

Coaching at the Grass Roots

IT'S PRACTICE TIME

10-12 year olds

Season II PART 1



Dribbling

Key Factors:

1. Heads up.
2. Change speed.
3. Change direction.
4. Use different parts of the foot.

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Ball for each player, cones and bibs.

Warm-Up (20 minutes)

Set up a 25m x 35m rectangle.

Step 1. Divide team up into thirds. Give each group a colored bib – red, green, and yellow.

Step 2. Have all three groups, each player with a ball, move into the rectangle.

Step 3. Have the players move about the rectangle with the ball under control using the following commands – “stop”, “go”, “turn”, “change”. **(See 6/7 and 8/9 May practices for more instructions regarding use of feet, surfaces, changing direction, changing speed, using space.)**

Step 4. Have one team (red) put their balls outside the rectangle. Team Red now moves into the rectangle and puts “slight” pressure on the players with soccer balls. The players with the soccer balls must move away from red players. Red players may take the balls away if the opposing player kicks it too far ahead.

Red players may only put pressure on from the front. Once the player with the ball moves away (changes direction or turns), the red player must put pressure on another player with a ball.

After two minutes, change teams. Repeat after two more minutes.

Step 5. Red team, without soccer balls, now has the task of taking the soccer balls from the other players and kicking them out of play. The others play “keep away” until all the balls are kicked out of the rectangle. Coach times how long this takes.

Repeat. The other two teams, in turn, take the role of the red team.

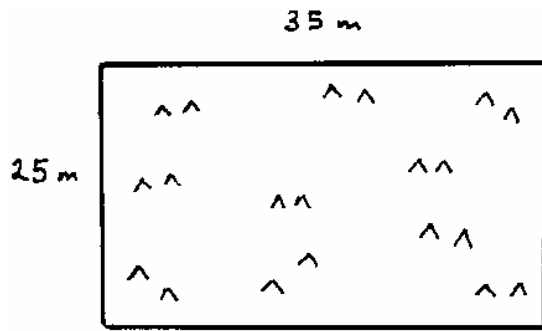
The team with the fastest time clearing the balls out of play, wins. OR – the two teams keeping the balls in play the longest, win.

Skill (20 minutes)

Set up a 25m x 35m rectangle.

Divide the players into two teams, red and blue. Divide each of the two teams again using bibs to designate 2 red groups, 2 blue groups.

Scatter 10 pairs of cones, 1m apart, to make 10 small goals within the rectangle.



One team of red and one team of blue are inside the rectangle.

The other two teams stand outside. (Coach, these two teams are resting. If done with the correct intensity, this drill can be quite tiring.)

Red players each have a ball. Blue are without.

Each red player with a ball is assigned a blue defender.

On the command, "Go", each red player tries to dribble through as many small goals as he/she can with the blue defender trying to prevent it. Red players dribble and feint to throw the blue players off as red goes through the cones.

Red cannot go through the same goal twice in a row.

Red must count the number of goals he/she has run through.

After two minutes, the coach yells "Stop" and totals all of the red team's goals.

Game is repeated until each individual group has attacked twice and defended twice.

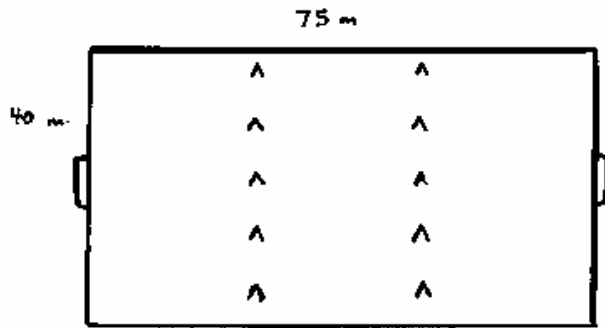
Coach declares a winner. (Color with most goals scored.)

Mini-Game (15 minutes)

Use a mini-field, 40m x 75m.

8 v 8

Divide the field into thirds (use two lines of cones).



Players play a normal game, but with the following conditions:

- They can only dribble in the third of the field that is in front of the goal they are attacking.
- They can only pass or run with the ball in the other two-thirds of the field.
- They must beat, by dribbling, one player on the other team in the third of the field they are attacking before they can score a goal.

Warm-Down (5 minutes)

Players jog slowly around the mini-field twice. They then run in to the coach for final instructions.

Coach, establish the routine that the players gather in a semi-circle in front of you at the end of every game or practice. No one just runs off! This lets you have an opportunity to talk to your team and, then, to dismiss them in an organized fashion.

Practice is over!

Did everyone have fun?

Coach, this practice, as well as all the others offered here, is suitable for use with any age group. Just modify the activities to fit the skill level of your players.

Soccer players learn by having fun and being challenged!



