

Coaching at the Grass Roots

IT'S PRACTICE TIME!

10-12 year olds



SEASON 2, PART VIII Passing and Control

Key Factors:

Passing

- Accuracy/Eye on the ball when you strike it
- Pace (speed) of the pass for the distance it has to travel
 - Lock your ankle when you strike the ball

Control

- Get your body behind the ball as it is moving towards you
 - Attack the ball
 - Watch the ball
 - Good first touch
 - Head up
 - Make a decision
- Head down and strike the ball

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Players work in pairs in quarter-field (50m x 30m grid).

Standing 5-metres apart, one player throws ball to his/her partner for reception on thigh or chest.

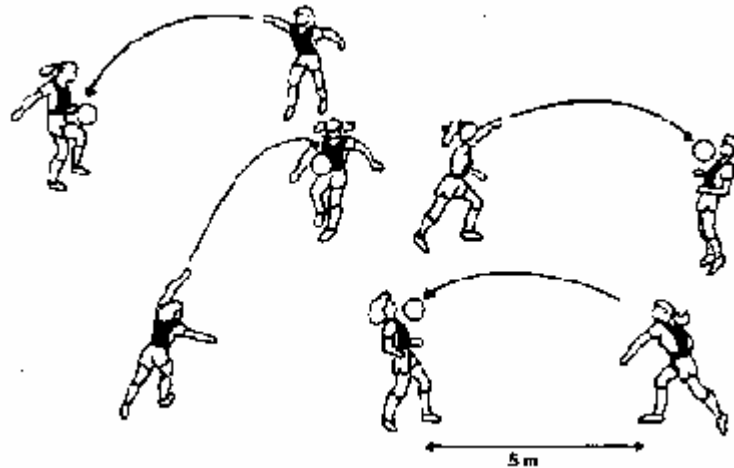
Control with one-touch if possible. Return pass on second-touch.
5 serves then change roles.

Variation: As above, but players move throughout grid.

Coach, emphasize:

- *watching ball*
- *getting-in-line with ball*
- *relaxing body surface on contact with ball ("cushioning")*

Players perform stretches at 5-minute intervals



Set-Up:

60m x 50m grid

The Canadian Soccer Association

Players work in groups of 3. All players in half -field.
One of the 3 players stands between the other two, 10-15m from each.

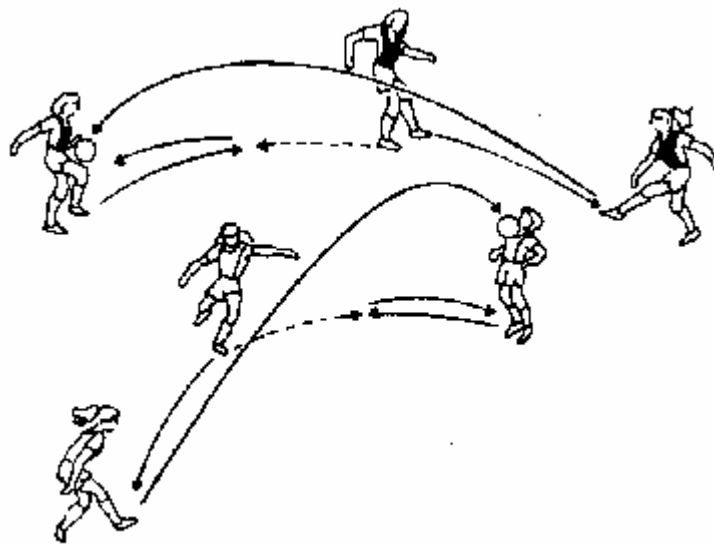
The central player passes ball to an end-player who sends long, high pass to other end-player.

The receiving player uses chest, thigh or foot to control ball before passing to central player.

Central player then returns ball to commence passing pattern in opposite direction and so on.

Coach, emphasize:
getting-in-line with ball
early selection of receiving surface
relaxing body surface and cushioning ball on reception
Progress from 3-touch to 2-touch play (one-touch control)

Rotate positions.



Technique Practice (15 minutes)

Set-Up:

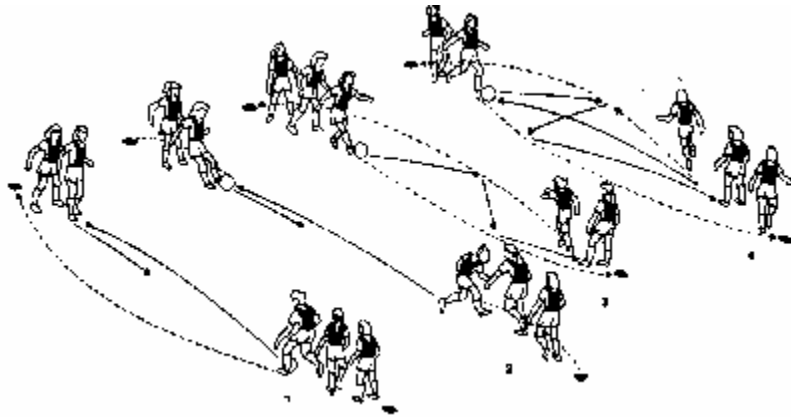
Groups of 5, divided 3 and 2. Play starts with section that has greater number of players.

