

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



PART IX Shooting

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

Key Factors:

1. Encourage shooting at every opportunity.
2. Hit the goal target. Force the goalkeeper to make the save.
3. Shoot low whenever possible. Ground shots are the most difficult to save.
4. Select when to shoot for placement and when to shoot for power (time factor).
5. Coach the "attitude" of wanting to score goals. The technique should then follow.

LET'S PRACTICE!

6-7 year olds

EQUIPMENT CHECK: Balls, bibs and cones.

Warm-up (10 minutes)

Pairs with one ball between two. Four pairs per 20m x 20m grid.

Pass to partner using **LACES** of shoe (top of the foot).

The player watches the back of ball and **KEEPS THE HEAD STEADY**.

The player should lock the ankle on the kicking foot so it doesn't move when the foot strikes the ball (tight ankle).

Fast foot for more power – the faster the kicking foot moves through the ball, the more power there is in the shot.

Develop into 2 touch:

As the ball moves between the two players allow two or three touches for control and then the pass with top of foot. But, develop this as quickly as possible into a controlling touch followed by a passing touch with the top of the foot.

Develop into 1 touch:

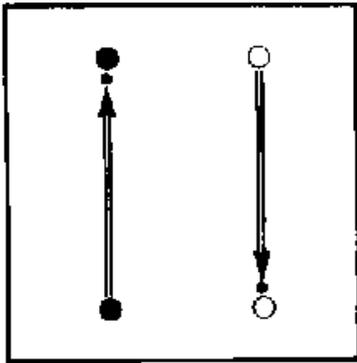
One player can roll the ball underhanded to his partner who strikes the ball back first time. Rotate positions after 5 passes.

Coach, stress:

The non-kicking foot should be a comfortable distance away from the ball - not too close, not too far. In the beginning, the non-kicking foot should be placed beside the ball as it is struck (a comfortable distance away from the ball).

“Clean” strike: the kicking foot should drive through the ball and towards the target (partner).

Accuracy: it is much more important to stress the accuracy rather than the power. Power will develop later as the child grows.



Stretching (5 minutes)

Slow stretching

Skills (15 minutes)

Arrange players in groups of five, 2 + 2 + goalkeeper in a 30m x 10m grid with a central goal that is the same width as is used in games.

Designate partners in group by bib colour – for example, two reds and two blues.

Partner serves ball for SHOT:

- rolling ball away/across/towards partner
- bouncing ball away/across/towards partner

Coach, the servers may use their hands to roll or bounce the ball. But, as soon as possible, get them to use their feet to pass the ball!

Red's practice, blue's collect spare balls. Change practice ends. Rotate Goalkeeper.

Coach, stress that the player striking the ball look up to see where the goalkeeper is and then look down at the ball as it is struck. This head movement is critical for shooting.

Remember, when striking the ball the head must be kept steady. Look down – eyes on the ball!

Remember also, coach, to stress **ACCURACY** before power.



Variation:

Develop to where the server mixes up the service, then follows up service to **CHALLENGE** the shooter.

Coach, encourage the shooters to **CONCENTRATE** totally on ball. Take ball early and attack ball.

Be alert! Be ready for that chance to score.



Mini-Game (15 minutes)

6 vs 6 in a 40m x 30m grid.

A regular game but five shots on target equals one goal.

Rotate goalkeepers.

Coach, always encourage shooting at every opportunity.

Warm-down (5 minutes)

Light run. Slow stretching.

Game Day Goals:

Coach, you should see your players shooting at every opportunity.

Practice is over!

Did everyone have fun?

Coach, it is time to reflect on this season and to plan for next year.

Assess your season and decide what you will do the same or change for next year.

Now is also a good time to start collecting cones, coloured T-shirts or bibs, practice plans etc. to help you in your practices next year.



IT'S PRACTICE TIME!

6-7 year olds



PART X Trapping

Objective: Receiving a moving ball and bringing it under control while encountering opposition.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
4. Move the ball into playing position away from the body and defender.

LET'S PRACTICE

6-7 year olds

EQUIPMENT CHECK: Balls, bibs, and cones.