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Coaching at the Grass Roots

IT'S PRACTICE TIME! 10-12 year olds

Season II Part 2



Passing and Control

Key Factors:

1. Body behind the ball
2. Attack the ball
3. Decision-making (first touch)
 4. Accuracy
5. Part of foot and ball
6. Pace and Timing

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

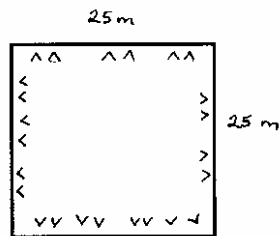
Set Up

Group players in pairs inside a 25m x 25m square.

Place several 1m goals (use cones) just inside the perimeter of the square.

Always set up one or two more goals than pairs of players.

Each pair has one ball.



The player with the ball can only pass to his/her partner when they are standing in a goal.

The partner passes back from the goal. Then he/she runs to another empty goal.

He/she cannot run to the goals directly on either side.

Continue for one minute. Reverse roles.

Work for another minute. Reverse roles again.

Variation – change feet for both the passing and controlling.

Stretching.

Skill/Technique (30 minutes)

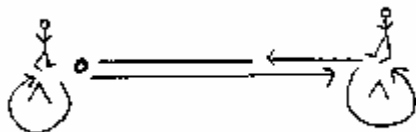
A) Group players in pairs. Each pair has one ball and two cones.

Place the cones 10-12m apart. Each player stands by a cone.

The player with the ball passes to his/her partner.

The partner moves to meet the ball, controls it with one touch and passes it back.

The passer, still facing his/her partner, runs backwards to circle the cone, then runs forward to meet the return pass.



Each time each player passes the ball, he/she circles his/her cone, always facing his partner.

Coach, encourage:

Push pass with the inside of the foot.

*Move towards the ball to receive it.
 Control the ball with one touch, this touch getting the ball out from under the foot.
 Look up to target.
 Jog backwards to circle the cone
 Move towards the ball.*

B) Group players in pairs. Each pair has one ball and two cones. Player A passes the ball to his/her partner, who moves forward towards the ball, controls it, turns with the ball, circles the cone, and passes to his/her partner.

Coach, encourage:

Push pass with the side of the foot.

Move towards the ball to receive it.

Try different methods of turning – flick ball with outside of foot

- *allow the ball to run through your legs, then turn.*
- *turn sideways and control ball with the back foot (foot nearest cone), push it forward with the other foot*

As player rounds the cone, use different of the foot to go round the cone.

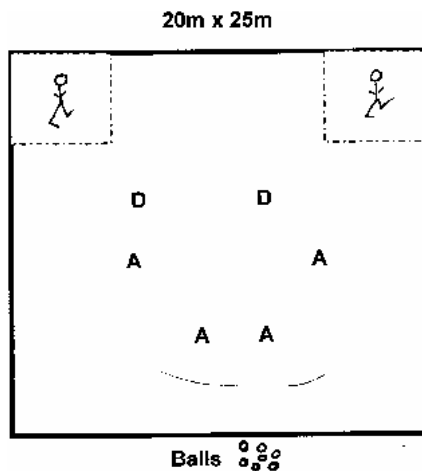
Skill (20 minutes)

Set Up

20m x 25m rectangle

Players in groups of 8. Use bibs to designate 2 blue, 2 red, 2 green, 2 yellow.

Put one pair of target men (red) – one in each corner goal.



Have one pair of defenders (blue).

Have four attackers (yellow and green)

Group eight balls in a bunch just outside the line opposite the red target men.

An attacking player runs to bring one ball into the rectangle. His/her first pass is free – but not to a target man. The four attackers score a goal by passing to either target man.

Get a new ball. Repeat.

Once they have used up all eight balls, the positions are rotated.

(Ball is out of play if a defender gets it or kicks it out of the rectangle).

After all the balls are used up, continue to rotate colors into new positions.

Small-Sided Game (20 minutes)

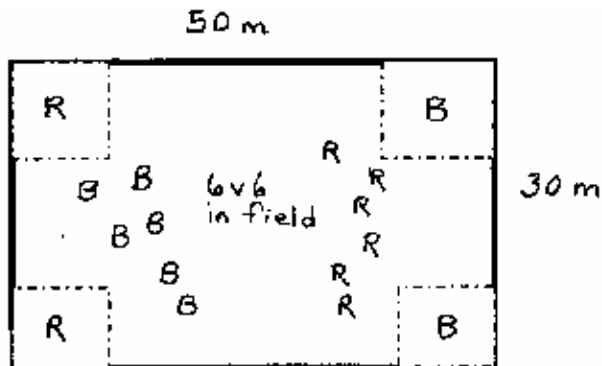
Set Up

Two 8v8 teams.

50m x 30 m field.

A 5m x 5m square in each corner of the field.

Two players from each team – one in each corner square.



