

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 Year Olds



Part III

Shooting

Objective: Attempting to score by striking the ball towards an opponent's goal.

Key Factors:

1. Most chances are missed because they are never attempted. Encourage shooting at every opportunity.
2. Hit the goal target.
3. Coach the "attitude" of wanting to score goals. The technique should then follow.

LET'S PRACTICE!

6-7 year olds

EQUIPMENT CHECK: Balls, cones and bibs

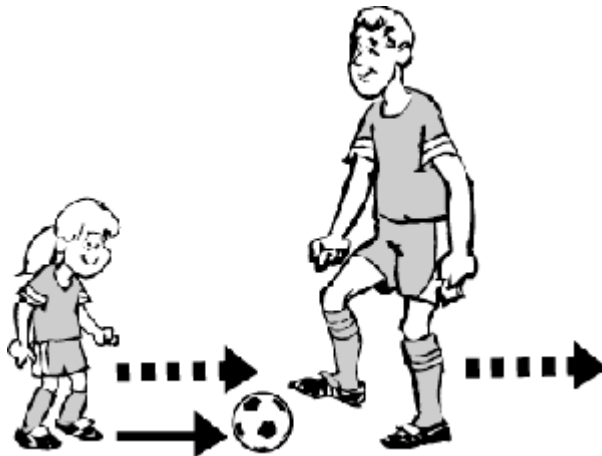
Warm-up (5 minutes)

The parent and player play with one ball between them, moving freely around the field. The parent is moving backward and the player is moving forward with the ball at his feet.

When the parent calls, the player kicks the ball to the parent.

The parent stops the ball with the foot, then continues moving backward away from the ball and the player.

Repeat the process.



Stretching (5 minutes)

Slow Stretching.

Flexibility (10 minutes)

1. Ball passed around body.



2. Ball passed in figure eight around body.



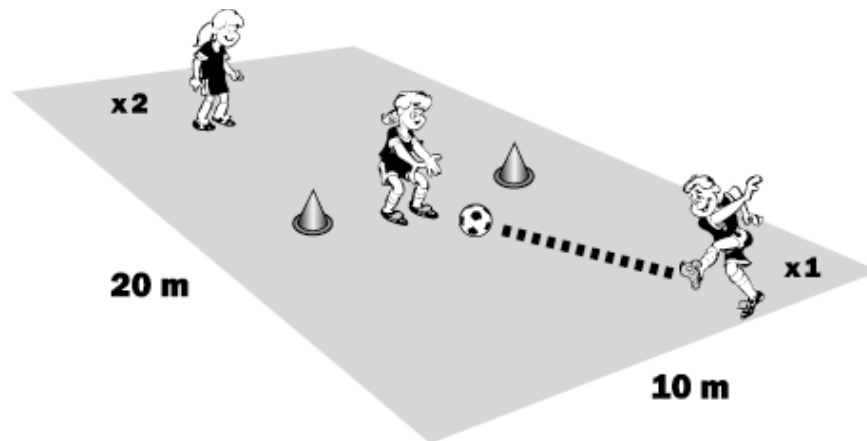
3. Ball passed over and under bodies.



The parent and player play together with one ball between them. They have their backs to each other. Parents might have to kneel.

Shooting (15 minutes)

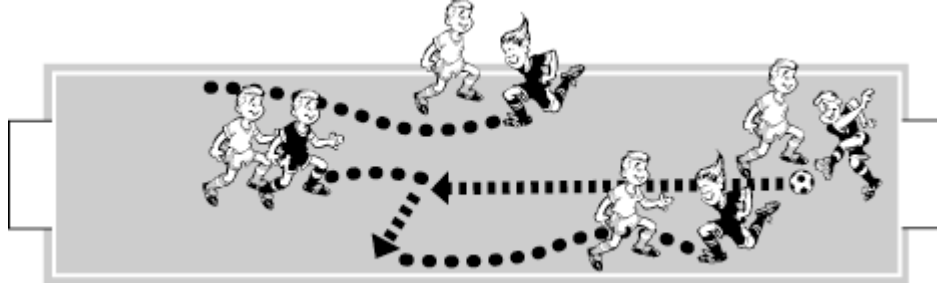
Three players in a 20m x 10m grid use a central goal with a goalkeeper. (A) shoots the ball at the goal. Then (B) shoots from the other side. Each player has five shots and then rotates positions. The players use the insteps of the foot (laced area) when shooting.



