

Thank you for joining our Zoom Meeting for
LTSC Clinic Coaches!

We thank you for your patience as we wait a few minutes
for everyone to arrive!



Clinic Soccer

Practice Plans and Ideas!

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Fun, Fun, Fun

Fun is the name of the game. Of course, this extends into older age groups as well but it starts right here!

Tips:

#1 Don't stress about learning skills. Keep it simple.

#2 Don't stress about "getting things done." Take your time.

#3 Have fun!

Welcome (5-10min)



- Start with a very hospitable welcome for the kids and introductions. Have everyone introduce themselves with their name and school or name and something fun like favorite ice cream.
- Some kids may be shy and not want to talk, not a big deal. Don't pressure anyone to do anything they feel uncomfortable with. Of course, you want to encourage them to participate but if they'd rather sit with their Mom or Dad or if they'd like their Mom or Dad to play with them, that's fine. Be flexible.
- Lay the foundation: Why are we here?
 - Set objectives, expectations, boundaries. Example: We are here to learn and have fun playing soccer. We are going to learn some new things and even if they are tough, I want you to try your hardest! Is everyone here a good listener? Okay, if you are listening to me, I want you to touch your nose!
- Show the kids that you are interested in them!

Warm Up!

- It's important to keep a routine with the kids and also get them into good habits from the start. Doing a warm up with the kids can be a fun way to start practice if you challenge them with different warm up items like: running, high knees, butt kicks, side step, and you can even have a race at the end.
- Make warm up fun by saying, "Okay, when I say go you have to run to this line and when you get here you have to stand on one foot!" (or tap your head, or sit on the ground with your feet up... dead bug, crab, bear, etc.)
- Do a couple stretches: touch your toes, butterfly (add new ones each week)... make it a challenge like... who can do this stretch!?!?
- WATER BREAK (water breaks will be your best friend, makes easy transitions and kids LOVE to touch base back with their parents)



Dribbling Games

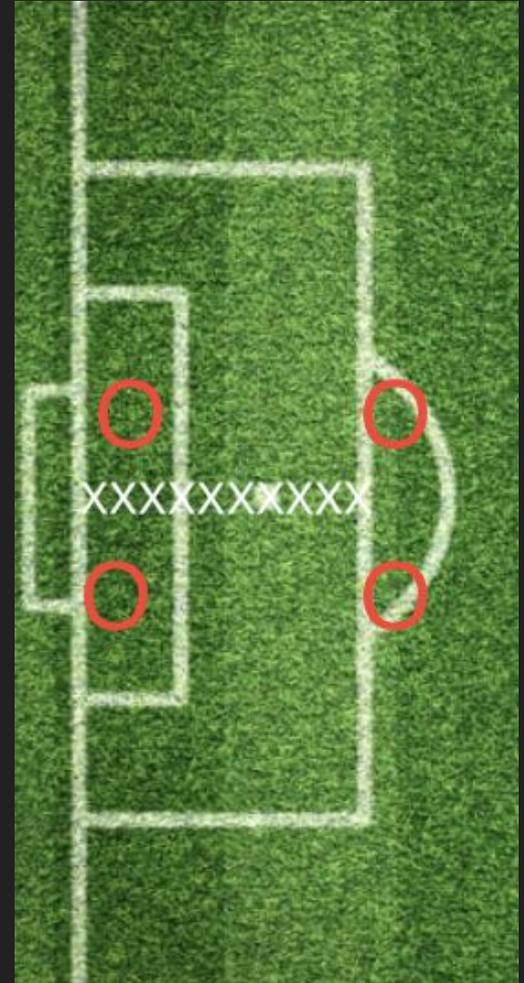
- Moves: pull-back turn, stepover/silly turn, toe taps, stomp-fake.
- Hot seat: kids dribble around inside the box as you call out different moves. When you say “hot seat” they have to sit on their ball. Last person to sit down is out. (do 1 or 2 practice rounds so all of the kids get some practice on the moves before you start taking people out of the game). Kids that are out become referees and help you decide who was last from the sideline.
- Switch (all age groups): Instead of saying hot seat, you’ll say switch and they have to leave their ball and sit on someone else’s ball. Last player to sit on their ball is out.
- Body Part Game: same idea but you call out a body part and they have to put that body part on the ball.