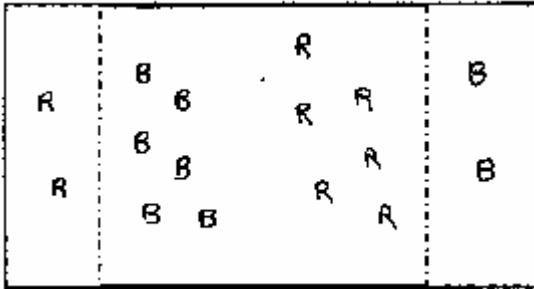
The team scores by passing to their target men in each square.

Rotate target men every two minutes.

When ball goes out, throw-in goes to the other team. (Cannot throw to the target men.)

When one team scores that player passes to an opposing color to restart the play.

Variation on this game:



Instead of squares in each corner of the field, have a 5m lane across each end of the field. The two target men can move anywhere inside this zone to support and receive the ball.

Warm-Down (5 minutes)

Jog/walk around field. Slow stretches.

Gather in a semi-circle in front of coach for further instructions and comments.

Coach, establish a routine for warm-down early in the season. This should become a habit for your players. You are instilling in their minds the importance of this part of every practice.

Practice is over!

**Were the players challenged?
Did you, as a coach, enjoy your work?**



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

10-12 year olds



Season II, Part 3

Developing a Base for Tactical Training

Training should target:

1. improvement of technique and movement with the ball through
2. improvement of individual and team tactical moves
3. improvement of basic soccer fitness, agility, strength, speed, dexterity and stamina
4. teamwork

Let's Practice!

10-12 year olds

EQUIPMENT CHECK: Balls, bibs and cones.

Warm-Up (10 minutes)

All players have a ball. Spread them out inside a 25m x 30m rectangle. With direction execute the following moves:

On toes, pass the ball back and forth between own feet, tapping with the inside of the feet.

Ball in front of player, drag the ball back with the sole of the foot until it is level with the body. Then push the ball sideways with the inside of the foot and move off with it. Repeat until all these steps become one fluid motion. Use both feet.

Ball in front of player, drag the ball back with the sole of the foot. Then tap it behind the pivot leg with inside of the foot. Use both feet.

Ball in front of player, drag the ball back, but then play the ball forward with the top of the foot.

“Chops” - Use the inside and the outside of the foot to chop the ball back and away from a defender.

To *chop* with the inside of the right foot the ball should be in front and slightly outside of the left foot, the player pivots quickly on the left foot and at the same time uses the inside of the right foot to chop the ball back away from the defender. Do the opposite with the use of the left foot to chop the ball back.

Use both feet.

Coach, players must be given time to practice these moves so that they become fluid. These individual touches should be worked on whenever there is time to do so over many, many practices. Always give time for players to practice individual techniques!

Technique: Dribbling (10 minutes)

1 v 1

Set up two small goals, 15m apart.

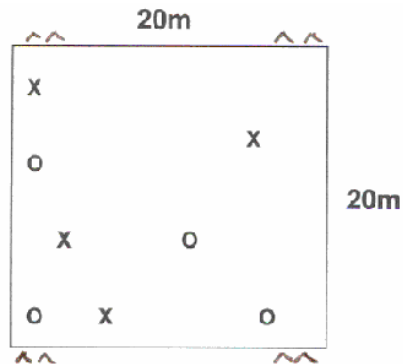
Player X passes to player O. O tries to beat X and dribbles through the opposite goal by beating X.

Rotate serves. After two minutes, rotate partners.

Game (10 minutes)

Set up a 20m x 20m square with 4 small goals 1m wide.

Player X passes to another X who must dribble through any of the four goals. If



O is in the way, X must dribble around or turn and go in another direction.

Players must dribble after every pass.

If a goal is scored, the ball goes to the other team.

If the ball is won by the other team, then they take possession and must continue the pass/dribble pattern.

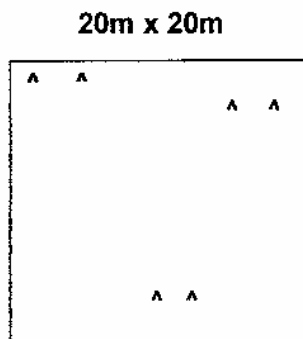
Progression: Assign goals to teams to attack and defend.

Just have two goals but wider posts.

Technique Game (10 minutes)

Set up a 20m x 20m square with 3 or 4 small goals (1m wide) within the square.

Play 4 v 4 inside the square.



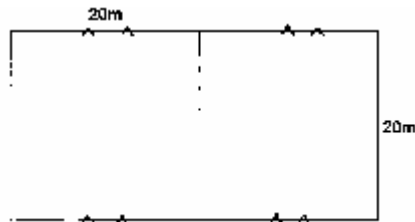
Players pass and dribble the ball. To score a goal, a team must dribble the ball through any of the small goals. If they score, they keep the ball.

The other team gets the ball by winning it or by a kick-in resulting from the ball going outside the square.

See how many “goals” in a row a team can score without losing possession.

