

# Coaching at the Grass Roots

## IT'S PRACTICE TIME!

10-12 year olds



### SEASON 2, PART VII Dribbling

#### Key Factors:

- Keep ball within playing distance (1 step)
  - Head up

### Let's Practice!

10-12 year olds

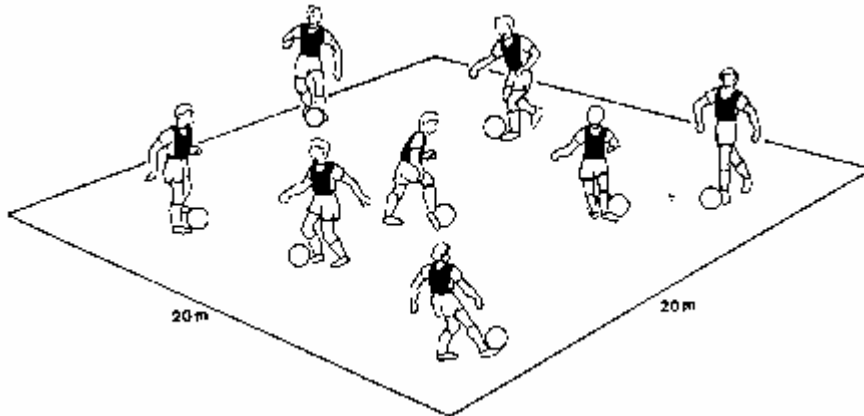
EQUIPMENT CHECK: Balls, cones, and bibs.

#### Warm-Up (10 minutes)

A. 8 players dribble within 20m x 20m grid.

Use inside and outside of each foot. Keep ball close.  
Change direction and pace.

Players not in grid perform stretching exercises.



B. 8 players move within grid. Use 3 cones less than number of players.

On command, each player attempts to stop his/her ball within one metre of a cone. Only one player allowed within one metre of each cone. Players without cone may be eliminated as in, "Musical Chairs" or receive a "minus point". Last player remaining, or player with least "minus points", is the winner.

**Variation:**

Simply regard cones as opponents and steer clear.

Players not in grid perform stretching exercises.

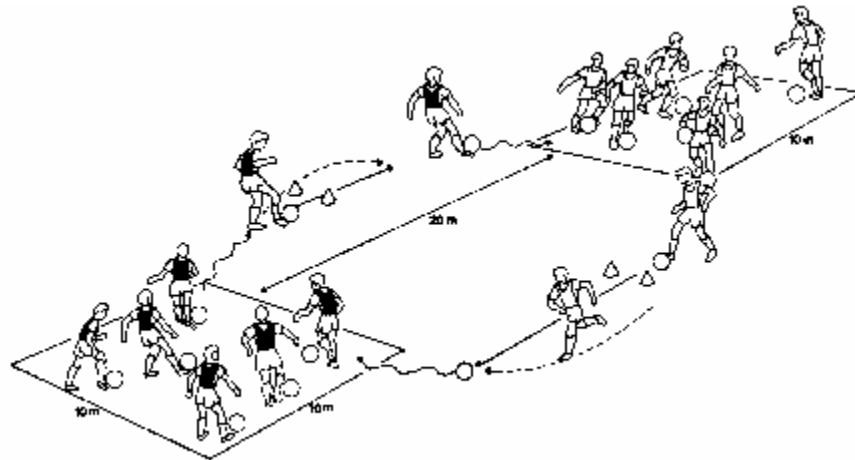
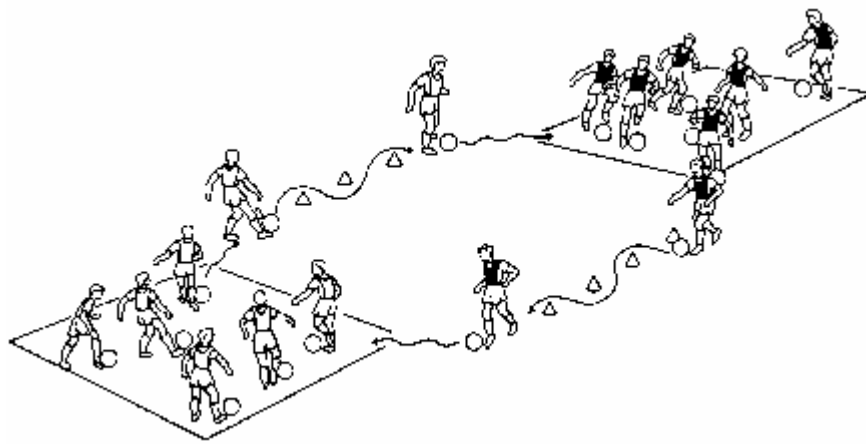


*Coach, keep the tempo up.*

**Technique Practice (15 minutes)**

Set-Up:

Two 10m x 10m grids, 20m apart.



