

Welcome Coaches!

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

PRACTICE #6

Week of September 27



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.



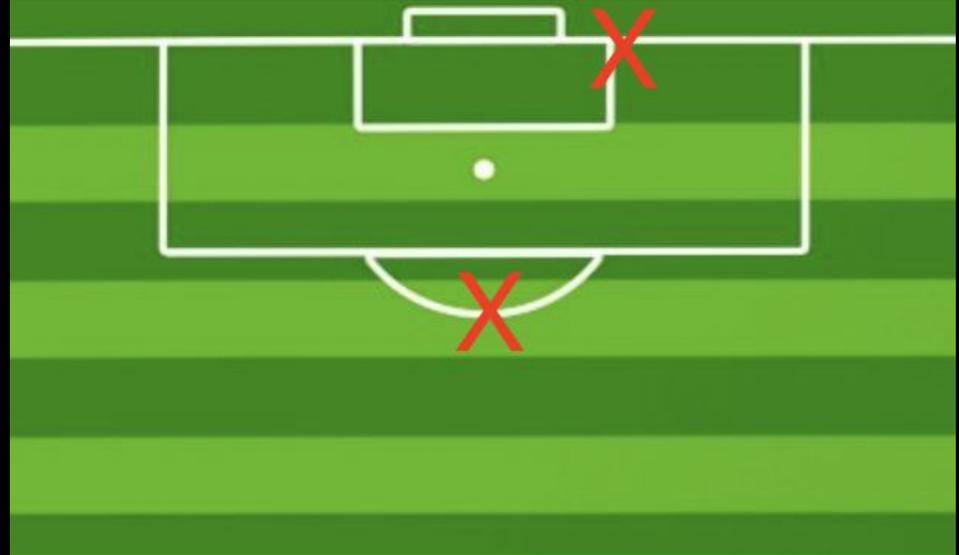
The name of the game today is FUN!

DRIBBLING GAME

- If your team likes any of the dribbling games then open up with this. This will help pace the practice and get some important skills practice in the beginning. At this point in the season, whether you are U7 or U14, you should be seeing moves like the pull-back turn regularly in the game. Players should not be running around the ball to turn. This is something to look for to make sure your team is on the right track.
- Switch, Hot Seat, Body Part, Knock Out
- Soccer Freeze Tag: If freezer kicks your ball then you have to hold it over your head until someone unfreezes you by dribbling through your legs!

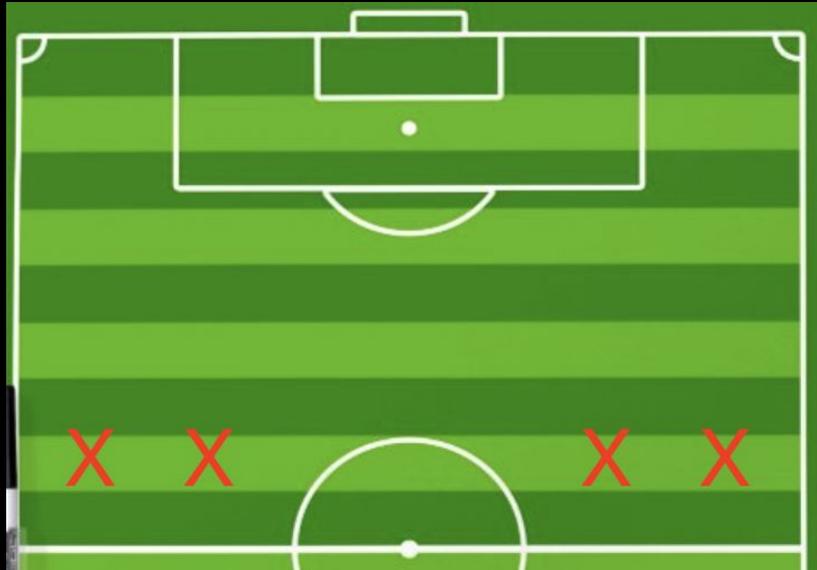
Shooting

- Knock Out
- Lightning
- Power-Finesse
- Team Ten (Team Shooting Game we've been playing)
- World Cup