Related Game

Set up two 25m x 35m rectangles. Play two 4 v 4 games.



Coach, just let the players play – but, each team must beat a player on the other team by dribbling before shooting.

Warm-Down (5 minutes)

At this point, your team should be in the habit of following established routines for the warm-down.

Practice is over!

Did everyone have fun?



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Coaching at the Grass Roots

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10-12 year olds



SEASON 2, PART V Passing and Shooting with the “laces”

Key Factors in Control:

Watch for head movement.

As the ball comes towards the player, he/she watches the ball. The player controls the ball with first touch just out in front of him/her. The player looks up to find a target, then looks down and strikes the ball.

Key Factors in Passing:

The ball must be out in front at a comfortable distance (one step). Player takes a step and places the non-kicking foot a comfortable distance (30 cm to 40 cm) to the side of the ball. Player looks at the ball and, in one motion, kicks the ball with the “laces” to the target player. The follow-through of the kicking foot must be directly towards the target.

Let's Practice!

10-12 year olds

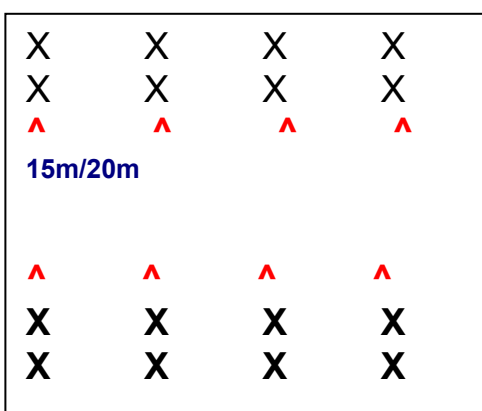
EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Set-Up:

Place one line of cones 5m apart. Make another line of cones opposite to the first line. The two lines should be 15m from each other.

Organize your team into groups of 4.



Players do a line drill passing and moving across the line. The 15m distance will test their accuracy.

Hit the ball with the “laces”.

Coach, remind the players that

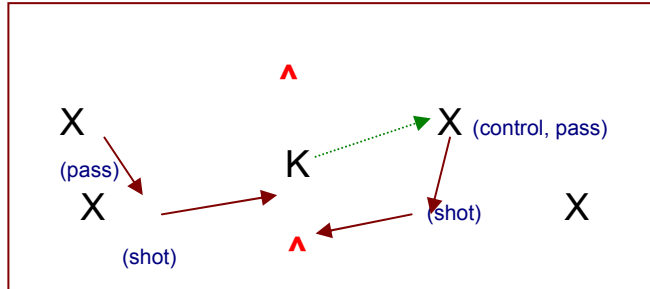
- ***they must strike the ball the same way they were doing in the passing drill.***
- ***that the head movement is the same as they run for the ball (They look at it – head down. They touch the ball. Now head up to see what part of the goal to shoot at and to see what the keeper is doing. Then look down at the ball and strike it. So – head down, head up, head down again!)***

After 5 minutes, move the lines of cones to 20m apart.

Skill: Passing and Shooting (10 minutes)

Set-Up:

Divide the team into groups of 5. Each group plays with one keeper, 2 cones, 2 or 3 balls. Use the cones to make a goal 6m wide.



Keeper starts by rolling a ball to a player in one of the groups. This player is to control the ball, pass it front of the other player who runs on to the ball and takes a shot.

If the keeper saves it, he rolls the ball to the other group who do the same.

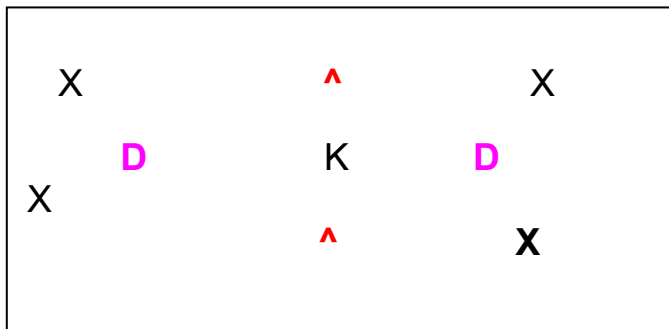
If the ball goes through to the other side of the goal, the player receiving the ball controls it and passes the ball in front of his/her partner who controls it with one touch and shoots.

REMINDE PLAYERS OF THE HEAD MOVEMENT IN CONTROL AND PASSING/SHOOTING!

Skill: Passing/Shooting with a “defender” present (10 minutes)

Set-Up:

Use the same set-up as in previous drill. Divide players into groups of 7 – one is a keeper. Each group needs two cones, 3 or 4 balls, and coloured bibs (or some other way to identify who is defending).



Follow instructions as in previous drill but now introduce a defender who pressures the players on his/her side of the goal.

Coach, you may limit what you allow the defender to do, i.e. start him/her just walking, then jogging, then full speed running.

