

Welcome Coaches!

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

PRACTICE #4

Week of September 13



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.



Shooting Progression starting with VOLLEYS

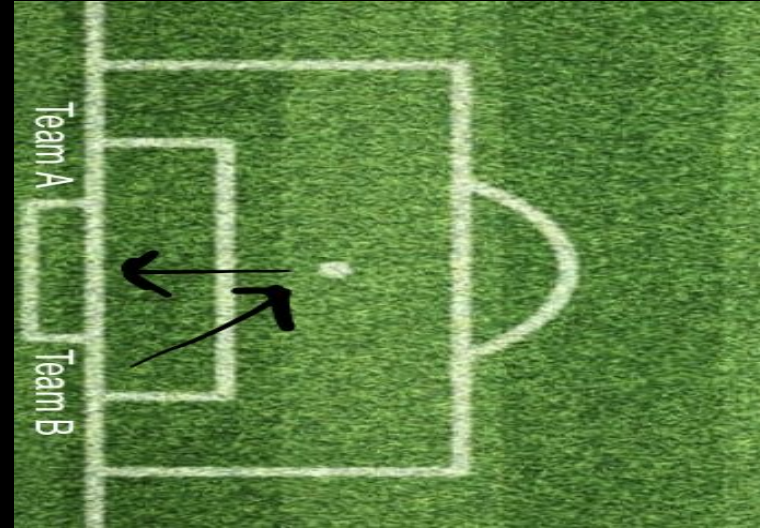
- Shooting Progression: <https://www.youtube.com/watch?v=nyEzKSBkF3U>
- Volleys are one of the most important skills you could possibly do with your players. Volleys lay the foundation for all kicking (shooting and passing).
- U7, U8 and U10 should have coaches/parents toss the ball. Put players in groups of 3 or 4 and stand them shoulder to shoulder in front of the coach (who has all of the balls at their feet) and go down the line tossing.
- Older age groups can work on this with a partner.
- Younger age groups practice first and then see who can get to 5 or 10 catches first.
- Older age group practice first and then give each partner 1 minute to get as many volleys as they can. Add their scores together and then in the next round they have to beat their own score.

Shooting

- Have the kids practice “Swing and hop” 5 times without the ball. Next, line the kids up on the 6 yard line and go one-by-one down the line as they each take a practice shot. Have them do 3 practice shots each.
- Next shooting practice in line. You stand on the top of the box and the kids will stand at the top of the D. When it is their turn they will pass the ball to you, you touch it to the side and then they run onto it and shoot.

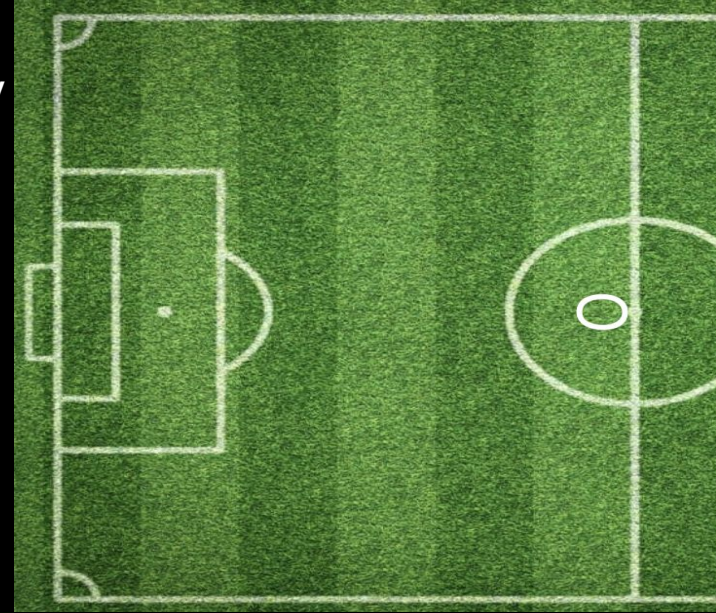
Shooting Game

- Basic Premise: Shoot and then become the goalkeeper.
- Player Runs out to penalty marker (or top of the box for older age groups), coach passes the ball out and player shoots the ball and then runs to the the goal to become goalkeeper. Then the other team does the same. Teams continue to alternate turns until a team scores 10 goals to win the game.
- Pros to this game: no one is out, everyone gets shooting practice and you can increase the pace of the game to make it more action packed. You can also add the rule (for older age groups that shots over the goal are negative 1 point).



