

Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 year olds

SEASON II PART 1



Dribbling

Key Factors:

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

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Cones, balls, bibs

Warm-Up (20 minutes)

16 to 18 players

20m x 30m rectangle

(Use a smaller rectangle for fewer players.)

Each player has a ball.

All players move about the rectangle.

Review the commands “stop”, “go”, “turn” and “change”. **(See 6/7 MAY practice for more instructions.)**

As much as possible, keep the players moving by yelling the above commands.

Direct the players to speed up (with control) and slow down. For example, **SAY: Faster, faster, slow, slow, change.** etc.

Now, **SAY:**

As you move around, look for a space to move into. The space will be there for only a second or two. Push the ball ahead into the space and run on to it. Use just enough power when you push the ball to get it into the space, not beyond.

Insist that the players constantly change direction and turn using different surfaces of the foot and movements of the body. Use the body moves to “feint” in one direction (i.e. dip the left shoulder but move off to the right, using the outside of the right foot to strike the ball.)

Have players practice their own moves. Encourage them to experiment!

When you see one player doing something different and well, have that player show the rest and have them practice it. When they think they “have it”, they are to come and show the coach.

STRETCHING:

Every four or five minutes during the drill, yell “Stop” and have the players do one or two stretches.

Skills (10 minutes)

Set up 3 lines of 5 cones, 5m apart.

Have 5 or 6 players, each with a ball, in front of the line of cones.



SAY:

When I say “go” the first player goes in and out of the cones, BUT – as soon as she/he reaches the first cone, the second player goes and does the same, BUT – as soon as the second player reaches the first cone, the third player goes, then the next player, and so on.

Each player moves in and out of the cones. When he/she reaches the last one in the line, they go around it and dribble down the line again. He/she will keep on going until given the command to stop.

Tell the players to watch for other players coming towards them, go around them, and overtake players who are slower.

Remind players that they must go in and out of each cone!

Coach, players must keep their heads up to get out of the way of players coming towards them.

After a minute of this, begin variations – use only one foot, use only the outside of both feet, use only the inside of both feet etc.

Skill (10 minutes)

Use the same set-up as above and the same teams.

Have the team race up and down the cones. When all have gone “x” times, sit down.

Vary the races by having the players use only one surface of the foot or only one foot.

Insist that only one ball is used per team.

Insist that, before the next man goes, the ball must be stopped by the first cone.

Insist that to end the race, the ball is stopped by the starting cone and all players sit down.

Game (20 minutes)

Set up two 20m x 30m fields.

Four 4-person teams.

Play 4v4 (perhaps 4v3 or 4v5) with keepers.

Apply two conditions that must be met before a shot can be taken or a goal can be scored:

- must dribble by one player on the other team.
- must make at least two passes

(When a player has taken a shot, he/she must do the same again before taking another shot.)

At the end of ten minutes, change the teams and start another game.

Every time a goal is scored, both teams change keepers.

Warm-Down (5 minutes)

After the end of the second game, have the players jog around the playing fields (cones) twice and come in to the coach for instructions.

Dismiss the players.

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

Practice is over!

**Did everyone have fun?
Did everyone feel successful?**



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!

8-9 year olds

Season II
Part 2



Passing and Control

Key Factors:

1. Accuracy. Eye on ball.
2. Pace/Timing/Weighting
3. Part of foot and ball.
4. Decision-making (first touch)

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, bibs and cones.

Warm-Up (10 minutes)

Stretch.

Arrange the players in pairs in a 5m x10m rectangle or between two cones, 10m apart.

Each player stands near (not on) a cone.

Each player pushes the ball across to the other player with the inside of the foot.

The player receiving the ball controls it with one touch and passes it back with the next touch.

Coach, in the movement of the ball watch for the head movement of the players. As the ball comes towards the receiver, the head should go down to watch the ball. On the first touch out from under the body, the head should go up to look at the receiver.

Coach, encourage the players to use different feet in passing and different feet and surfaces in controlling the ball.

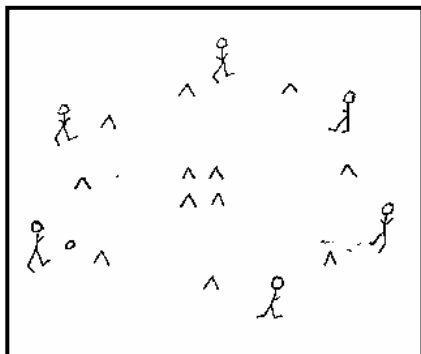
When the players can pass at 10m, move the cones to 15m apart and try again.

Skill (15 minutes)

Set Up:

Create two 15m circles, same drill in each circle.

Stand four large cones in a square in the middle of the circle.



Players, in the same pairs as in the previous drill, stand on opposite sides of the circle with one ball for each pair.

Each pair passes the ball back and forth across the circle trying to knock the cones over. When the cones are all down, set them up and start over.

Progression (15 minutes)

Use the same set up, but with only one ball and substitute the four middle cones with a player.