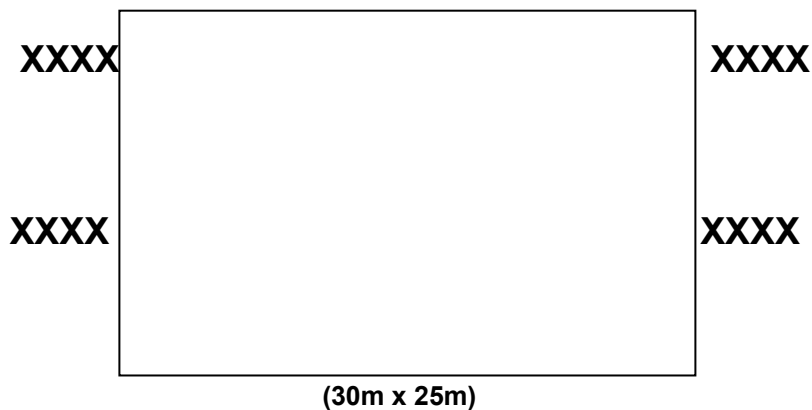
The defender must be rotated every 2 minutes.

Now it is control, pass, shoot, and avoiding losing control of the ball to the defender. THIS IS A DIFFICULT STEP!

Skill: Passing and Shooting (10 minutes)

Set-Up:

Set up two goals 30m apart on a field 25m wide. Play 2v2 games with keepers. Give each keeper half of the balls.



Game 1:

Keeper #1 rolls a ball left or right out onto the field of play. A player from each side of his/her goal goes after the ball and takes it to shoot on the opposing goal.

As soon as keeper #1 rolls the ball, two players (one from each side of the goal) from the other end run out to defend.

If the ball is lost to the other team of two, the games continues until a goal is scored or the ball goes out of play.

Keeper #2 now serves the ball in the same manner.

Keepers alternate serves.

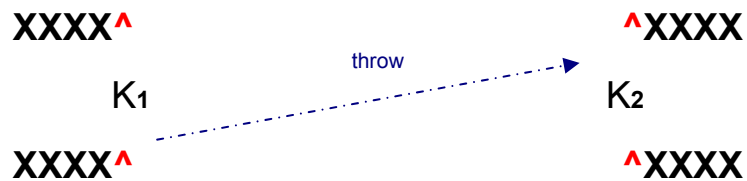
Coach, encourage:

- *passing*
- *creative runs by the player without the ball or the player with the ball*
- *taking a shot if it is on without making a pass*

ALWAYS ENCOURAGE TAKING A SHOT IF IT IS ON!

After 5 minutes, change the type of keeper serve.

Now the keeper throws or rolls the ball to the opposing goal. When the players there receive the ball, they attack the other net. Two players come out to defend.



Players go behind the goals they are attacking after the ball goes in the net or goes out of play.

Small-Sided Games (20 minutes)

Set-Up:

Divide the group into 4 small teams. Have goalkeepers in goal. Play 3v3 plus keepers, or 4v4 with keepers, on two 35m x 25m fields.

Coach, remind the players to shoot whenever the opportunity is there. Players have to recognize when a shot opportunity is on.

COACHES, ENCOURAGE SHOOTING!

Rotate teams every 7 minutes for variety.

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.

Practice is over!

Did everyone have fun?

Coach, are you able to deal with different levels of talent? Try to adjust practice sessions to suit the needs/abilities of your players.



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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)

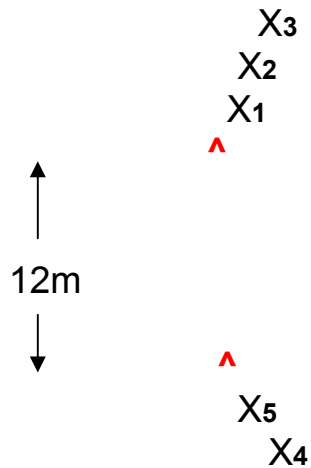
Line Drill (part 1)

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.

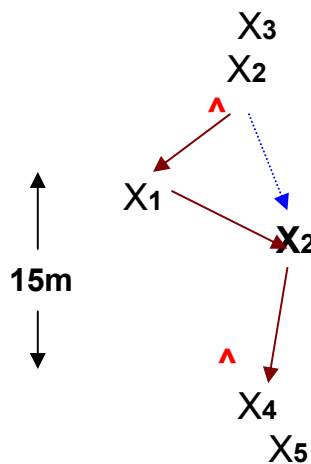
X5 controls, pushes ball back to X2 and follows pass.

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.