A. 16 players. 8 players in each grid. Each player has a ball. Two 1m wide goals set up with cones halfway between the two grids.

Players at liberty to dribble, and perform tricks and feints.

On command, players take turns to dribble towards a one-metre goal and pass the ball through goal so that they can "retrieve" ball before it reaches the other grid.

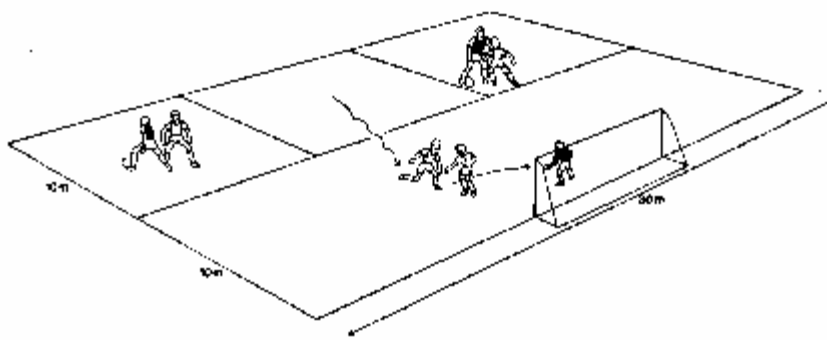
B. 16 players. 8 players to a grid. Each player has a ball.

Players take turns to leave one grid and dribble around 4 cones before entering other grid.

***Coach, constantly encourage the players to give their best effort, and not just go through the motions. Remember! Game Intensity! Vary surface used to move the ball.***

### **Skill Practice (15 minutes)**

2 teams of 4 players. 2 players of each team inside 30m x 20m grid. Other 4 players are stationed at corners. Use 2 balls.



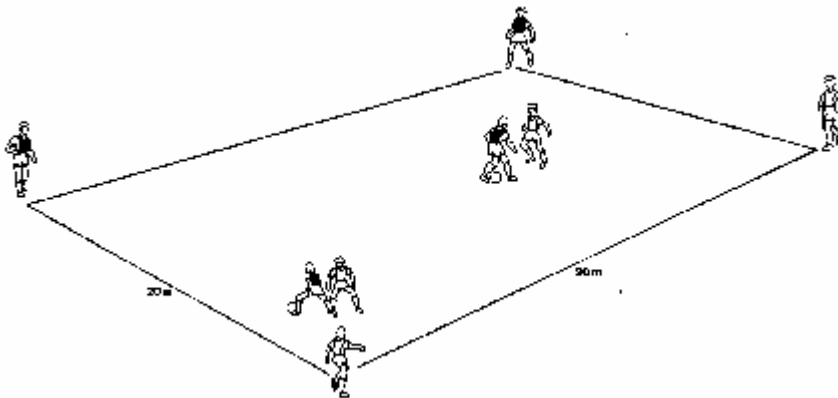
Internal players in possession attempt to dribble ball to teammate at corner. Alternate roles (positions). Keep score if desired.

### **Related Game (15 minutes)**

7 players. One attacker and one defender in each 10 m x 10 m grid. One neutral goalkeeper.

Attackers attempt to dribble around defender and shoot to score. Players may enter larger grid.

Alternate positions after so many shots, goals, or minutes.



### **Mini or Maxi Game (20 minutes)**

#### **Warm-Down (5 minutes)**

Relaxed running and stretching.

Coach, your team should now be in the habit of always following the established routines for the warm-down.

Gather around the coach for final instructions, comments and dismissal.

## **Practice is over!**

**As the season progresses, is everyone still coming out to practice?  
If not, reflect on ways to make practices more fun.  
*Players in this age group enjoy and require practice sessions that are  
as close to game intensity as you can make them!***

**Practice is a valuable time.  
The coach can foster a love for the game  
by creating a positive learning environment  
for all the 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](mailto:ray_clark@soccercan.ca)