The players on the outside of the circle pass the ball through the circle keeping the ball away from the man in the middle. The man in the middle cannot come outside the circle. The passers cannot go inside.

Rotate the player in the middle every minute.

Coach, have the players on the outside of the circle step back from the edge of the circle. This way they will have some space in front of them outside the circle.

Coach, encourage the players to look up after they have controlled the ball, select a player to pass to and, then, complete the pass. The quicker this decision is made, the better!

Small-side Game (20 minutes)

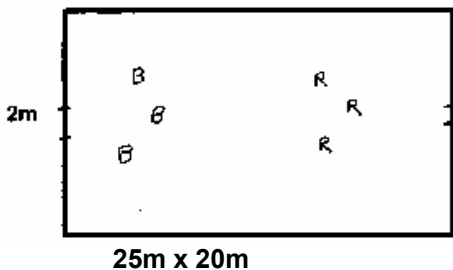
Set Up:

20m x 25m rectangle

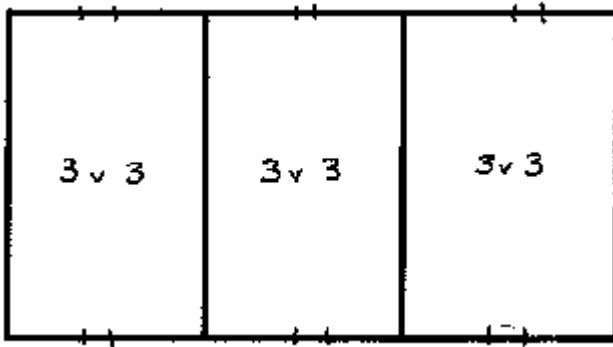
3v3 with no goalkeepers – use bibs, i.e. 3 red and 3 blue to designate teams.

Small goals (2m)

One ball



Field Set Up



**Coach, if you use 4v4, the fields are 25m x 30m.*

Three passes must be made before a goal can be scored.

Every 5 minutes, rotate the teams.

Coach, you may decide to have kick-ins rather than throw-ins.
This kick-in is a free, unchallenged pass and does not count as a pass in the three-pass rule.

Coach, encourage working in triangles with lots of movement.

Warm-down (5 minutes)

Walk and jog around the field.
Slow stretches.

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

Coach, establish the routine for warm-down. This should become a habit for the end of every practice. You are instilling positive attitudes toward the importance of the warm-down.

Practice is over!

**Did everyone feel a sense of success?
Did everyone have a positive experience?**

**Coach, use the answers to these questions to help you plan for
the next session.**



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 year olds



Season II, Part 3

Learning to be Mobile Learning to Play Soccer

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 rules
4. behaviour in a group

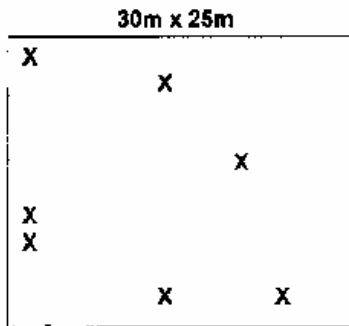
Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, cones. and bibs.

Warm-Up (10 minutes)

Players are all spread out in a 30m x 25m rectangle, each with a ball.



A. Throw the ball in the air and

- catch it
- knee it
- trap it
- head it

Play with each for 3 or 4 minutes.

B. Bounce ball with one hand while

- jumping
- hopping
- running

(2 or 3 minutes)

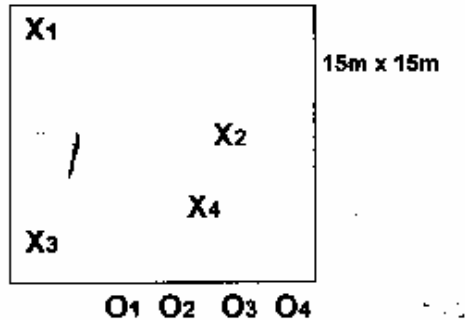
C. Dribbling with the ball while using

- one foot (right and left)
- both feet
- inside and outside of both feet

(3 or 4 minutes)

Technique Game (15 minutes)

Two 15m squares. Players divided into 4 teams, 2 teams/square.



All of team X is inside the square, each with a ball.

All of team O is outside the square without a ball.

Coach and assistant must each time a square.

On command, the X's start moving with the ball. One O runs in and tries to tag an X. A tagged X must sit down with ball. When O has tagged an X, he/she runs out of the square and tags the hand of another O. This is repeated until all X's are sitting and all O's are outside of the square.

Roles are now reversed. The fastest team to tag all players wins.

Coach, you may rotate all four teams in the two squares to create more competition.

Variation:

Play the same game, but this time the players on the team the outside of the square each has a ball. They must dribble their ball while chasing the players on the other team. (Both groups have soccer balls in this variation of the game.)

Rotate teams.

