

GRASSROOTS: COORDINATION AND BASIC TECHNIQUES

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COORDINATION, AGILITY, MOTOR SKILLS

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- Coordination is the interaction between the brain and the muscles to successfully carry out a movement
- Children who are well coordinated and comfortable in their movement will be better at:
 - Controlling the ball and dribbling, running fast, jumping high, shooting with strength and gaining possession of the ball before their opponent
- The primary objective of the coordination sessions is that the children perform to the best of their abilities and use their motor skills effectively



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- The golden age for working on general coordination is between 8 and 12 years old
- Developing coordination:
 - Coordination is developed through complex activities such as games with or without a ball, movements and running exercises and varied practices (including sports involving use of the hands, like rugby)
 - Optimum development is reached by following the principle of variation and combination of different methods and exercises
 - To improve coordination, children need to practise, alternating between:
 - coordination exercises
 - football games and exercises
 - Coordination exercises should begin as early as possible (6-7 years old)

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- Between 6 and 12 years old, coordination exercises must be part of each training session (beginning of the session)
- Duration: 15 minutes, 3 exercises
- Exercises must be:
 - With and without the ball
 - Competitive between the teams
- The exercise should be changed if:
 - It is too difficult
 - It is too easy
 - Participants have lost interest → change/adapt the exercises
- To sum up:
 - Quality is better than quantity
 - The motivation of the children is the most important element
 - No practice when the children are tired

COORDINATION ASPECTS

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1. Orientation
2. Rhythm
3. Bilateral coordination
4. Reaction
5. Balance



Influential factors

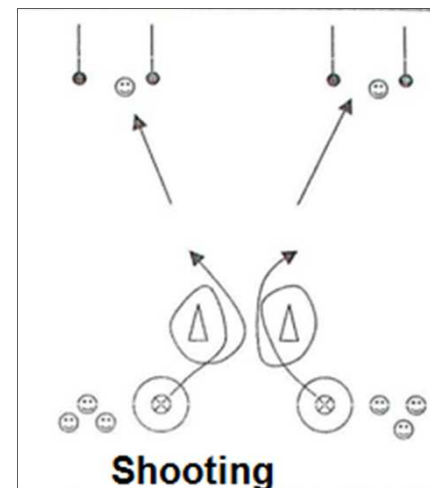
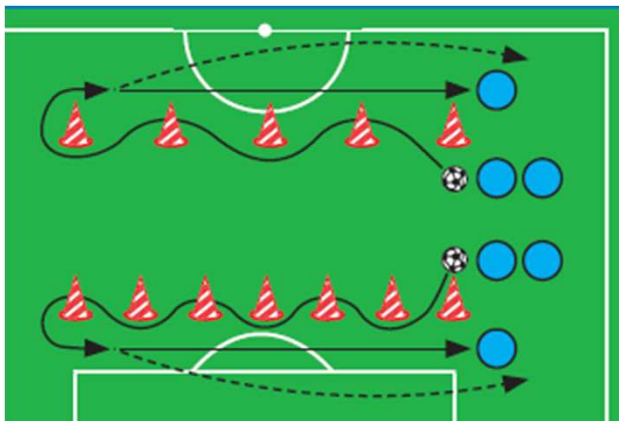
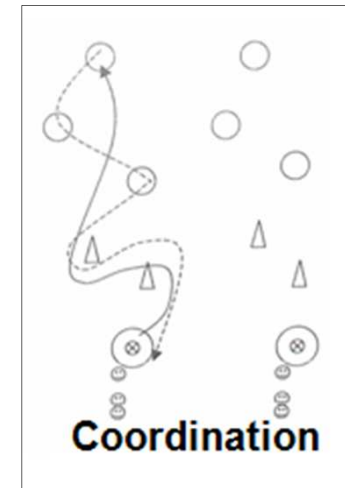
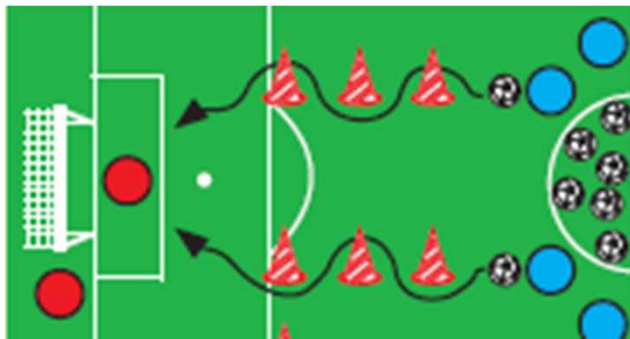
Speed+Strength+Flexibility+Endurance