Coaches, note: Small children should be allowed to shoot the ball with any part of the foot. They will eventually discover that shooting the ball with the toe is both uncomfortable and inaccurate. Under guidance, they will develop good technique.

Mini-Game (15 minutes)

4 players versus 4 players with no goalkeepers.



Game Day Goals:

The coach should start to see the players shooting at the goal as much as possible. The majority of shots will not be on target.

Practice is over!

**Did we all have fun?
Were the players challenged?
Did we attain any degree of success?**

***Remember – at this level, the game itself is the teacher.
LET THEM PLAY!***



Part IV

Goalkeeping

Objective: Preventing the ball from entering the goal by using a variety of techniques.

Key Factors

1. Be balanced – “SET” yourself.
2. Fast feet – attack the ball.
3. Hand positions for high and low balls.

LET’S PRACTICE!

6-7 year olds

EQUIPMENT CHECK: Balls, cones and bibs

Warm-up (5 minutes)

The player and the parent have one ball between them and move around the field, throwing the ball to each other.

When the player catches the ball easily, the parent should alter the throw by throwing wider, higher, or bouncing the ball in front of the player.



Stretching (5 minutes)

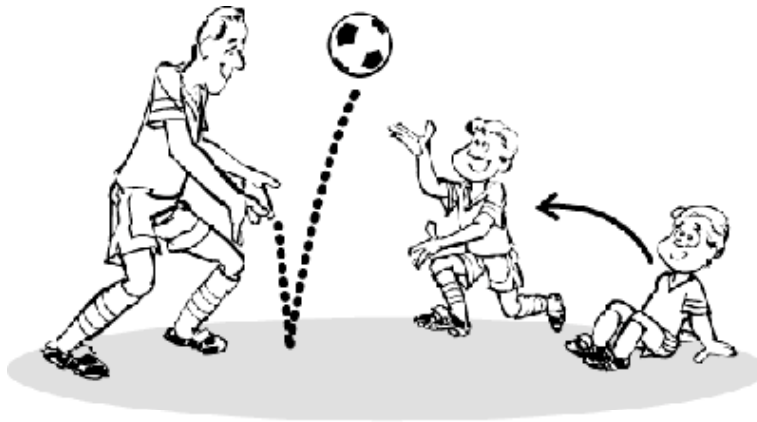
Slow Stretching

Flexibility (10 minutes)

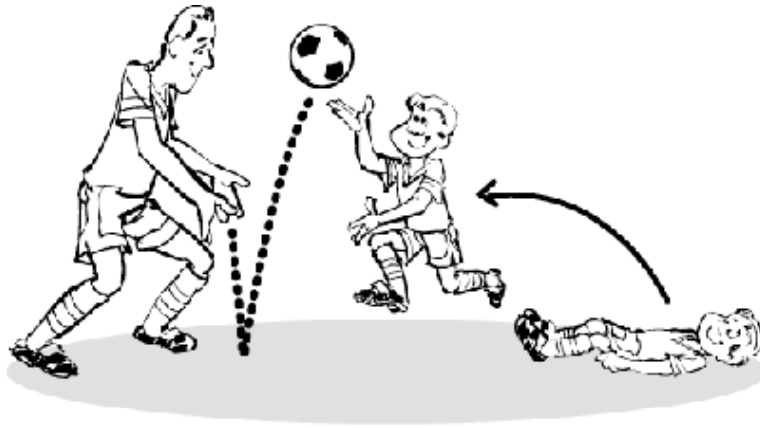
1. The player and the parent stand five metres apart. They throw the ball to each other. The first pair to complete 10 successful catches and sit down is the winner.