Fun Game (15 minutes)

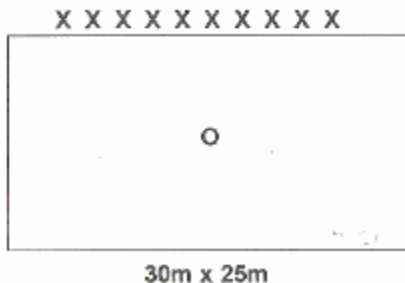
“Bulldog”



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!

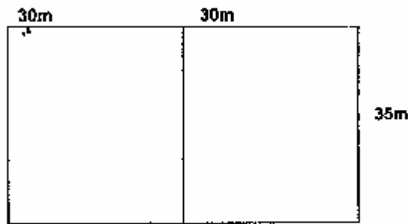
The other players have a ball and the game is the same. But now the players must dribble a soccer ball across the box and the player(s) in the middle must try to kick the balls out of the box.

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 (20 minutes)



Set up two small fields. Play 4v4 in each.

Coach, it is your choice whether or not to use goalkeepers. If goalkeepers are used, both of them rotate every time a goal is scored.

Rotate teams every 5 minutes.

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

Warm-Down (5 minutes)

Follow the established routine for warm-down and completion of the session. This should now be a habit for your players!

Practice is over!

Coach, reflect on this session. What went well? What still needs work? Use this information to help you plan the next practice.



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 year olds



Season II, Part 4

Passing

Key Factors:

1. Pace/timing/weighting
2. Accuracy – eye on ball
3. Part of foot and ball
4. First touch/decision-making

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, cones and bibs.

Warm-Up: (10 minutes)

Set-Up:

Four players in one box. Ball between two.

Receiver comes forward to accept the ball. Passer moves back to regain space. All practices alternate right and left feet.

Coach, stress underweight passes to make the receiving player come forward.

Sequence:

- “3 touch”: Ball is received with the inside of the foot, outside touch to change angle, inside push pass.
- “2 touch”: Ball is received with inside of foot, slight angle, head up. Head down, inside pass.
- “2 touch”: Ball is received with outside of foot. Return pass with inside push – same foot.
- “1 touch”: Vary from inside to outside.
- random passing: Practice putting it all together.

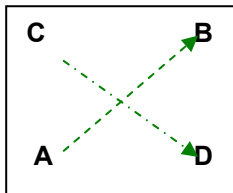
Coach, encourage your players to:

- ***get comfortable the “weak” foot.***
- ***“shovel” the outside foot pass until they get comfortable.***
- ***move to the ball when receiving and away from it after passing.***
- ***make early decisions to prepare body positions for receiving/passing.***
- ***develop a “feel” for the ball.***

Technique (10 minutes)

Set-Up:

Four players in pairs in a box. One ball between each pair.



A and B pass to each other across diagonal of the box.
C and D pass to each other across diagonal of the box.

Coach, encourage your players to:

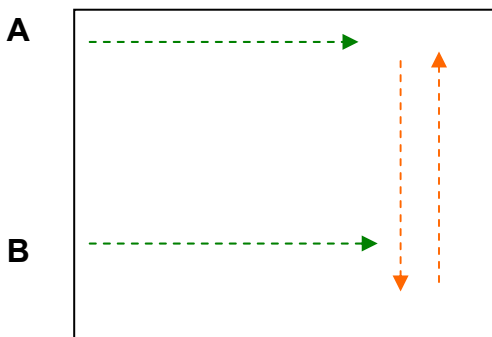
- *be aware of the other ball and players' movements.*
- *take a touch of the ball when needed for timing.*
- *be aware of the weighting of the pass.*

Technique: Passing with the inside of the foot (10 minutes)

Set-Up:

Four players in a box, 10m x10m, two balls.

Two corner men each have a ball which they serve with a straight pass towards the receiver. As receivers run back and forth across the box, they receive the ball and pass it straight back with the inside of the foot, alternating right and left feet.



The two receivers run back and forth controlling the ball with the inside of the foot furthest away from the feeder.

The first touch is made at an angle towards the feeder. The second touch is the pass with the inside of the same foot.

The passers then turn and run back to the other side where they use the inside of the other foot to control and pass the ball.

Coach, stress:

- *timing of run*
- *weight of pass*
- *first touch out of feet*
- *look at target, then at the ball, keep head still when contacting the ball.*

Technique: Passing with the outside of the foot (10 minutes)

Four players in a box, 10m x10m, two balls.

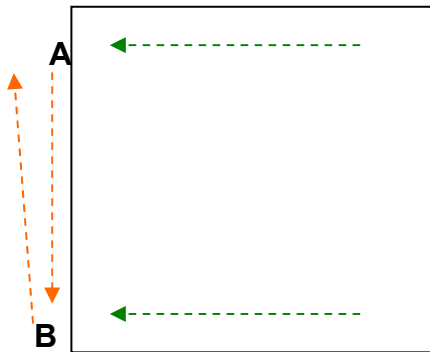
Two corner men each have a ball which they serve with a straight pass towards the receiver. As receivers run back and forth across the box, they receive the ball and pass it straight back with the outside of the foot, alternating right and left feet.