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- Examples:



BASIC TECHNIQUES

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Five general categories

1. Controlling the ball
 1. Controlling
 2. Juggling
2. Running with the ball
 1. With obstacles
 2. Without obstacles – dribbling
3. Passing the ball
4. Shooting
5. Special techniques
 1. Headers
 2. Volleys
 3. Defensive manoeuvres
 4. Feints
 5. Goalkeeping



Under 10 – Under 11

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Technical targets:

- Mastering the ball – running with the ball
- With/without obstacles
- Introducing dribbling
- Introducing short passing
- Introducing control

Shooting, flicks, lobs, heading, sliding, and chest and thigh control must be prohibited at this age when practising long passing.

Under 10 – Under 11

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Individual tactical targets:

- Introducing opponents
- Attacking play against 1 opponent
- Defensive play against 1 then 2 opponents
- Triangle play (3v2 – 4v3 etc.)

Under 10 – Under 11

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Collective tactical targets: ability to play together

- My team has the ball: I think play deep
- My team has the ball: I think attack wide
- My team has the ball: I play wide and move forward
- My team has the ball: I keep to my zone
- My team lost the ball: whatever my position I try to win it back

Under 10 – Under 11

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Fitness targets

- Specific: steps – coordination – balance – both legs
- Without speed
- With speed
- Endurance by games

Strength and speed endurance exercises are not appropriate at this age.

Under 11 – Under 12

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Technical targets:

- Running with the ball, dribbling, feinting
- Controlling the ball
- How to kick the ball for a short pass?
- Changing direction control
- How to make a strong pass?
- Linking control and passing
- How to shoot?
- How to take a header?

Lobs, sliding, chest and thigh control, volleys and half-volleys must be prohibited at this age when practising long passing.

Under 11 – Under 12

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Individual tactical targets:

- How to play with equal number of players in attacking play?
- How to play with equal number of players in defensive play?
- How to play with 1 team-mate more in attacking play?
- How to play with 1 team-mate more in defensive play?
- How to play with 1 team-mate less in attacking play?
- How to play with 1 team-mate less in defensive play?

Under 11 – Under 12

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Collective tactical targets: ability to play together

- Free games
- My team has the ball: I think play deep
- My team has the ball: I keep to my zone in attack
- My team has the ball: I keep to my zone in defence
- My team has the ball: I think attack wide
- My team has the ball: I play wide and move forward
- My team has lost the ball: whatever my position, I try to win it back

Under 11 – Under 12

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Fitness targets

- Specific speed: explosiveness/reactions – visual signal
- Steps: coordination – balance – both legs
- Without speed
- With speed
- Stretching
- Endurance by games
- Learning the rules of the game

Strength and speed endurance exercises are not appropriate at this age.

Under 12 – Under 13

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Technical targets:

- Running with the ball – dribbling – feinting
- Short passes and controlling the ball
- Heading
- Trapping the ball
- Defensive skills
- Making strong passes
- Linking control and passing
- How to score goals?
- Volley – half-volley

Under 12 – Under 13

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Individual tactical targets:

- How to play with equal number of players in attacking play?
- How to play with equal number of players in defensive play?
- How to play with 1 team-mate more in attacking play?
- How to play with 1 team-mate more in defensive play?
- How to play with 1 team-mate less in attacking play?
- How to play with 1 team-mate less in defensive play?

Under 12 – Under 13

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Collective tactical targets: ability to play together

- Free game
- My team has the ball: I keep to my zone
- My team lost the ball: I keep to my zone
- My team has the ball: I look for counterattack
- My team has the ball: I think attack wide
- My team has the ball: I look to attack – keeping the ball
- My team lost the ball: whatever my position, I try to win it back

Under 12 – Under 13

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Fitness targets

- Specific speed: explosiveness/reactions – visual signals
- Steps: coordination – balance – both legs
- Without speed
- With speed
- Stretching
- Endurance by games

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Under 12 – Under 13

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Strategy

- Attacking/defensive throw-in
- Attacking/defensive set plays (corner kick – free kick)
- Learning the rules of the game

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**U13 - U14
(PROGRESSION)**