

Coaching at the Grass Roots

IT'S PRACTICE TIME!

10-12 year olds



SEASON 2, PART V

Passing and Shooting with the “laces”

Key Factors in Control:

Watch for head movement.

As the ball comes towards the player, he/she watches the ball. The player controls the ball with first touch just out in front of him/her. The player looks up to find a target, then looks down and strikes the ball.

Key Factors in Passing:

The ball must be out in front at a comfortable distance (one step). Player takes a step and places the non-kicking foot a comfortable distance (30 cm to 40 cm) to the side of the ball. Player looks at the ball and, in one motion, kicks the ball with the “laces” to the target player. The follow-through of the kicking foot must be directly towards the target.

Let's Practice!

10-12 year olds

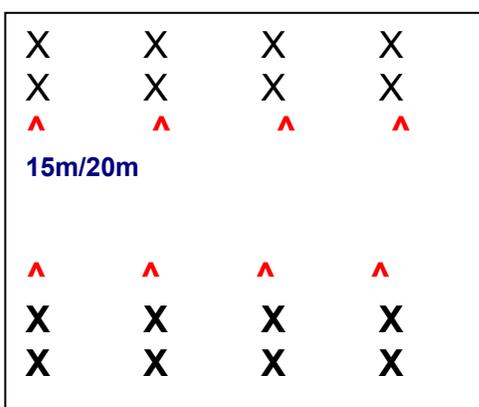
EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Set-Up:

Place one line of cones 5m apart. Make another line of cones opposite to the first line. The two lines should be 15m from each other.

Organize your team into groups of 4.



Players do a line drill passing and moving across the line. The 15m distance will test their accuracy.

Hit the ball with the “laces”.

Coach, remind the players that

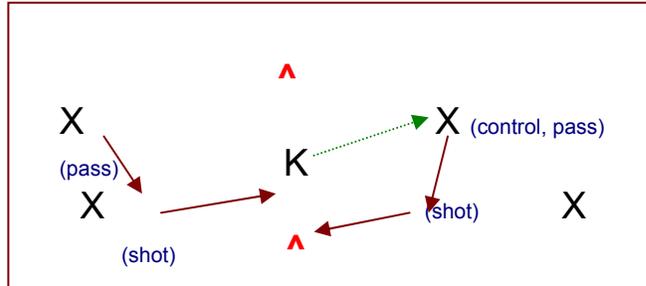
- ***they must strike the ball the same way they were doing in the passing drill.***
- ***that the head movement is the same as they run for the ball (They look at it – head down. They touch the ball. Now head up to see what part of the goal to shoot at and to see what the keeper is doing. Then look down at the ball and strike it. So – head down, head up, head down again!)***

After 5 minutes, move the lines of cones to 20m apart.

Skill: Passing and Shooting (10 minutes)

Set-Up:

Divide the team into groups of 5. Each group plays with one keeper, 2 cones, 2 or 3 balls. Use the cones to make a goal 6m wide.



Keeper starts by rolling a ball to a player in one of the groups. This player is to control the ball, pass it front of the other player who runs on to the ball and takes a shot.

If the keeper saves it, he rolls the ball to the other group who do the same.

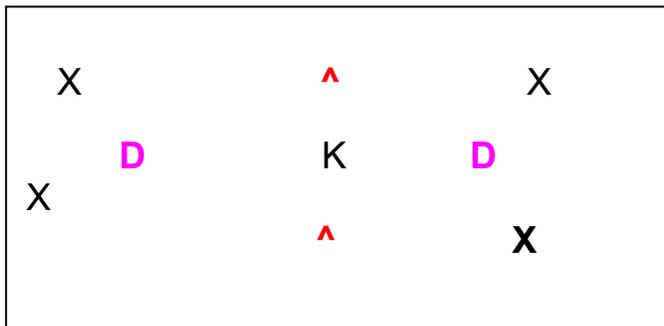
If the ball goes through to the other side of the goal, the player receiving the ball controls it and passes the ball in front of his/her partner who controls it with one touch and shoots.