Two receivers run back and forth controlling with the outside of the foot closest to the feeder.

Player controls the ball towards the feeder. Then the passer strikes the ball with the outside of the same foot back towards the feeder.

Shovel the ball until the movement becomes more natural.

The passer then turns and runs back to the other corner where he/she uses the outside of the other foot to control and pass the ball.



Coach, stress:

- *reaching for the ball*
- *feeders play the ball early*
- *first touch gives “room to play”*
- *trying to “shovel” the ball back at first comfortable.*

Small-Sided Game (20 minutes)

Set-Up:

Two 25m x 35m fields. Play 4v4 using small goals.
Play with keepers. Keepers rotate every time a goal is scored.

Coach, encourage the use of both the inside and outside of foot.

Rotate teams every five minutes.

Remember! The single most important factor in creating skilled soccer players is to simply let the children play!

Warm-Down (5 minutes)

Follow the established routine for warm-down. This should now be a habit!

Players gather around the coach at the end of every practice to receive final comments, instructions and announcements. ***No one just runs off!***

Practice is over!

Did everyone have fun? If children are not enjoying your practices, they may not return for another!

Coach, do not spend practice time on team strategies, rigid defensive patterns or player positions, or working without balls.

LET THE CHILDREN PLAY!



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 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!

8-9 year olds

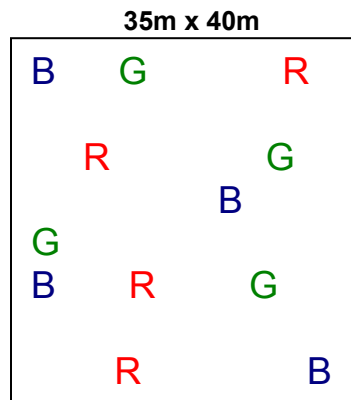
EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Divide the team into 3 groups. Give each group bibs of a different colour (red, blue, green).

Each group has a ball.

Put ALL the players in a 35m x 40m rectangle.



Have the reds run around passing their ball only to reds. The blues pass only to blues. The greens pass only to greens.

Coach, you will have 3 teams passing and moving at the same time. This makes the passing players look up for a target. It makes the receiving players look for passing channels to move into. They must also look down to receive the ball.

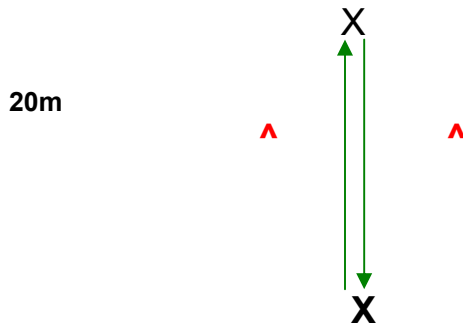
After five minutes, have little competitions to see which team can pass the ball most in one minute. Repeat.

Skill: Passing with the top of the foot (laces) (10 minutes)

(This means – toe down and strike the ball with the top of the foot. Remember – accuracy first, then speed.)

Set-Up:

Players in groups of 2, one ball, 2 cones.
Make a small goal with the cones (4m apart).
Players stand on each side of the goal.



Players pass the ball to each other through cones.

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!)**

Players must strive for accuracy and not power.

Coach, try to get the players to control the ball with one touch, look up at partner, look down at the ball, and then strike it towards the partner.

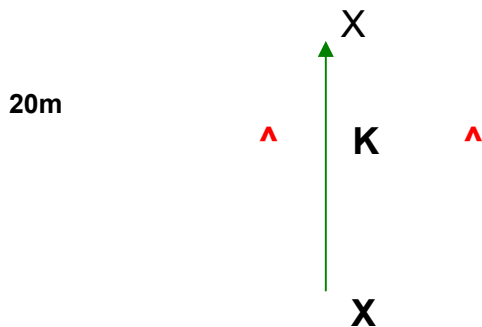
Rotate partners every 2 minutes for variety.

Skill: Shooting with the laces (10 minutes)

Set-Up:

Divide the players into groups of 3. Each group has 2 cones and a ball.
Make a goal with the cones, 4m wide.

Put one player in goal. The other two players stand on each side of the goal, 10m away.



One player shoots on goal (using laces). If the ball goes through the goal to the player on the other side, he/she controls it and shoots.

If the keeper stops the shot, the keeper then rolls the ball to the player on the other side for his/her shot.

