



Practice #1



Week of August 23, 2021

Intro to Weekly Meetings

- 15 minutes/week
- Practice Plan
- Coaching Tips
- Q and A after every meeting



Welcome

- 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.
- Consider that some kids may be nervous and their impression of what the season will be like will start with this introduction process.
- Lay out your objectives for the season and expectations for the players. Kids need boundaries
 - The most important thing is that we have a great time this season. I also want to make sure that everyone learns and improves during the season. During the season, if you ever have any questions or you want to try a new position, just come and talk to me!
 - The only things I ask are that #1 you give me a good effort. Mistakes are going to happen and that's ok. #2 I respect all of you and I expect the same in return. So, when I am talking, I need you to listen just like I will listen to you when you talk to me.



Always start with a brief overview of practice.

Here's what we are going to do today...!

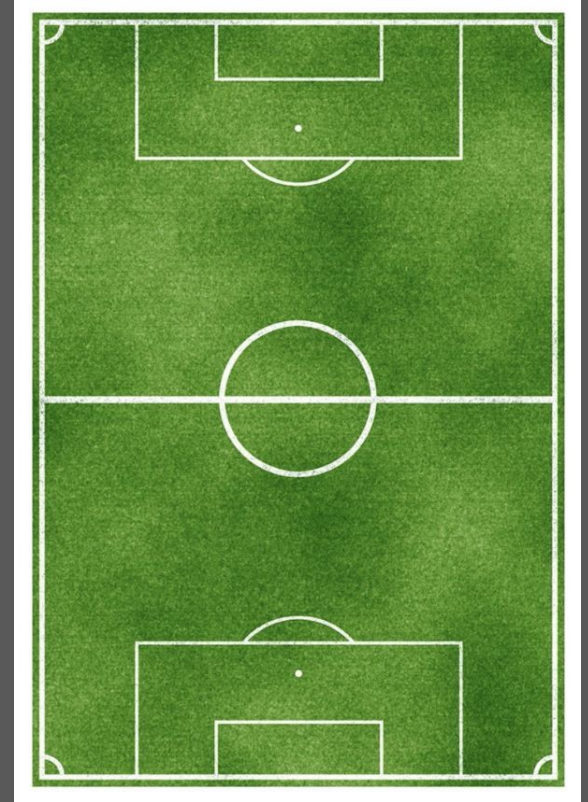
- We are always going to start with a warm up. Then we are going to work on our ball skills with some relay races. If you work hard during the relay races then we will play a fun game called knock-out. Then we are going to play a small fun scrimmage game and then end with a big scrimmage game!
- It's important for the kids to know what to expect. This will help them to pay better attention and take some of the anxiety out of practice.



Warm Up

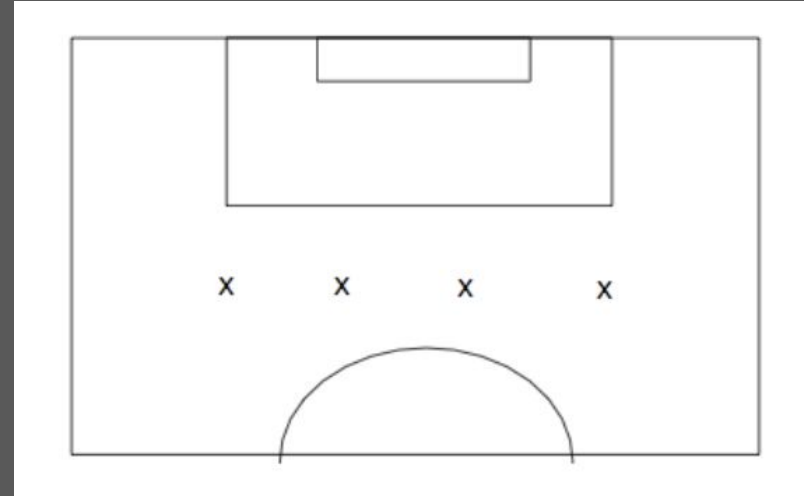
Always start with a warm up! It's important to teach the kids good habits.

- Have the kids line up along the endline. You stand at the top of the box and then the kids do various things out to the top of the box and back.
 - Jog
 - High Knees
 - Butt Kicks
 - Side Steps
 - Sprint
- Then stretch. You lead the first stretch counting to 10 for each muscle and then every practice/game after, pick a new player to lead the stretch. This will help teach leadership skills and encourage all players to take an active role on the team.



