

Zoom Practice Session #1
Q&A

1. Will the recordings and articles be posted on the LTRC website?

Yes - all links will be posted on the Coaches Corner website

2. It's my sons first time playing and I am worried about basic skills, shouldn't we work on the basics at the first practice?

Get them going with an energetic start...getting them excited first, and then follow through with basics. Relay races and games get them excited for the season. Skills will have their place...but the first practice is about fun and creating a comfortable environment.

3. What is the process for moving practices for holidays?

If you find that a large number of your team cannot make a scheduled practice day due a religious conflict – please reach out directly to Walter Sampson or Joe Gillespie. While we can't guarantee availability – we tend to have a lot of flexibility on Friday's. We can try to figure something out.

4. Does the practice plan work for all age groups?

Yes - all age groups can use these practice plans. Ali will make suggestions to make drills more challenging or more accommodating so that they can apply to different age groups. Every plan can be modified in this way.

5. In your book you had a great "get to know my teammates" game/drill where they went around a circle and had to ask for a pass from teammates inside the circle by name - what are the details of that game?

Kids are in a circle, and they pass the ball to a teammate. The person says something about themselves and passes the ball to another teammate...and so on. It's a fun way to get to know your teammates and works on passing skills.