Eggs in a basket

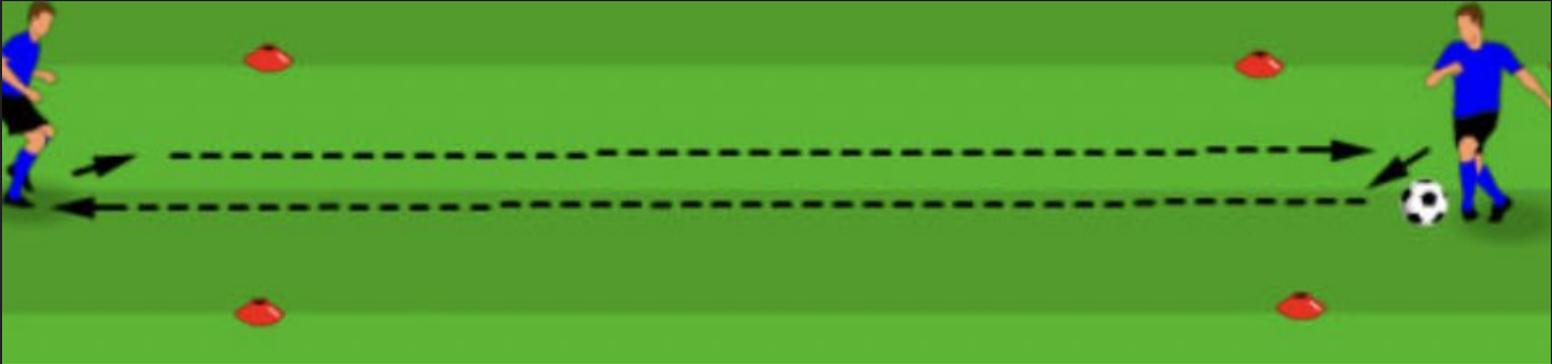
Divide into two teams and assign each team a coach. The balls go on one end and then make a circle with cones about 15-20 yards away. Set this up for each team. The goal is to see which team can put all of their eggs in the basket first!

Eggs in the frying pan: Same idea but you use the goal instead and you see which team can get all of their eggs in the frying pan first.



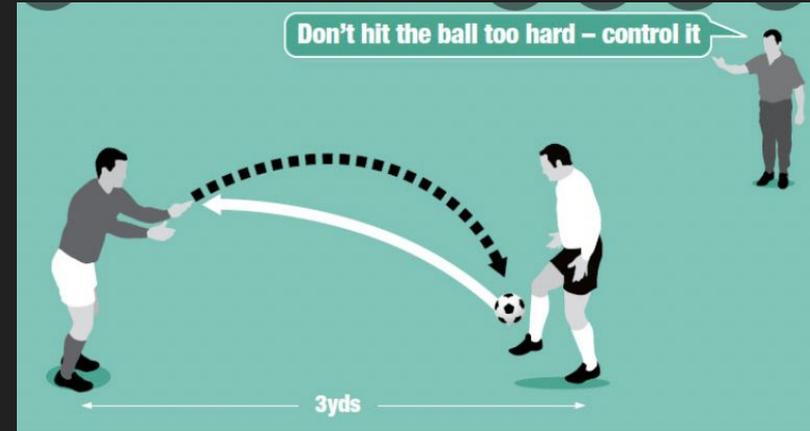
Partner Passing

- It's always good to start with parent passing first because the kids love when their parents get involved. This way you can introduce the concept in a comfortable way and once they get used to it (after a couple of practices) then you can have them do it together. Have them count out loud to 10 passes as they do it.
- Point the planting foot (non-kicking foot) at the target. Pass with inside of the foot.



Volleys

- Volleys are a great way to work on locking the ankle for passing and shooting. This is one that you want to definitely start with parents or have the coaches run it with small groups of players. Usually, I will have help from a couple of coaches and then ask a couple of parents to come up and help out so that each person has 3 or 4 kids tops.
- Inside volleys: toe up, ankle locked, heel starts in the ground.
- Laces volleys: toe down, ankle locked, toe starts in the ground.
- <https://www.youtube.com/watch?v=-h97HY9ywuc>