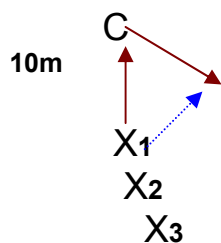
Technique Development (10 minutes) **(lay off pass leading to a shot on goal)**

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)

▲ K ▲



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)

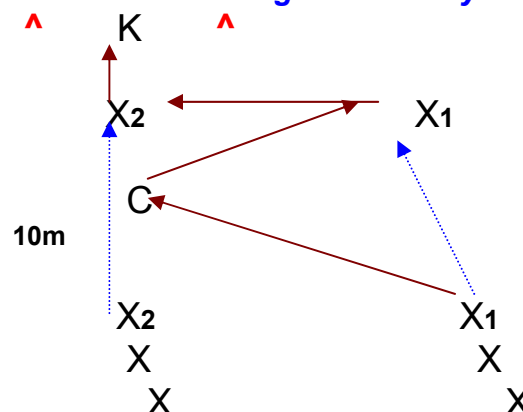
(lay off pass, leading to a cross, leading to a shot on goal)

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.

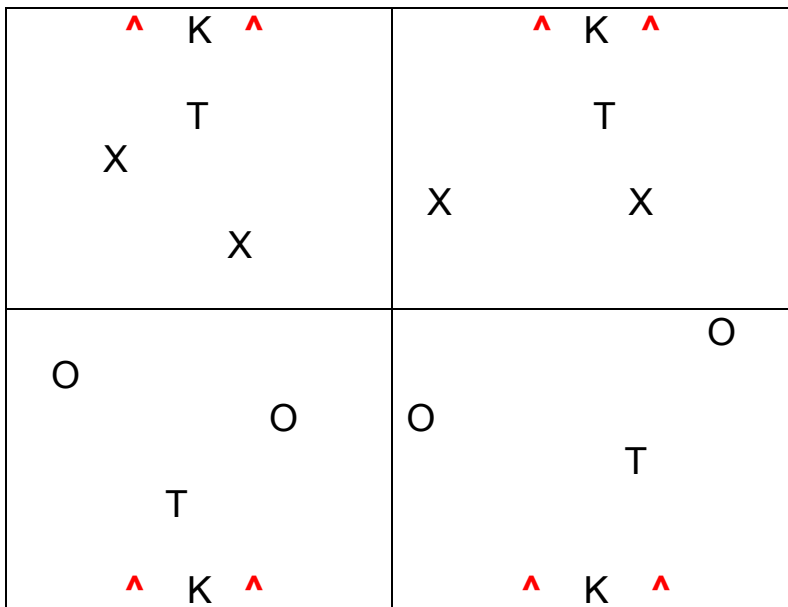
Progression:

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.



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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

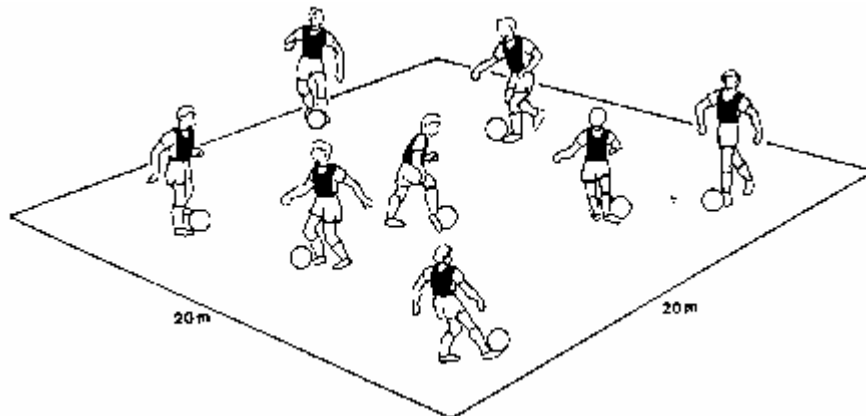
EQUIPMENT CHECK: Balls, cones, and bibs.

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.