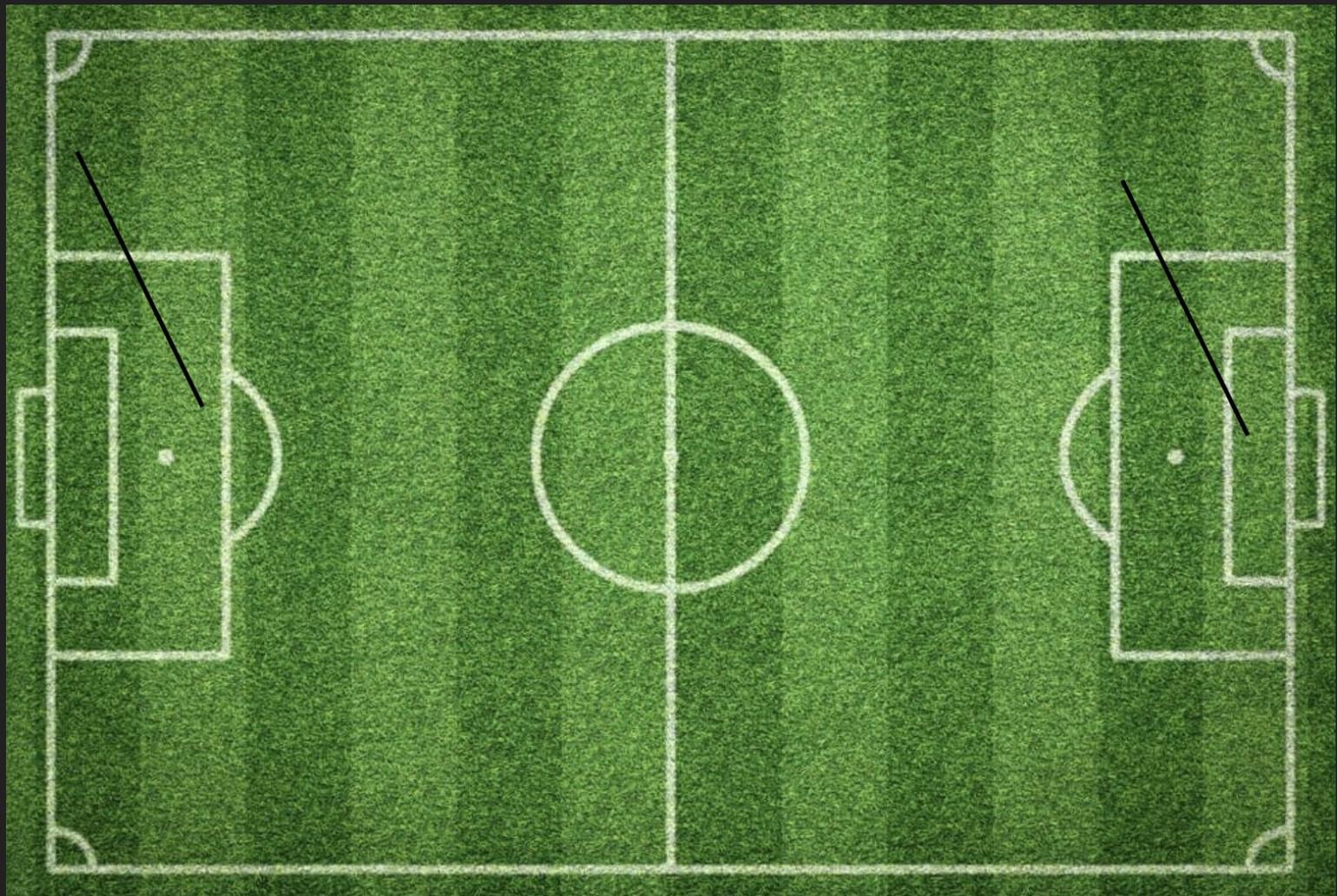
Scrimmage

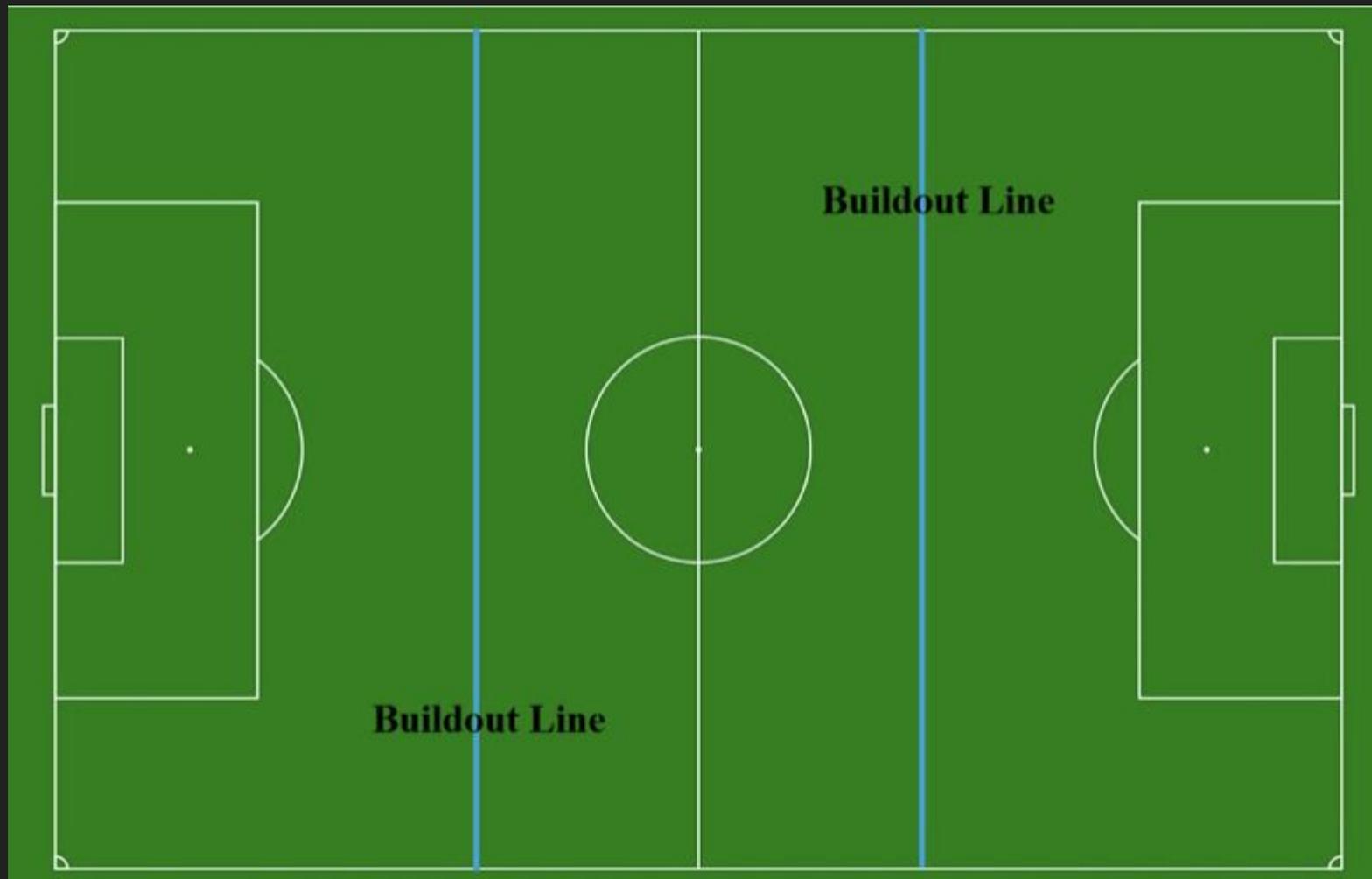
- Set up two wide goals if you only have half of a field OR set up a field with 2 small goals OR set up a regular goal in the middle at half field.



Practice and Game Strategy

- Are you seeing any skills during the game?
- Does your defense shift side to side? Up and back?
- Are you teaching LAYERS of defense.
 - Dressing with layers during the winter is a good analogy.
- Do you have a designated forward that stays high?
- How do you deal with that one strong player on the other team?
- Does your team understand where to go when they win the ball on defense?
 - WIDE
- Does your team understand the concepts of crossing?
 - Think of the cross as a pass that goes across the goal
 - Where is the best place to cross the ball?
- Down time between plays. Where are we supposed to go?
- When do you make your coaching points during the game?
- What do you do with your players on the sideline?
- Is there value in making wide players stay wide?





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