

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



Season II, Part 4

Working Together to Create Team Spirit

Key Factors:

1. Team work.
2. Playing with the head up.
3. Agility with the ball.

Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, bibs, and cones.

Warm-Up (15 minutes)

Divide players into pairs. Give each a number, i.e. "1" or "2", or a different coloured bib, i.e. "red" or "blue".

*Have the children stand one in front of the other. This is the “starting position”.

Give directions for activity as follows:

- “Red around blue.” The red players then run around their blue partners.
“Blue around red.”
- “Red under blue.” “Blue under red.”
- “Red over blue.” (Play leapfrog!) “Blue over red.”

*Group all the players in a 35m x 20m rectangle. Have them run around slowly. Then call a number, i. e. “6”. When the players hear “6”, they must create groups of 6. Odd ones out must run around rectangle. Repeat using several numbers.

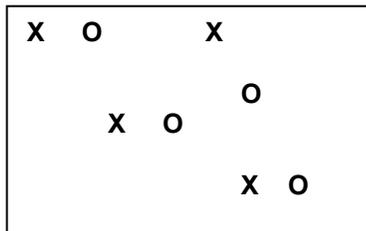
*Divide team into two or three groups. Shout out a number, i. e. “5”. The groups have to get together and have only five body parts touching the ground per group. Shout out other usable numbers.

*Divide into two groups. Challenge the groups to build the tallest pyramid.

Skill (10 minutes)

Set Up:

35m x 25m rectangle. Divide the team into two groups. Players wear coloured bibs. Each player has a ball.



The teams chase one another try to tag each other. If a red player tags a blue player, the blue player stands with legs wide apart holding the ball above the head. To get that player back into the game, another blue player must pass his/her ball through the legs.



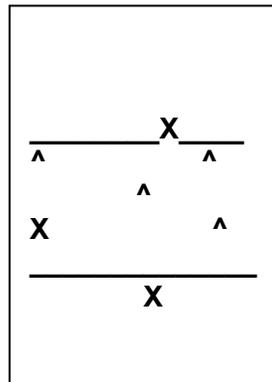
Game, “River Pirates” (10 minutes)

Set-Up:

35m x 25m rectangle. Across the middle of the rectangle, set up a 10m wide corridor with several cones scattered within it. This is the “river”.

Three players are designated “pirates”. Place one pirate, “X”, on each side of the river. They may only move sideways along the “river bank”. Place one pirate, “X”, in the river.

The rest of the players “O” line up on one of the short sides of the rectangle. They must cross the river and get to the other side of the box without having their ball kicked away.



On command from the coach, the O'S keep on going across the river until none are left. Players who have their balls kicked away are put in groups of two or three and pass the ball back and forth to each other until the game is over.

Change the three pirates (“X”) before each game.

“Capture Dribbling” (10 minutes)

Set-Up:

35m x 25m rectangle. Have team, each player with a ball, line up at one end of the rectangle. Scatter cones, one less than there are players, in the opposite half of the rectangle.

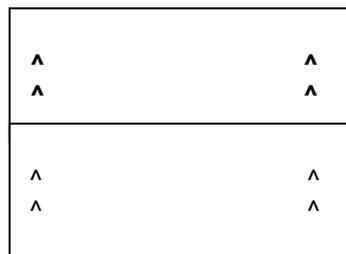


On the command “Go”, each player dribbles his/her ball across the rectangle and stands by a free cone. One player will not capture a cone. All that do get one point.

Repeat. The winner is the first player to reach a score chosen by the coach.

Small-Sided Game (15 minutes)

Two 35m x 25m fields. Divide the group into four small teams. (3v3 or 4v4)



Have the teams play three 5-minute games, rotating teams after each game.

Coach, encourage dribbling past an opponent and making passes to teammates before scoring.

Warm-Down (5 minutes)

Follow the established routine for warm-down and dismissal. This should be an automatic habit at this point. *No one just runs off the field!*

Practice is over!

**Did everyone feel successful?
You, too, Coach?**

Did everyone have fun?



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