

Coaching at the Grass Roots

IT'S PRACTICE TIME!

10-12 year olds



Season II, Part 3

Developing a Base for Tactical Training

Training should target:

1. improvement of technique and movement with the ball through
2. improvement of individual and team tactical moves
3. improvement of basic soccer fitness, agility, strength, speed, dexterity and stamina
4. teamwork

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Balls, bibs and cones.

Warm-Up (10 minutes)

All players have a ball. Spread them out inside a 25m x 30m rectangle. With direction execute the following moves:

On toes, pass the ball back and forth between own feet, tapping with the inside of the feet.

Ball in front of player, drag the ball back with the sole of the foot until it is level with the body. Then push the ball sideways with the inside of the foot and move off with it. Repeat until all these steps become one fluid motion. Use both feet.

Ball in front of player, drag the ball back with the sole of the foot. Then tap it behind the pivot leg with inside of the foot. Use both feet.

Ball in front of player, drag the ball back, but then play the ball forward with the top of the foot.

“Chops” - Use the inside and the outside of the foot to chop the ball back and away from a defender.

To *chop* with the inside of the right foot the ball should be in front and slightly outside of the left foot, the player pivots quickly on the left foot and at the same time uses the inside of the right foot to chop the ball back away from the defender. Do the opposite with the use of the left foot to chop the ball back.

Use both feet.

Coach, players must be given time to practice these moves so that they become fluid. These individual touches should be worked on whenever there is time to do so over many, many practices. Always give time for players to practice individual techniques!

Technique: Dribbling (10 minutes)

1 v 1

Set up two small goals, 15m apart.

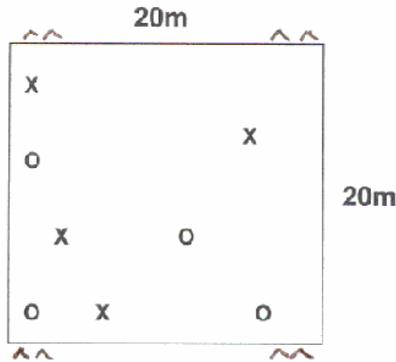
Player X passes to player O. O tries to beat X and dribbles through the opposite goal by beating X.

Rotate serves. After two minutes, rotate partners.

Game (10 minutes)

Set up a 20m x 20m square with 4 small goals 1m wide.

Player X passes to another X who must dribble through any of the four goals. If



O is in the way, X must dribble around or turn and go in another direction.

Players must dribble after every pass.

If a goal is scored, the ball goes to the other team.

If the ball is won by the other team, then they take possession and must continue the pass/dribble pattern.

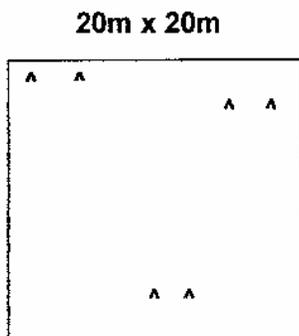
Progression: Assign goals to teams to attack and defend.

Just have two goals but wider posts.

Technique Game (10 minutes)

Set up a 20m x 20m square with 3 or 4 small goals (1m wide) within the square.

Play 4 v 4 inside the square.



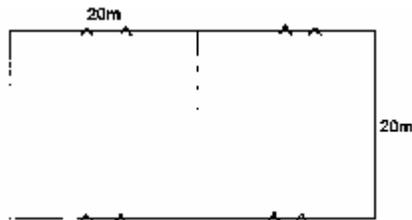
Players pass and dribble the ball. To score a goal, a team must dribble the ball through any of the small goals. If they score, they keep the ball.

The other team gets the ball by winning it or by a kick-in resulting from the ball going outside the square.

See how many “goals” in a row a team can score without losing possession.

Related Game

Set up two 25m x 35m rectangles. Play two 4 v 4 games.



Coach, just let the players play – but, each team must beat a player on the other team by dribbling before shooting.

Warm-Down (5 minutes)

At this point, your team should be in the habit of following established routines for the warm-down.

Practice is over!

Did everyone have fun?



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