Warm-up (10 minutes)

Work in pairs with one ball between two.
One pair per 10 x 10m grid.

Pass ball along ground and control. Throw ball in air and attempt to control it with instep, thigh, chest and head.

Coach, encourage the receiver to cushion ball with inside of foot with first touch and passes ball with second touch.

With ball in air instep and thigh relax to bring ball down. Chest and head get under ball to cushion it. *This is very hard for young players and these touches must be developed over a period of time. Frequently use these kinds of drills throughout the season for a few minutes each practice.*

Encourage the players after the first touch to have the ball on the ground within a step or two of their bodies so that they can comfortably take one step towards it to pass it with the second touch.

Stretching (5 minutes)

Slow stretching.

Skills (10 minutes)

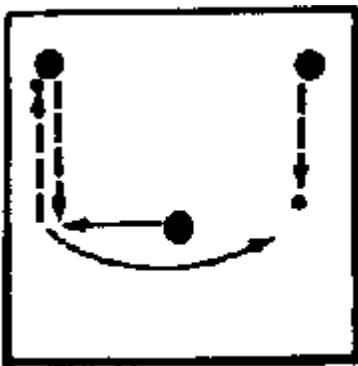
Work in groups of three with two balls for each group in a 10m x 10m grid.

Player in middle (out in front of two servers) runs to one player and then second player to return the pass.

Pass ball on ground. Throw ball underhand for inside of foot volley, thigh trap, chest trap and header. Players rotate after one minute.

Coach, encourage the player receiving the ball to turn and face the ball as it comes towards him/her. If this cannot be done, then encourage control with either the inside or outside of foot. Again, the ball should be played within a pace or two for easy return on the second touch.

Later, develop touches to the left or right of player and then the return.



Skills (10 minutes)

Work in groups of four with one ball per group in a 10m x 20m grid.

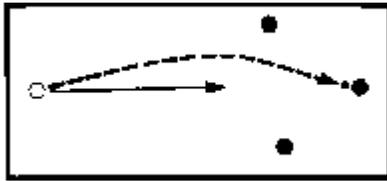
Change players after two minutes.

The defender passes the ball in the air to one of the three attackers and then moves forward to defend.

The ball is controlled and then passed between the three attackers to ultimately cross the far line.

Coach, encourage good first touch. Get the head up to choose whom to pass to.

Encourage the two other players to get wide of the ball carrier, rather than long.



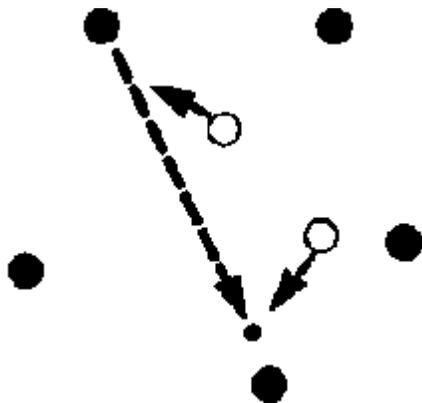
Skills (10 minutes)

Work in groups of seven with one ball in a circle.

Six attackers stand on the outside of the circle and one defender stands in the middle of the circle. Progress to five attackers on outside and two defenders in the middle.

The ball is controlled and then passed to a teammate. If a defender intercepts the ball, they change positions with the passer.

Coach, encourage the controlling touches to be to left or right of the player to open up better passing angles.



Mini-Game (10 minutes)

6 v 6 in a 30m x 20m grid.

A regular game.

Coach, encourage passes to be controlled and then passed again.

Warm-down (5 minutes)

Light run.

Slow stretching.

Game Day Goals:

Coach, players should now be starting to control the ball with their first touch. The ball won't be bouncing away!

Practice is over!

Cheers to all of you!

You had a great season!
Now, plan for next year!

Coach, decide who you would like for assistants or helpers. Ask them early so that together you can plan how things will be done next season. Take a course! Inform your Club that you wish to take a coaching course and ask to be informed of any that are being offered well in advance.



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