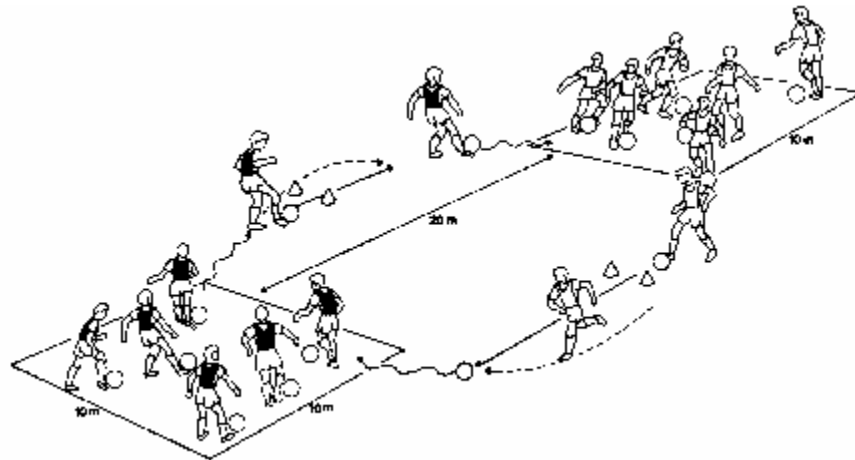
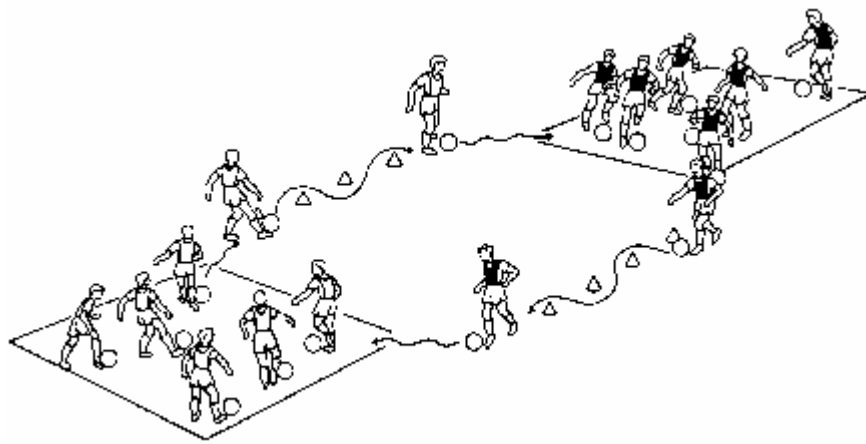


Coach, keep the tempo up.

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.

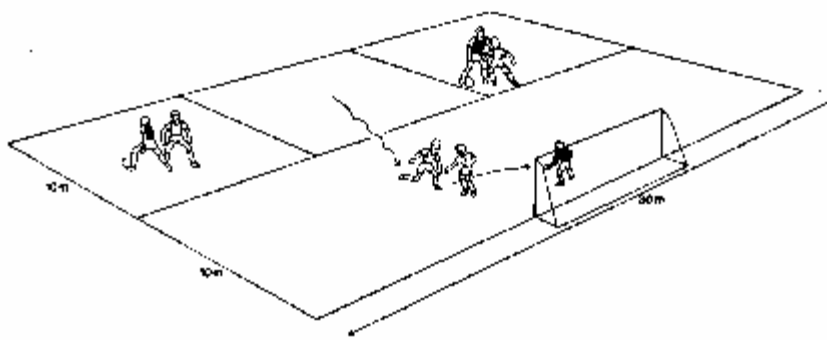
B. 16 players. 8 players to a grid. Each player has a ball.

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.



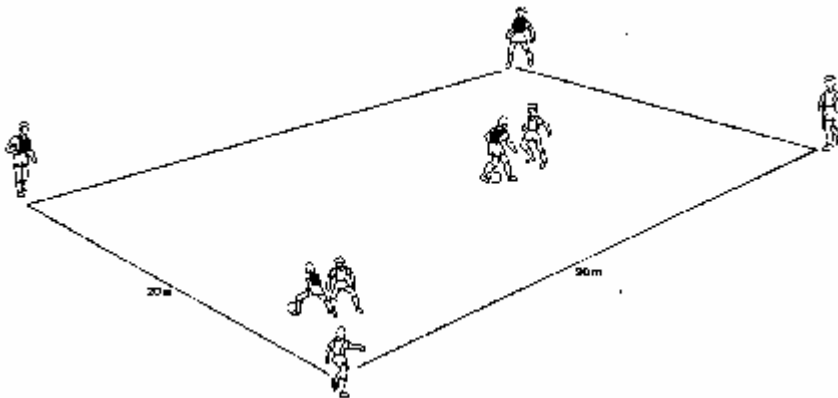
Internal players in possession attempt to dribble ball to teammate at corner. Alternate roles (positions). Keep score if desired.

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

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.

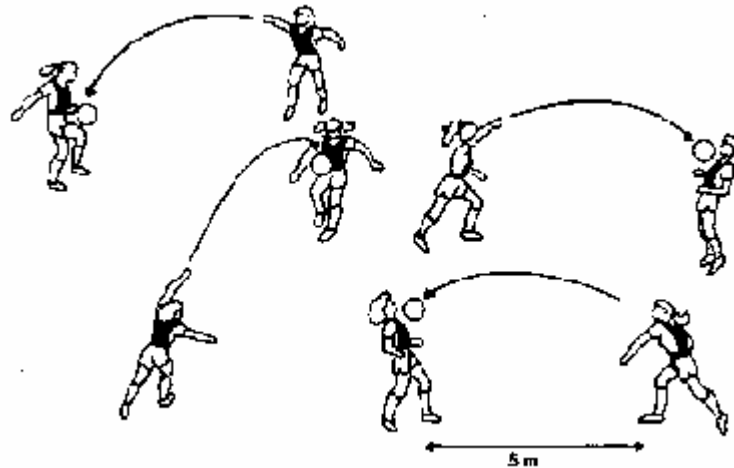
Control with one-touch if possible. Return pass on second-touch.
5 serves then change roles.