REMINDE PLAYERS OF THE HEAD MOVEMENT IN CONTROL AND PASSING/SHOOTING!

Skill: Passing/Shooting with a “defender” present (10 minutes)

Set-Up:

Use the same set-up as in previous drill. Divide players into groups of 7 – one is a keeper. Each group needs two cones, 3 or 4 balls, and coloured bibs (or some other way to identify who is defending).



Follow instructions as in previous drill but now introduce a defender who pressures the players on his/her side of the goal.

Coach, you may limit what you allow the defender to do, i.e. start him/her just walking, then jogging, then full speed running.

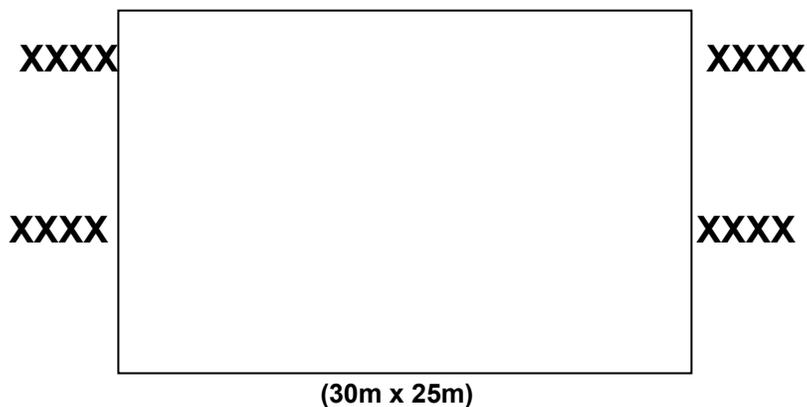
The defender must be rotated every 2 minutes.

Now it is control, pass, shoot, and avoiding losing control of the ball to the defender. THIS IS A DIFFICULT STEP!

Skill: Passing and Shooting (10 minutes)

Set-Up:

Set up two goals 30m apart on a field 25m wide. Play 2v2 games with keepers. Give each keeper half of the balls.



Game 1:

Keeper #1 rolls a ball left or right out onto the field of play. A player from each side of his/her goal goes after the ball and takes it to shoot on the opposing goal.

As soon as keeper #1 rolls the ball, two players (one from each side of the goal) from the other end run out to defend.

If the ball is lost to the other team of two, the games continues until a goal is scored or the ball goes out of play.

Keeper #2 now serves the ball in the same manner.

Keepers alternate serves.

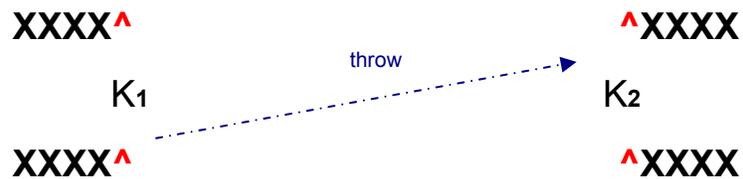
Coach, encourage:

- *passing*
- *creative runs by the player without the ball or the player with the ball*
- *taking a shot if it is on without making a pass*

ALWAYS ENCOURAGE TAKING A SHOT IF IT IS ON!

After 5 minutes, change the type of keeper serve.

Now the keeper throws or rolls the ball to the opposing goal. When the players there receive the ball, they attack the other net. Two players come out to defend.



Players go behind the goals they are attacking after the ball goes in the net or goes out of play.

Small-Sided Games (20 minutes)

Set-Up:

Divide the group into 4 small teams. Have goalkeepers in goal. Play 3v3 plus keepers, or 4v4 with keepers, on two 35m x 25m fields.

Coach, remind the players to shoot whenever the opportunity is there. Players have to recognize when a shot opportunity is on.

COACHES, ENCOURAGE SHOOTING!

Rotate teams every 7 minutes for variety.

Warm-Down (5 minutes)

At this point, your team should be in the habit of following the established routines for the warm-down. Gather around the coach for final instructions, comments and dismissal.

Practice is over!

Did everyone have fun?

Coach, are you able to deal with different levels of talent? Try to adjust practice sessions to suit the needs/abilities of your 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