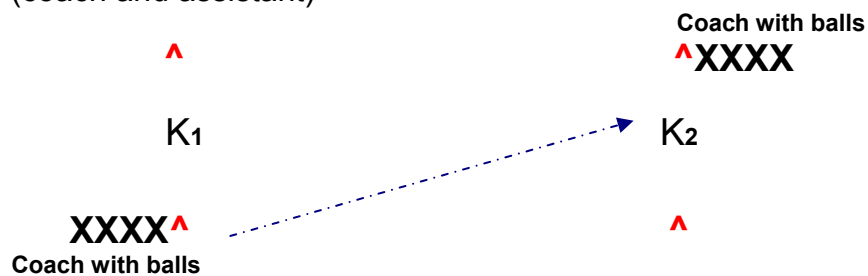
Coach, remind the players

- *of the head movement*
- *of accuracy before power*
- *to follow through with the kicking foot to the part of the net the player wants the ball to go to*

Skill: Shooting with the laces (10 minutes)

Set-Up:

- 2 opposing goals, 2.5m apart
- 2 goalkeepers
- 2 groups of players
- 2 coaches (coach and assistant)



Note: This is not a team v team practice.

Each coach pushes a ball towards the opposing goal. One player from that coach's group runs after the ball, gets it under control, looks up to see where the keeper is, looks down at the ball, and takes a shot.

Note: There will be a shot coming in on both goals.

After 5 minutes, change the set up. Have players now on both sides of each goal.

Each coach has 2 soccer balls. Each coach now serves alternately.



Coach #1 serves a ball towards the other goal.

One player from each side of coach #1's goal chases the ball. The player who gets the ball tries to shoot. The player who did not get the ball chases to get the ball.

After the shot is taken, Coach #2 does the same thing.

Continue to alternate in this fashion.

Players get into line at the other end.

Small-Sided Game (20 minutes)

Set-Up:

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

Coach, encourage shooting. Remind players of head movement and follow through.

Rotate teams every 7 minutes.

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?
Were the players challenged?**

Coach, try to give positive feedback to each player individually at least once during practice.



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Coaching at the Grass Roots

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8-9 year olds



SEASON 2, PART VI

Turning, Dribbling and Shooting

Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

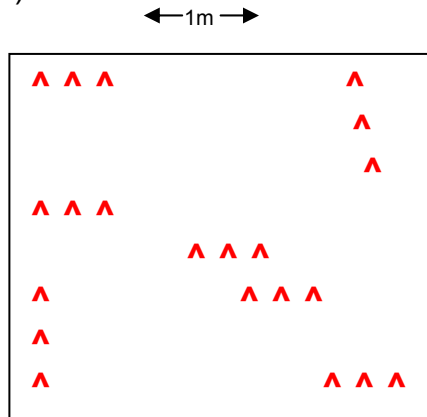
Warm-Up (10 minutes)

Set-Up:

25m x 35m rectangle

Coach sets up a series of 3-cone groups (cones spaced about 1m apart in total -

^ ^ ^)



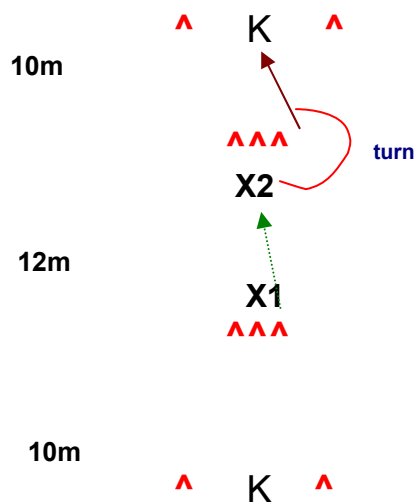
Each player has a ball and moves around the rectangle with it.

Each player is told to approach the cones from the front, move towards them, turn away, then roll around them.

Each player is encouraged to turn left and right, and also use different “turns” away from the cones (defender)

TRY SOMETHING DIFFERENT EACH TIME!

Technique Development (10 minutes)



X1 serves ball to X2.

X2 controls the ball, turns around the cones and takes a shot.

Keeper gives the ball to X2 who passes the ball to X1 who then turns around the cones and shoots.

Rotate players every 3 minutes.

The receiver of the ball always receives it with his/her back to the goal.

Players must develop different techniques of receiving the ball and “turning” with it around the defender in order to take a shot or to make a pass.

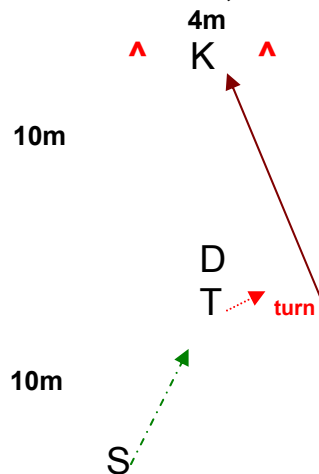
Dropping a shoulder one way but controlling the ball and moving the other way is a good technique to develop.

Coach, try to get players to

- develop the ability to turn both left and right.***
- use both the inside and outside of both feet to control the ball away from the defender***
- then quickly get his/her body between the defender and the ball as he/she turns with it.***

Skill Development (15 minutes)

K - keeper, D – defender, T – target man, S – server



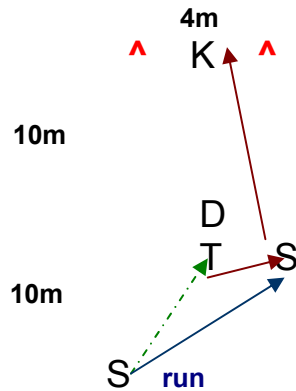
S serves the ball to T.