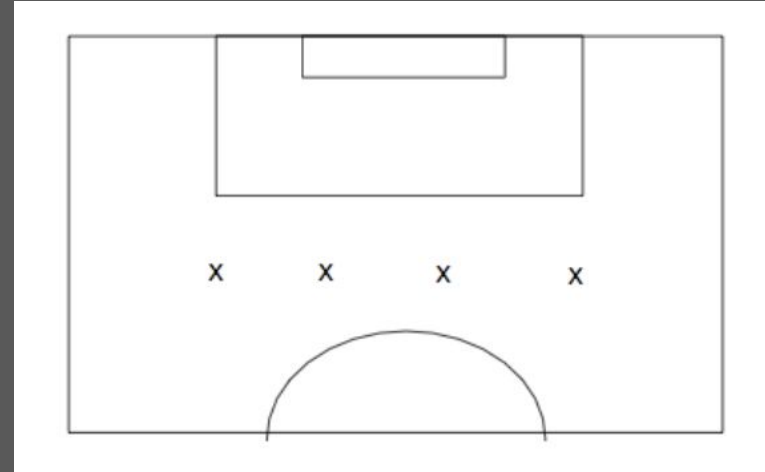
Relay Races

- This is a fast way to assess where the team is with their skill level as well as work on their touches and introduce new skills.
- Put the kids in teams of 3 or 4. If the kids are 10 years old or younger, then if their teams come up with a team name.
- Right Foot, Left Foot, Pull Back Turn, Stepmover Turn
- <https://youtu.be/uzGWCy4b9Uk>
- Have each player go once in a practice round and depending on how well they do in practice round decide if they should go once or twice in the game round. Losing teams have a consequence like jumping jacks, pushups, or something fun.



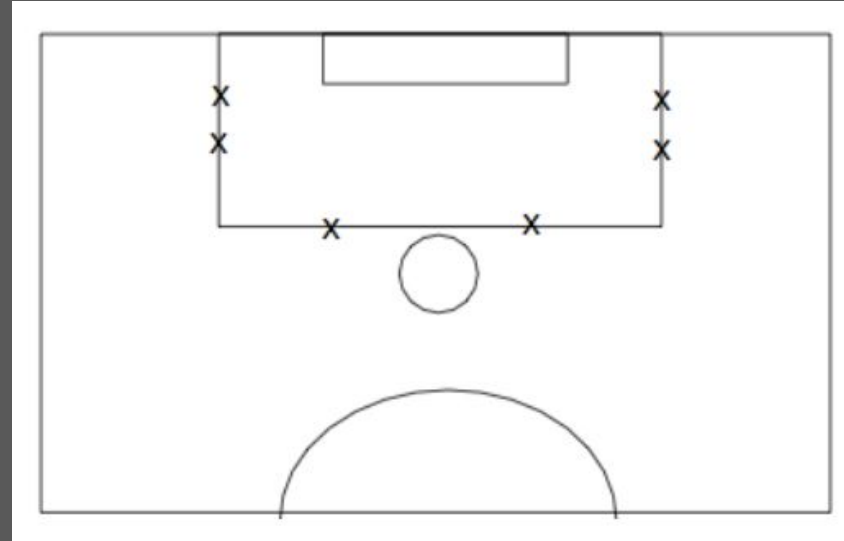
Knock Out

- Everyone dribbles in the box trying to protect their ball and knock out others balls. The last one standing is the winner.
- If you don't have enough balls for everyone in the first practice then you can have 2 rounds. Split the team in half and play 2 separate rounds. Take the top 2 players from each round and then play a championship round.



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!



Scrimmage and Farewell

- Leave time for a 10 minute scrimmage at the end of practice! After all, this is the game we are here to play! Account for farewell time.
- Always bring the team in to recap the practice and touch on some of your core values.
- Great practice today everyone! You worked really hard on the relay races, I saw some good touches on the ball but most importantly I saw **good teamwork and good effort!** And I was really happy to see that **hard work and teamwork** during the scrimmage tonight. Even when some of you made mistakes you kept a **positive attitude and hustled back** to help your team! That was awesome! Well done everyone! Team cheer!

Thank you for attending the meeting!
Good Luck at your first practice.

Q and A