

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10-12 year olds



## SEASON 2, PART VI Passing and Shooting

### Key Factors:

1. eye on ball
2. get behind ball as it is moving towards you
3. select controlling surface
4. present surface
5. relax surface as ball touches it
6. look up
7. look down at ball
8. strike ball to target

## Let's Practice!

10-12 year olds

**EQUIPMENT CHECK:** Balls, cones, and bibs.

## Warm-Up (10 minutes)

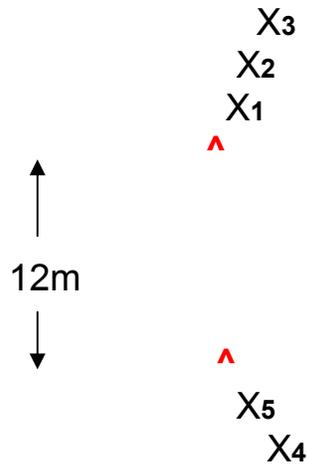
### Line Drill (part 1)

#### Set-Up:

players in groups of 4 or 5.

1 ball per group

2 cones, 12m apart



X1 pushes ball to X5.

X1 follows the pass.

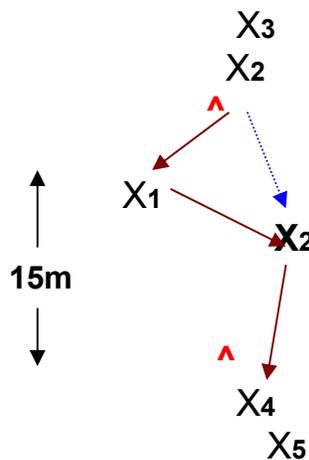
X5 controls, pushes ball back to X2 and follows pass.

Continue.

### Line Drill (part2)

Move cones to 15m apart.

Place one player in the middle, but off to one side (X1).



X2 passes ball to X1.  
X2 runs towards X4.  
X1 pushes ball with one touch into path of X2.  
X2 passes ball to X4.

X4 repeats this sequence with X1.  
Repeat.

***Coach, the player initiating the passing to X1 must time his/her run so that there is no stopping or waiting for the ball.***

***Try to get X1 to pass the ball on ONE touch. The player getting the ball back “one touches” to the player waiting in line.***

Rotate the player in the middle.

### **Progression:**

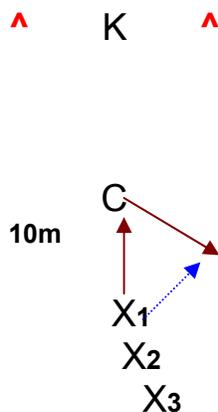
Put X1 directly in the middle between the two cones. Server, as soon as the ball is passed, moves either left or right of the player in the middle. The middle player then lays the ball off into the path of the server who passes it to the next player in line. The player in the middle then turns to face the new server.

### **Technique Development (10 minutes)** **(lay off pass leading to a shot on goal)**

Players line up with a ball 10m outside of penalty area.

Coach, arrange distances to suit the age and ability of your players.

Coach, at first, stands just inside of the penalty area. (“target man” position)



X1 passes the ball to the coach. Coach lays the ball off into the path of X1. X1 shoots on goal.

Repeat with other players.

After each shot, players get ball and go to the back of the line.

Once the routine is set, put a player in the coach's position and repeat.

Rotate "target man" every 2 minutes.

### Progression:

Put a "passive" defender on the target man. BUT, defender must keep close to target man.

*Coach, watch for the proper timing of the "cross" from X1 into the penalty area as well as the run of X2. X2 and the ball must arrive together for the shot. X2 must not have to stand and wait for the cross. TIMING IS EVERYTHING!*

*The pass (cross from X1) MUST be away from the keeper, not square, as it is then very easy for the keeper to intercept the pass.*

### Technique Development (10 minutes)

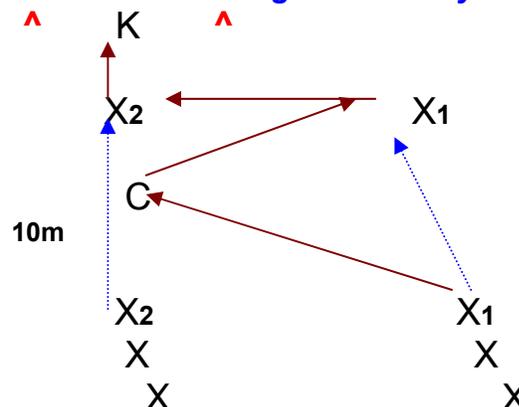
**(lay off pass, leading to a cross, leading to a shot on goal)**

Coach is the "target man" to start. He/she stands just inside the penalty area.

Half of the team, each with a ball, stands outside the corner of the penalty area.

Half of the team, each without a ball, stands in a line outside of the D.

*Coach, arrange the distances to suit the age and ability of your players.*



X1 passes to the coach.

Coach lays off the ball wide to X1 who is running past the coach.

X1 gets the ball under control, looks back towards X2 who is running towards the goal and passes back to X2 (and away from the keeper.)

X2 shoots or, if needed, controls the ball and then shoots on goal.

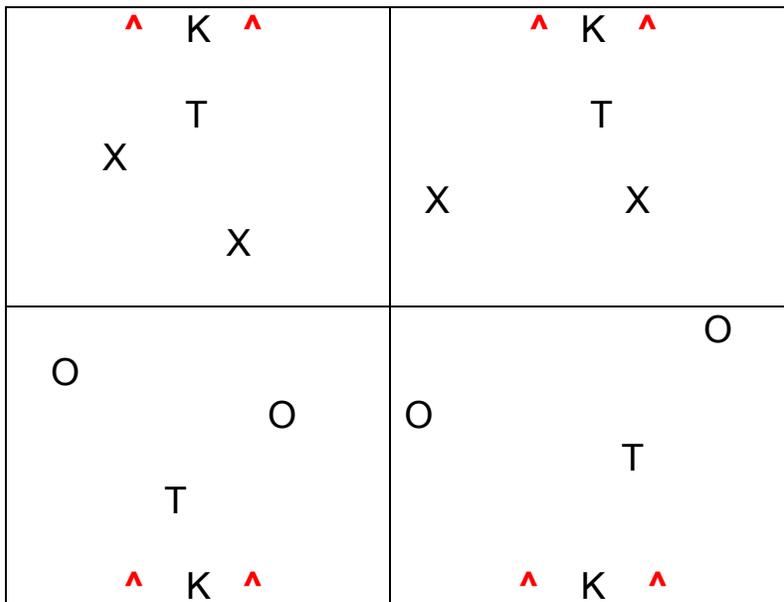
**Progression:**

Move to the other side of the penalty area.

**Small-Sided Game with a “target man” (25 minutes)**

**Set-Up:**

two 25m x 35m fields  
4v4 including a keeper



two 25m x 35m fields

***Coach designates a “target man” for each team. The play is normal, BUT there must be a pass to the target man in front of the net, a lay off pass, then the cross in order for the team to score.***

Rotate teams every 8 minutes.

*Coach, you may rotate the “target man” if you wish.*

## **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. No one just runs off the field!

## **Practice is over!**

**Did everyone have fun?**

**Did the players attain any degree of success?**

**Remember – success at this level is measured in terms of fun and participation – so provide many opportunities for both for all the children in your charge as a coach.**



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](mailto:ray_clark@soccercan.ca)