T controls with one touch left or right, turns and takes a shot.

Controlling touch – try using the inside/outside of both the left and right feet.

Coach, Server must communicate with Target Man telling him/her to (“Turn”, “Turn”) or (“Hold”, “Hold”).

Progression:



S serves the ball to T.
S supports T by running off to the right or left of T.
T passes the ball to S who takes a shot.

Coach, S must communicate with T to tell him/her to hold the ball (“Hold”, “Hold”) and then (“Yes”, “Yes”) for the pass and then the shot. Children find it difficult to communicate, but must be encouraged to do so.

Coach may designate the defender to be “passive”, “semi-active”, or “active”.

Rotate positions every few minutes.

Small-Sided “Conditioned” Game (25 minutes)

Set-Up:

two 25m x 35m fields
4v4 including keepers.

CONDITIONS!!

First – Target Man must receive the ball with his/her back to the goal and either (1) turn and shoot or (2) lay the ball off to another player who then shoots.

Second – Players must communicate to “help” this. The coach watches until there is an obvious need for communication. If it doesn’t happen, the coach blows his/her whistle to award a “free kick” against the team that did not communicate.

Coach, after two or three times of awarding a team a free kick for the other team’s lack of communication, the players will “get the idea” and start shouting directions!

Rotate teams every 8 minutes.

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 – the fewer the numbers competing, the more opportunities the children will have of touching the ball. This is more fun! The players also become better technically.

These children will learn to love the game. Bored children will drop out!



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 year olds



SEASON 2, PART VII Dribbling

Key Factors:

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

Let's Practice!

8-9 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

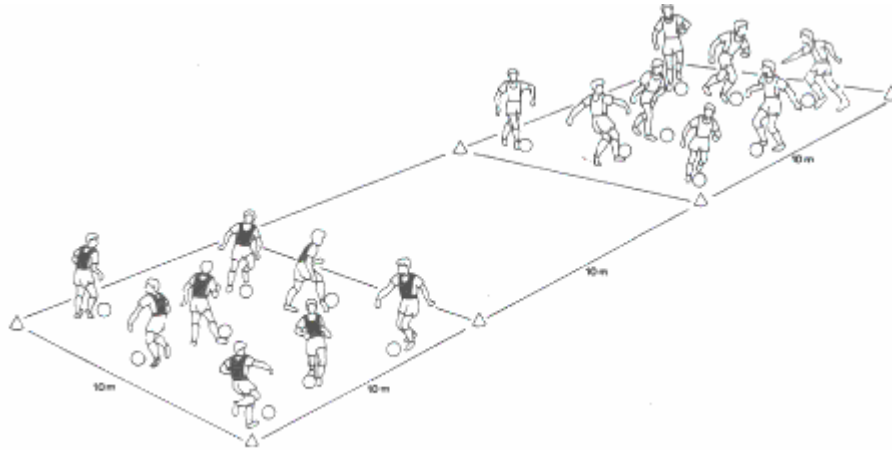
Set-Up:

10m x 30m area - divided into three 10m x 10m squares

A. 16 players, 8 in each grid. Each player has a ball.
Slow dribbling to avoid contact with other players/balls; then fast dribbling into space with ball under control. Keep head up.

Variation:

Dribble ball for 20 seconds as quickly as possible while maintaining control.

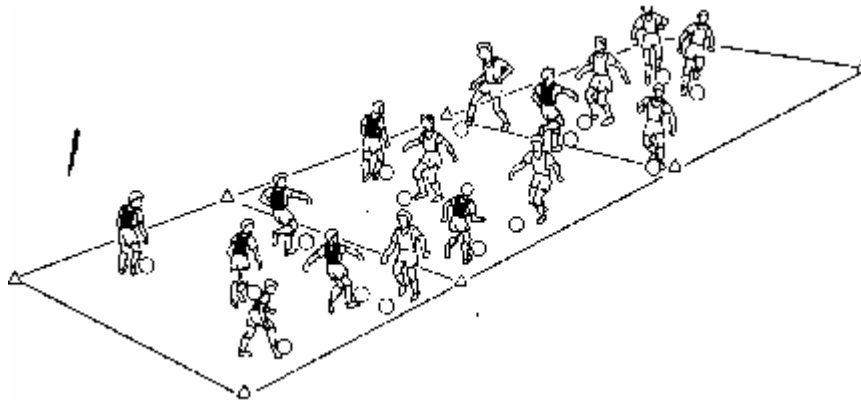


B. 16 players, 8 in each grid; each player has a ball.

On command, players in each grid dribble into other grid.

Variation:

Before leaving grid, each player must dribble around cone furthest from him/her in that grid.



Coach, always remind players to keep the ball within playing distance and to play with their heads up. Occasionally call “stop”. Players must immediately put foot on ball and stop moving. If the ball escapes them, it is not under control. Stress that players move instantly from slow to fast and from fast to slow with the ball. A quick change of pace beats defenders!