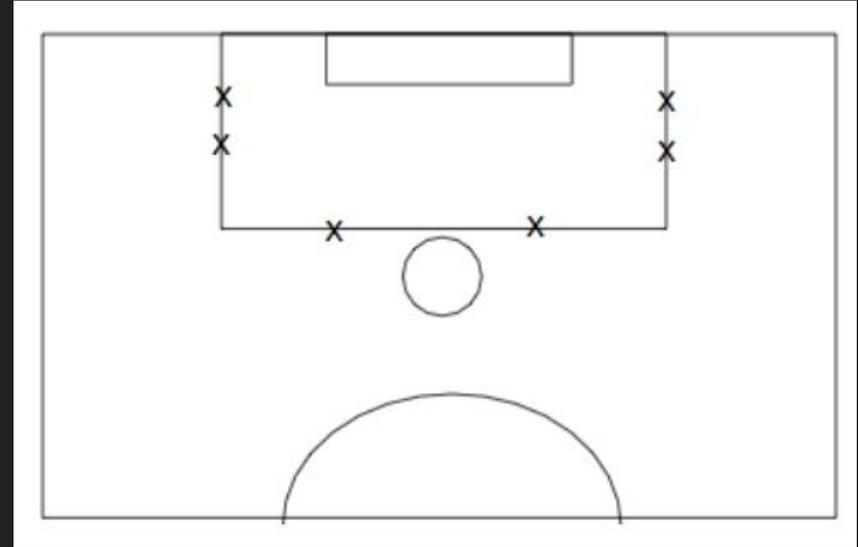


World Cup

- Split the kids up into two teams and see which team can score 10 goals first. Everyone shoots at the same goal and you just need to throw out a bunch of balls!
- Split the kids up into 3 or 4 teams and when each team scores, they come off the field. When there is only one team left

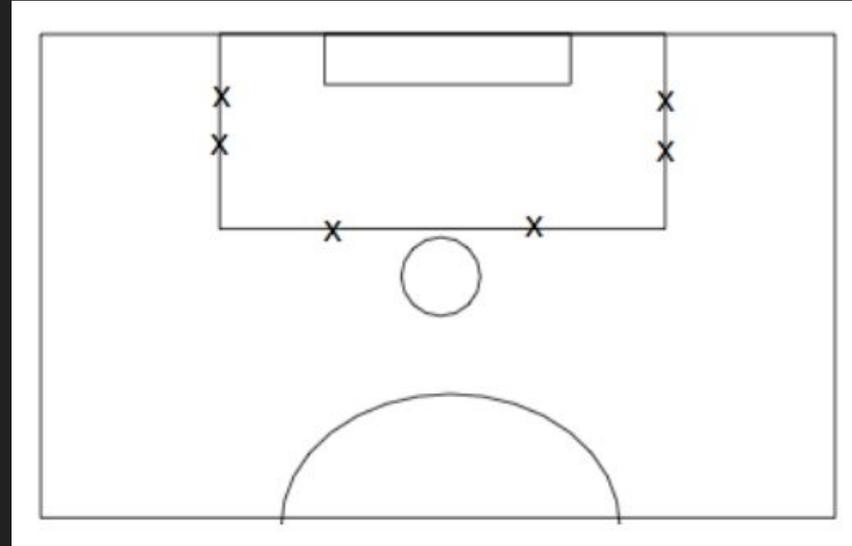
Numbers Game

- Start in middle with the balls and line up each team on each side of you. Call out number- that number from each team enters the game. To enter the game, must run through their own goal, you play ball out in the middle.
- First team to 3 goals wins. If it goes quickly then you can do a rematch!
- Starting next practice we will introduce possession but we want the first practice to be lively, fun and move quickly so the team gets off to a good and energetic start!



Steal the Bacon

- Split the kids up into 2 teams and then give each kid a number. Call out a number and play the ball out and let the kids play until the ball goes out of bounds.
- Easier version: call out things like “if you have black cleats, blonde hair, pink shorts, etc.” ... and I love by ending with “if you love soccer!”



Scrimmage

- Always easy and fun way to end. I recommend having the coaches participate with the kids (at least for the first few weeks).
- Hype it up! Have the teams huddle, come up with team names! Have one of the coaches referee (MC) the game!
- Take time in the beginning to explain the rules again.

Thank you for attending the meeting!
Good Luck!

If you have any questions please stay for

Q and A

If you have any questions during the week you can email:
CoachAli.ChampionsSoccer@gmail.com