Drill 1: Pass and follow. (1-touch)

Drill 2: Pass and 'check-back'. (2-touch)

Drill 3: "Give and Go".

Drill 4: Setting-up play: Long pass followed by support run. Lay-off by receiver to server. Server sets-up next player.



Coach, in all drills, emphasize:

- **quality of pass**
- **technique-on-demand (appropriate response)**
- **one-touch control**

Skill Practice (15 minutes)

Set-Up:

40m x 30m grid

5 attackers v 2 defenders

Attackers attempt to maintain possession.

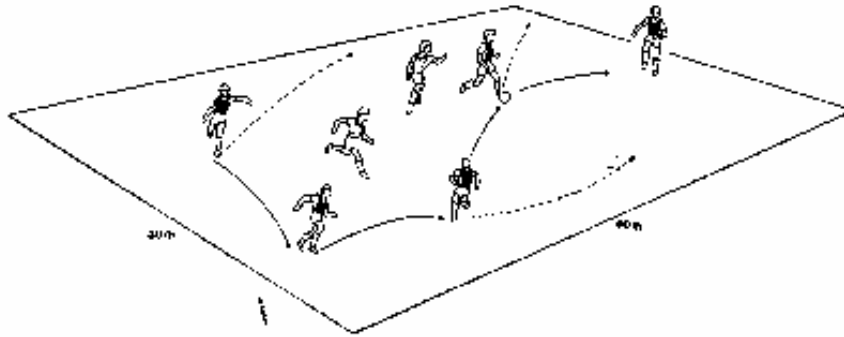
Defenders try to win ball or force it out of grid.

Attackers try to build 10 consecutive passes and attempt to execute one long pass for every 4 short passes.

Rotate attacking-defending roles.

Coach, emphasize:

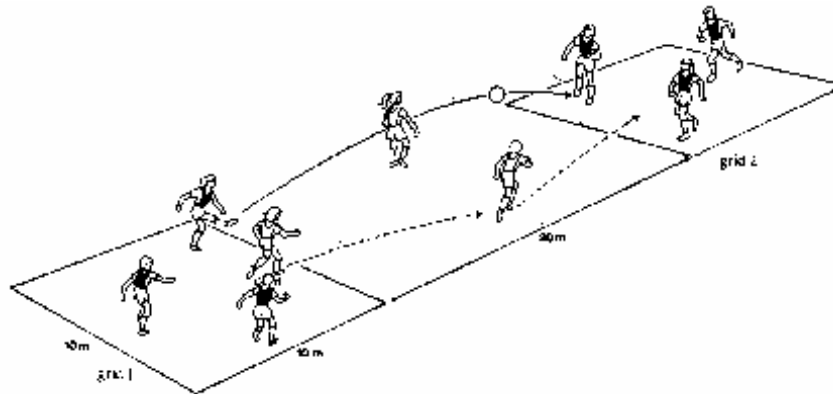
- **technique on demand**
- **support (near and far)**
- **varying length of pass**



Related Game (10 minutes)

3 groups of 3 players; one ball.

Two groups are attacking groups. One attacking group in each end-grid. The players in the third group are defenders. One defender is in grid 1. The other 2 defenders are between grids.



A game of 3 v 1 takes place in grid 1. Attackers are to build 4 short passes before sending long pass to grid 2.

If ball ends-up in grid 2, one of 2 central defenders moves into grid 2 where a new 3 v 1 game starts. Simultaneously, the defender in grid 1 moves to central area.

If defender wins ball or long pass is intercepted by central defender or is off-target, both central defenders move into grid where loss occurred or was caused. The two "ex-attackers" move into central area to assume defending role... And so on.

Mini or Maxi Game (15 minutes)

Warm-Down (5 minutes)

Relaxed running and stretching.

Players on your team should now always follow the established routines for warming-down. This is an important part of each practice!

They then gather around the coach for announcements, final instructions and dismissal.

Practice is over!

**Did everyone have fun?
Coach – reflect on every practice session!
Did the players achieve success?
Did you, as coach, demand standards?
What would you change next time?**



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