2. The player sits and the parent bounces the ball high. The player gets up on his/her feet before catching the ball. The first player to catch the ball 5 times wins. The player then bounces the ball for the parent.



3. The player lies down before getting up to catch the ball, which has been bounced by the parent. The first player to catch the ball 5 times wins.



4. The player rolls the ball between the parent's legs. The parent turns and falls on the ball. The parent then rolls the ball between the player's legs and the player turns and falls on the ball.

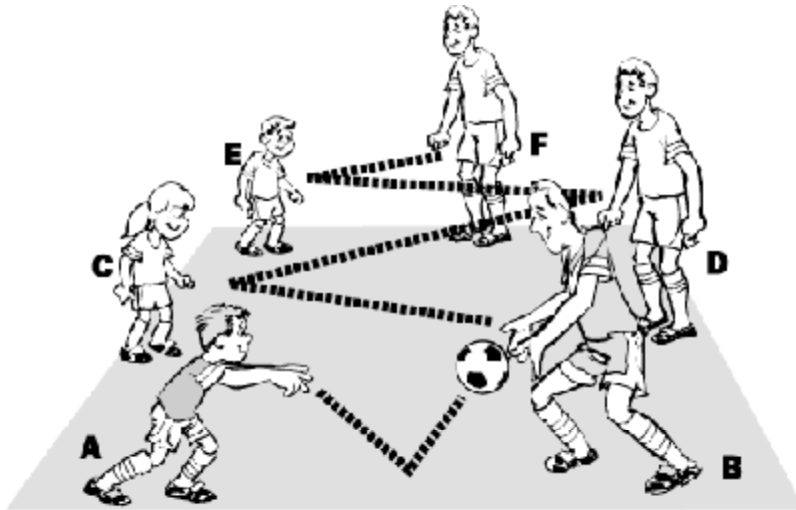


Relay Races (10 minutes)

Three parents and three players are in teams of six. The parent faces the player who is five metres away. On the whistle, the starting player throws the ball to the parent who continues to throw to the next player etc. until the ball is caught by the last parent. The first team to complete this pattern successfully and sit down, wins.

Variations:

1. The ball is rolled.
2. The ball is bounced.
3. Move the ball up and down the line alternating services.



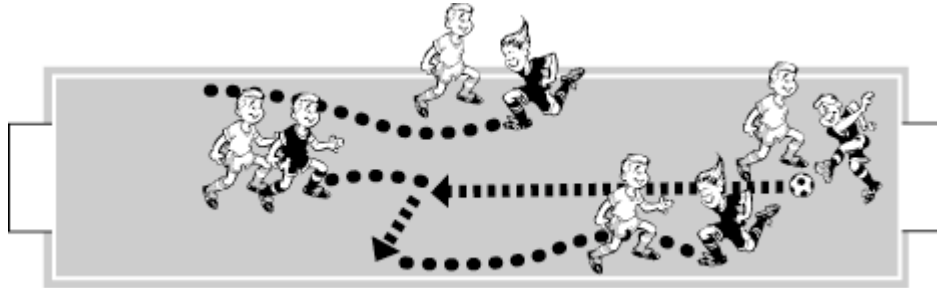
Diving for the Ball (5 minutes)

The player and the parent have two balls. The player stands between the two balls, approximately four metres from the parent. The parent moves to one of the balls. Before the parent can get to the ball, the player saves the ball by smothering it with his/her hands.



Mini-Game (15 minutes)

4 players versus 4 players with no goalkeepers.



Coaches, please note: The “PARENT” does not have to be the player’s parent – a much older brother or sister or other adult will do. However, if you work diligently with your parents, they will become fit and skilled. You may then decide to coach them in an adult recreational league next season!

HAVE FUN! 😊

Game Day Goals:

*The coach should start to see the goalkeeper catch and hold the ball more.
The overall confidence of the goalkeeper will be improved through their ball-handling technique.*

Practice is over!

Were the players (and parents!) challenged?
Did we all have fun?
Were we successful?

Remember – players at this age love to have fun!



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