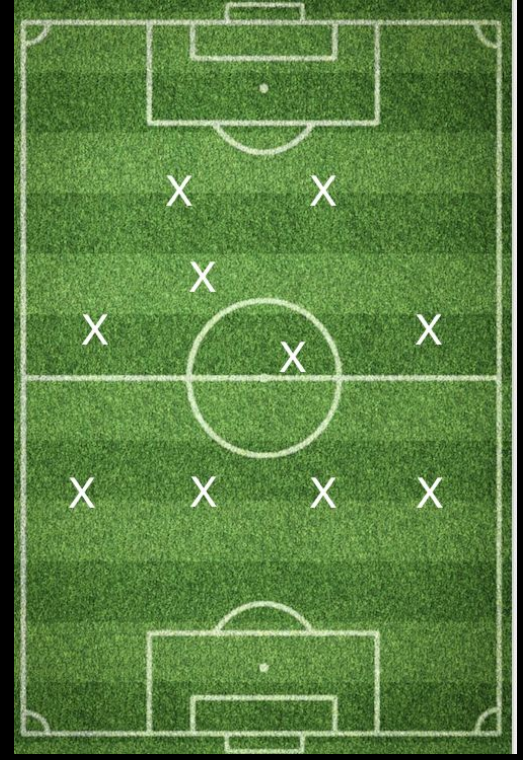
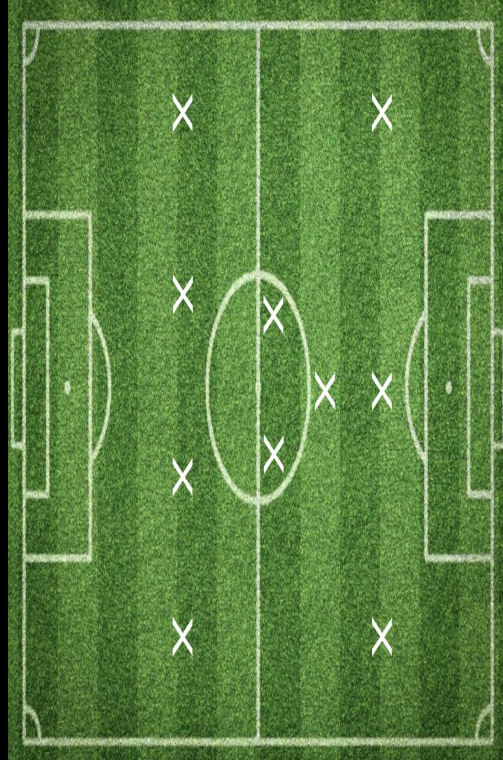
Scrimmage: Offense vs. Defense

- You will start at midfield with the balls and every time a ball goes out, you pass a new one in.
- Emphasizing players being in correct positions and saying things like... “who can get open?” “who is in the right position?” “I’m going to give the ball to the player who are wear they are supposed to be!”



Positions

- Looking for 4 things: height, width, depth, center connector
- Most standard formations: 4-4-2, 4-3-3



Scrimmage

If you have time at the end, give the players a chance to play and work on the things you did in practice.

World Cup!

Break the kids into teams of 3 and have them pick a name for their team. All of the teams will go on the field while you play goalkeeper. You will throw a few balls out and anyone can score. In order for their goal to count, they have to call out their team name. Once their team scores, the whole team exits the field. Once there is one team left, that team is out. All the teams that have scored re-enter the field for the next round.



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