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.

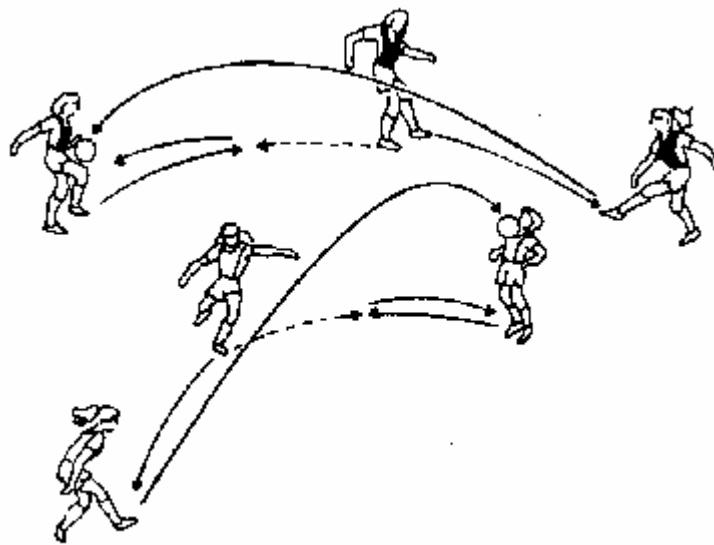
The central player passes ball to an end-player who sends long, high pass to other end-player.

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:

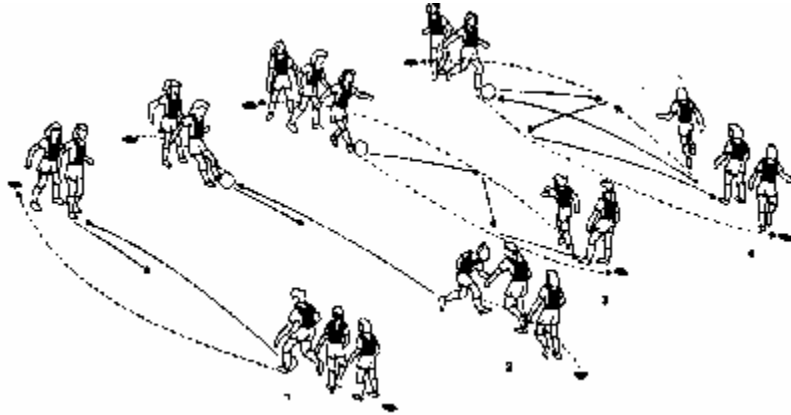
Groups of 5, divided 3 and 2. Play starts with section that has greater number of players.

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.

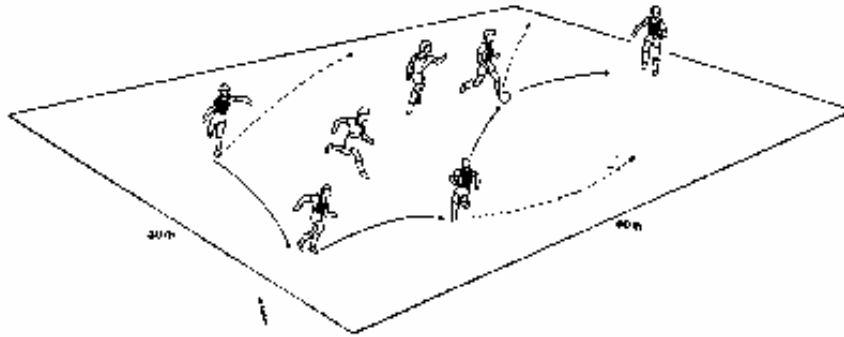
Defenders try to win ball or force it out of grid.

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:

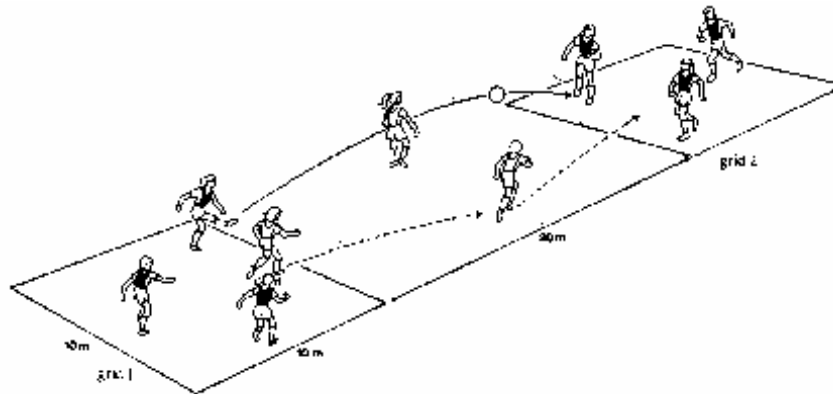
- **technique on demand**
- **support (near and far)**
- **varying length of pass**



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?**



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