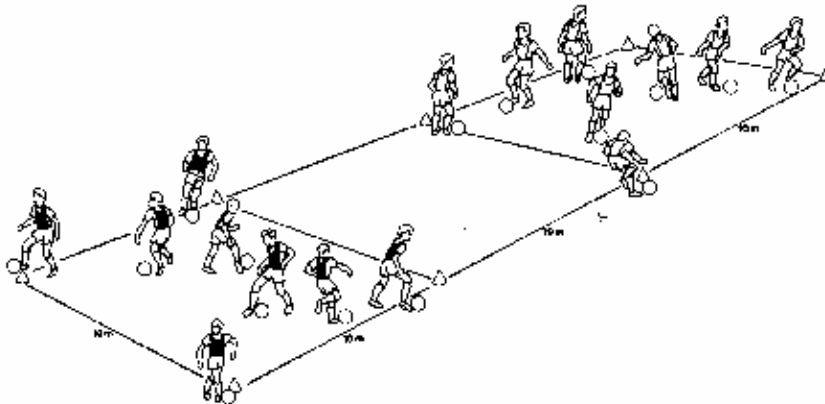
Technique Practice (10 minutes)

One group of 8 players in each grid. Each player has a ball.

On command, players dribble around the cones of their own grid. Use inside and outside of each foot. Avoid contact with cones, and other players and balls. Head up.

Variation:

Leave own grid, dribble around the 4 cones of other grid and return.

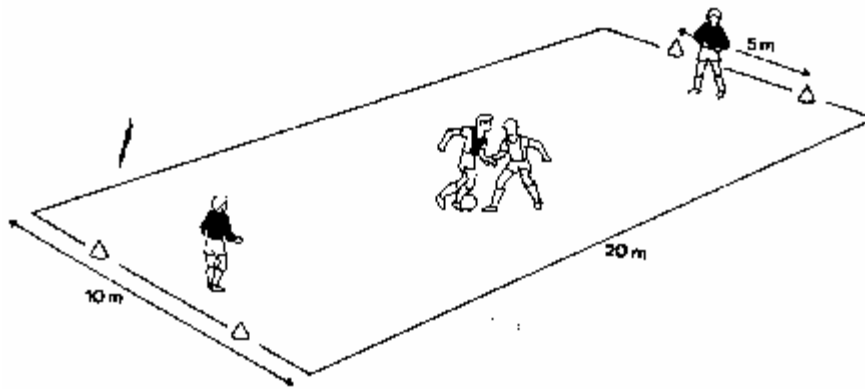


Skill Practice (15 minutes)

2 v 2 including goalkeepers.

Player with ball must dribble before shooting.

Goalkeeper and field-player alternate positions after so many shots, goals, or minutes.

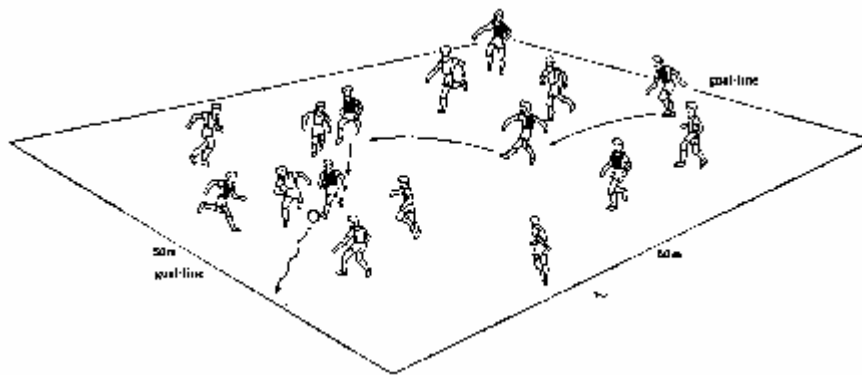


Related Game (10 minutes)

Play 8 v 8 across half-field (60 m x 50 m grid).

Team-mates pass so that one player is free to dribble over opposition's goal-line to score.

No goalkeepers. No offside. Entire goal-line counts as goal.



Mini or Maxi Game (15 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!

**Children who are having fun and improving skills
will learn to love soccer.**

**Children who are merely pressured to win
may soon decide to leave the sport.**

Practice is a valuable time.

**The coach can foster a love for the game
by creating a positive learning environment
for all the players!**



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Coaching at the Grass Roots

IT'S PRACTICE TIME!

8-9 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!

8-9 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

Warm-Up (10 minutes)

Players work in pairs in half-field (60m x 50m grid).

Standing: Pass to partner.

