

Welcome Coaches!

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

# PRACTICE #3

Week of September 5



# 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)

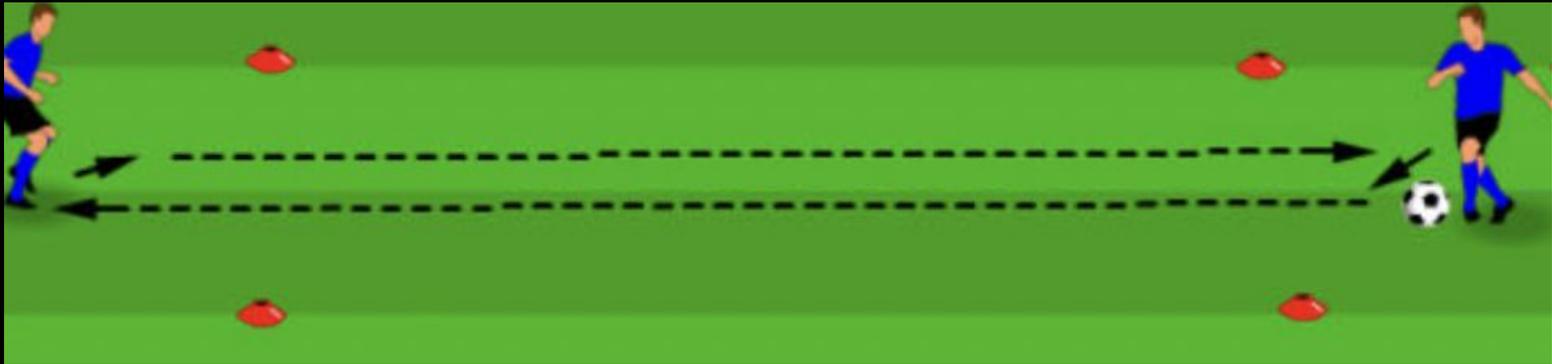
Here's what we are going to do today...!

- 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.



## Skill Review (Brief) with games from last week (10-15min)

- Switch/hot seat/body part game.
- Shuttle lines.



## 2 Box Possession Game (15min)

- Do 2 rounds like last week just to get the kids in the groove.
- New game for this week.
  - Play the ball into one box and have 1 defender go over to defend. To get a point the team must get 4 passes and then pass it back over to the other box. (U7 and U8 does not have to make the pass over, coaches should play with kids).
  - If the ball goes out of bounds then they lose their turn and you pass a ball to the other team.
  - First team to 5 points wins!



# Shooting with the laces! INTRODUCTION

- Shooting Progression: <https://www.youtube.com/watch?v=nyEzKSBkF3U>
- For this week, cut out the volleys (we are going to save that for next week) and focus on the “Swing and hop” and hitting the ball on the sweet spot (bottom shoe lace).
- 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.

# 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.



# Scrimmage

If you have time, try to get at least a 10 minute scrimmage in. If you want to prioritize the scrimmage, since you have your first game this weekend, then you can cut out World Cup.

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](mailto:CoachAli.ChampionsSoccer@gmail.com)