

Coaching at the Grass Roots

IT'S PRACTICE TIME! 10-12 year olds

Season II Part 2



Passing and Control

Key Factors:

1. Body behind the ball
2. Attack the ball
3. Decision-making (first touch)
 4. Accuracy
5. Part of foot and ball
6. Pace and Timing

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

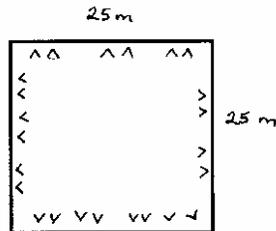
Set Up

Group players in pairs inside a 25m x 25m square.

Place several 1m goals (use cones) just inside the perimeter of the square.

Always set up one or two more goals than pairs of players.

Each pair has one ball.



The player with the ball can only pass to his/her partner when they are standing in a goal.

The partner passes back from the goal. Then he/she runs to another empty goal.

He/she cannot run to the goals directly on either side.

Continue for one minute. Reverse roles.

Work for another minute. Reverse roles again.

Variation – change feet for both the passing and controlling.

Stretching.

Skill/Technique (30 minutes)

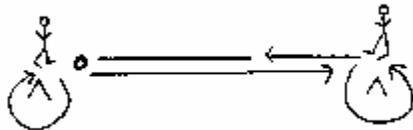
A) Group players in pairs. Each pair has one ball and two cones.

Place the cones 10-12m apart. Each player stands by a cone.

The player with the ball passes to his/her partner.

The partner moves to meet the ball, controls it with one touch and passes it back.

The passer, still facing his/her partner, runs backwards to circle the cone, then runs forward to meet the return pass.



Each time each player passes the ball, he/she circles his/her cone, always facing his partner.

Coach, encourage:

Push pass with the inside of the foot.

*Move towards the ball to receive it.
Control the ball with one touch, this touch getting the ball out from under the foot.
Look up to target.
Jog backwards to circle the cone
Move towards the ball.*

B) Group players in pairs. Each pair has one ball and two cones. Player A passes the ball to his/her partner, who moves forward towards the ball, controls it, turns with the ball, circles the cone, and passes to his/her partner.

Coach, encourage:

Push pass with the side of the foot.

Move towards the ball to receive it.

Try different methods of turning – flick ball with outside of foot

- *allow the ball to run through your legs, then turn.*
- *turn sideways and control ball with the back foot (foot nearest cone), push it forward with the other foot*

As player rounds the cone, use different of the foot to go round the cone.

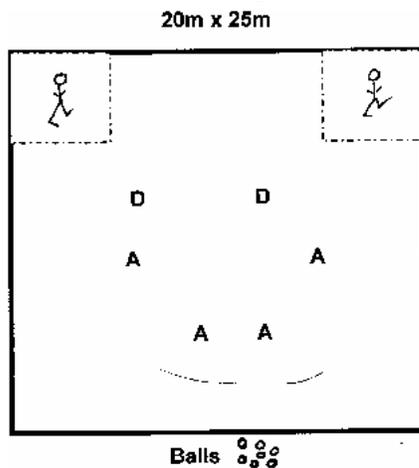
Skill (20 minutes)

Set Up

20m x 25m rectangle

Players in groups of 8. Use bibs to designate 2 blue, 2 red, 2 green, 2 yellow.

Put one pair of target men (red) – one in each corner goal.



Have one pair of defenders (blue).

Have four attackers (yellow and green)

Group eight balls in a bunch just outside the line opposite the red target men.

An attacking player runs to bring one ball into the rectangle. His/her first pass is free – but not to a target man. The four attackers score a goal by passing to either target man.

Get a new ball. Repeat.

Once they have used up all eight balls, the positions are rotated.

(Ball is out of play if a defender gets it or kicks it out of the rectangle).

After all the balls are used up, continue to rotate colors into new positions.

Small-Sided Game (20 minutes)

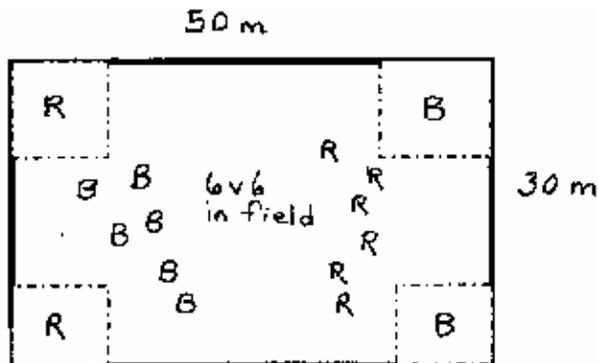
Set Up

Two 8v8 teams.

50m x 30 m field.

A 5m x 5m square in each corner of the field.

Two players from each team – one in each corner square.



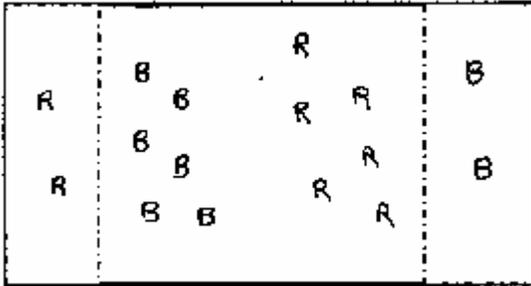
The team scores by passing to their target men in each square.

Rotate target men every two minutes.

When ball goes out, throw-in goes to the other team. (Cannot throw to the target men.)

When one team scores that player passes to an opposing color to restart the play.

Variation on this game:



Instead of squares in each corner of the field, have a 5m lane across each end of the field. The two target men can move anywhere inside this zone to support and receive the ball.

Warm-Down (5 minutes)

Jog/walk around field. Slow stretches.

Gather in a semi-circle in front of coach for further instructions and comments.

Coach, establish a routine for warm-down early in the season. This should become a habit for your players. You are instilling in their minds the importance of this part of every practice.

Practice is over!

**Were the players challenged?
Did you, as a coach, enjoy your work?**



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