

Welcome Coaches!

The Zoom meeting will begin in just a moment... we are waiting for everyone to join!

PRACTICE #2

Week of August 30



Welcome! (5 min)

- 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.
- You are still laying the foundation: Remind the players of your objectives for the season and expectations for the players. Kids must understand the objectives and boundaries
- Example: 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!
- Example: 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.



Provide a brief overview of practice... (1 min)

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

- We are going to start with a good warm up. Then we are going to work on our ball skills with a fun game called the body part game. After our foot skills we are going to play a passing game. Then we are going to play a small game of keep-a-way 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.



Hot Seat and Switch (10-15 min)

- Start by reviewing the moves we learned last week: pull-back turn, stepover/silly turn.
- Add lunge-fake (or stomp-fake) for this week and scissors (only for U10+)
- Hot seat (U10 and younger): 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.



Shuttle Lines (10-15min)

- Set players up in teams of 4 or 5 players. Then split the team in half to have them stand in lines across from each other.
- Younger groups will pass the ball between the cones and then go to the end of their own line (U7 and U8). U10 will start with this version and then move to the second version...
- Older groups (U10 and up) will pass the ball and then follow their pass to run behind the end of the opposite line.
- U12 and U14 can do a left foot round, right foot round, trap with left and pass with right, trap with right and pass with left. All younger age groups (U10 and younger should let the kids do what they want (just for this week... we can make it tougher in future practices).
- Focus on: pointing the planting foot where you want the pass to go and pass with the INSIDE of the foot)
- See how the practice round goes and then announce a competition round: First team to 10 passes wins! Or 20 passes! All depends on how they did in the practice round.



2 Box Possession Game

- Divide the goal box in half. Se split your team in half and put half of the players on each side.
- Each team sends one defender over to the other side and they have 1 minute to see how many TOTAL (not consecutive) passes they can get in 1 minute. The team with the most passes gets a point and then we play the next round. If you have a smaller team, you can give everyone a turn. Older age groups can stick to 5-ish rounds.
- Losing team has some sort of consequence in the end... jumping jacks, hills, or better yet... let the kids decide the consequence before the game even starts!



Scrimmage

End with a big scrimmage or the numbers game from last week. Save this last 15 minutes to let the kids play and try to minimize your coaching tips. Before the scrimmage starts give this kids just 1 or 2 things to think about while they are playing.

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