

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



Season II, Part 3

Learning to Play Soccer Developing Mobility

Training should target:

1. mobility and co-ordination – running, jumping, gaining balance, rhythm, routines and reactions
2. simple technical skills and tactical moves
3. basic knowledge of the rules
4. behaviour in a group

Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, bibs and cones.

Warm-Up (10 minutes)

Relays with and without a ball

Relay 1

X2 runs to opposite line and tags hands with X3. X3 crosses over and tags hands with X1 and so on.



Let them run three or four legs before the relay is complete.

To be declared the winning team, players **must** be sitting down with legs crossed.

Repeat the same thing with a ball. Instead of tagging hands, the ball **must be stopped by the opposite cone** before the next runner can go.

Relay 2

Run this relay without the ball first, then try it with the ball.

X3 runs around the opposite cone, comes back and tags the hands of the opposite runner.

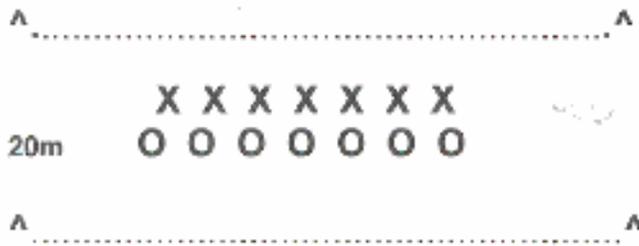


Run 3 or 4 legs before the relay is complete.

Now do the same with a ball. Instead of tagging hands, the ball **must be stopped by the cone** before the next runner moves off.

To be declared the winning team, players **must** be sitting down with legs crossed.

Tag Games (20 minutes)



Coach calls out the name of a team: “X”.

Team X then tries to cross the line behind Team O (safety) without being tagged by O. Coach counts how many players reached safety.

Roles are then reversed with the coach keeping count. The first team to a number the coach chooses wins.

Then use a soccer ball to do the same. When X has the ball, O has to kick the ball away. X has to prevent it and cross the line behind O.

Fun Game (15 minutes)

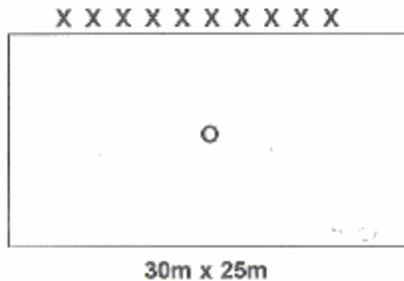
“BULLDOG”



Play this without soccer balls first.

Line up all the players on one long side of the rectangle.

Pick one player to stand in the center.



On command from the coach, the X's must run to the other side of the box. When they cross it, they are "safe". The player in the middle tags as many players as he/she can. The players who are tagged join him/her to try to tag the other players.

The players who managed to reach "safety" now run, on command, across the box. Repeat until no one is left.

The last player tagged is now put in the middle.

NOW USE A BALL!

The other players have a ball and the game is the same. But now the players must dribble a soccer ball across the box and the player(s) in the middle must try to kick the balls out of the box.

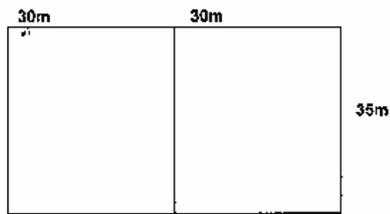
Those players having the ball kicked out of play join the player in the middle. Last player left wins. This player now starts the next game in the middle.

Repeat.

Related Game (15 minutes)

Set up two small fields. Play 4v4 in each. Coach, you may play with or without goalkeepers. If you decide to play with goalkeepers, both rotate every time a goal is scored.

Coach, encourage players to dribble around one player on the other team.



Rotate teams every 5 minutes so every team plays against each other once.

Warm-Down (5minutes)

Players should now be in the habit of following established routines to warm-down and complete the session.

Practice is over!

**Did everyone participate?
Did everyone have fun?**

Coach, what went well today? What didn't go as well? Use this information to help you plan the next practice.



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