15 minutes)**

#### **Set-Up:**

Play 4 v 4 in 40m x 40m grid.

3-touch condition for all players.

Goals can be scored in any of 4 corner goals.

***Coach, emphasize accurate controlled passing, support for player with ball, and varied length of passes.***

### **Mini or Maxi Game (10 minutes)**

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

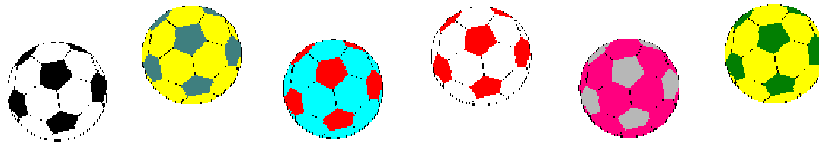
Relaxed running and stretching.

Players should be in the habit of warming-down according to a set routine. They then gather around the coach for final instructions, announcements, and dismissal. No one just runs off the field!

**Practice is over!**

**Did everyone have fun?**

***Coach – reflect on this practice session.  
Ask yourself –  
Did it go well?  
What would I change?  
Did I demand standards from my players?***



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](mailto:ray_clark@soccercan.ca)