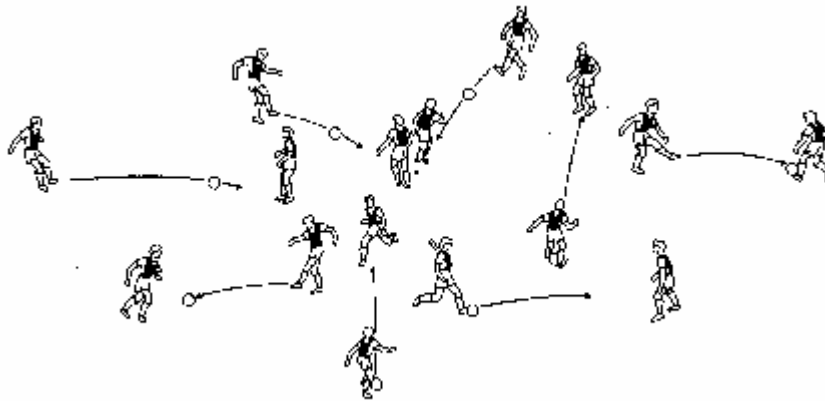
Coach, emphasize:

- **watching ball**
- **clean strike - accurate and firm**
- **trying to control ball in one touch.**

Progress to moving freely throughout grid with 2 or 3-touch passing.

Coach, emphasize eye-contact.

Perform stretches at 5-minute intervals. Stretch major muscle-groups and joints.



Technique Practice (15 minutes)

8 players on circle of 20-metres diameter (centre-circle).

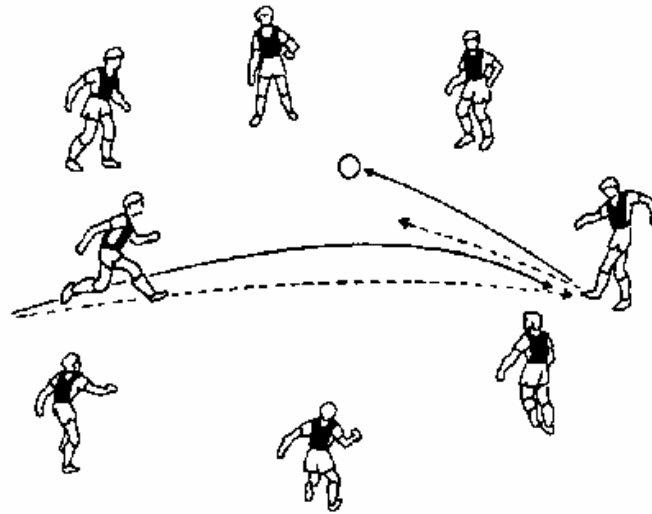
Pass ball to player on opposite side of circle. Follow pass. Receiver passes and

follows and so on.
Progress from 3-touch to 2- touch play

Variation:

Dribble to centre of circle before passing and following.

Coach, emphasize eye-contact between player in possession and other players. Calling for the ball may be encouraged.



Skill Practice (15 minutes)

Set-Up:

40m x 30m grid

6 attackers v 2 defenders

Attackers pass and control to keep ball from defenders.

"Free" attackers help player in possession by getting into space to receive pass.



Coach, emphasize:

- **accurate passing with firm pace**
- **control ball in one-touch if possible**
- **communication: eye-contact; calling for ball if in clear**

Set-Up:

10m x 10m grid

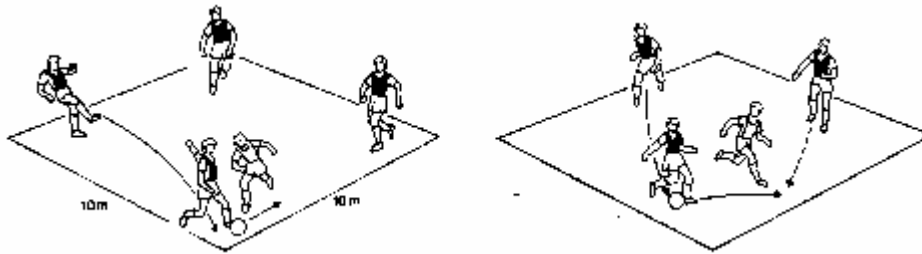
4 attackers v 1 defender.

The 4 attackers try to keep possession. Always have 2 players in support. Keep defender moving.

Progress to 3 v 1. Support players need to work harder.

Coach, introduce idea of timing pass according to position of defender; if defender is close to ball, release ball early; if defender is far from ball, keep ball and "draw" (attract) defender.

Disguise pass by using instep or outside of foot to strike ball.



Related Game (10 minutes)

Set-Up:

30m x 20m grid.

2 teams of 3 players. A game of 3 v 2 is played.

One player waits outside grid.

The team with 3 players has ball and passes to maintain possession.

When possession is lost, one player (ex-attacker) drops out and the waiting player joins his team (ex-defenders) to create a new 3 v 2 game.

Rotate players so that all take turns to wait.

Goals can be scored by passing ball between cones and/or allowing 5 consecutive passes to count as a goal.

Coach, emphasize:

- **quality passing**
- **one-touch control**
- **support behind and in front of ball**
- **eye-contact and "calling"**



Mini or Maxi Game (10 minutes)

Warm-Down (5 minutes)

Relaxed running and stretching.

The players should automatically follow the established routines for warming-down. 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?**



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