

Welcome Coaches!

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

# PRACTICE #7

Week of October 4th



# Welcome! (5 min)

- Welcome, how was the rest of your weekend? Did anyone do anything fun?
- Recap of the game, what we did well, what we need to work on.
- Intro to what you are working on in practice.



# Start of Practice

- Warm Up and if you have a high energy team then add some races into the warm up to try and get some of the energy out.
- Start with skills or more active game to get energy out.



# Scrimmage

- For practice this week, scrimmage against the other team on your field or do a parents vs. kids scrimmage. If it is a parent vs. kids scrimmage then have one coach referee so that they can help coach from the field. If it is a scrimmage against the other team then coaches should be on the field with players trying to help them better understand the game during the scrimmage.
- By being on the field you'll have a chance to help with positioning, rules, etc. without having to yell across the field.
- The goal is to teach in practice so that you can limit your comments from the sideline during the game. What do you find yourself saying the most? These are the things to focus on in the scrimmage.

# Observations from the game...

What is your interaction with the kids before the game? How do you organize them?

What is your interaction with your team between quarters?

Defensive shape and shifting. How to keep defenders engaged in the game when they aren't getting a lot of action. Should you adjust your line up?

Are your players following your instructions without understanding why?

Sideline talk should be mostly encouragement and occasional instruction. Make adjustments with your subs and talk with them on the side before they go in. Use dead moments in the game to make adjustments, otherwise it is usually more confusing than helpful.

# Line Up Example

Sam Billy  
(Tom)

Scott Luke  
(Mark) Zach

Pat Aaron  
Sean

Mike

If you have any questions please stay for

# Q and A

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