

Welcome Coaches!

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

PRACTICE #5

Week of September 20



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)

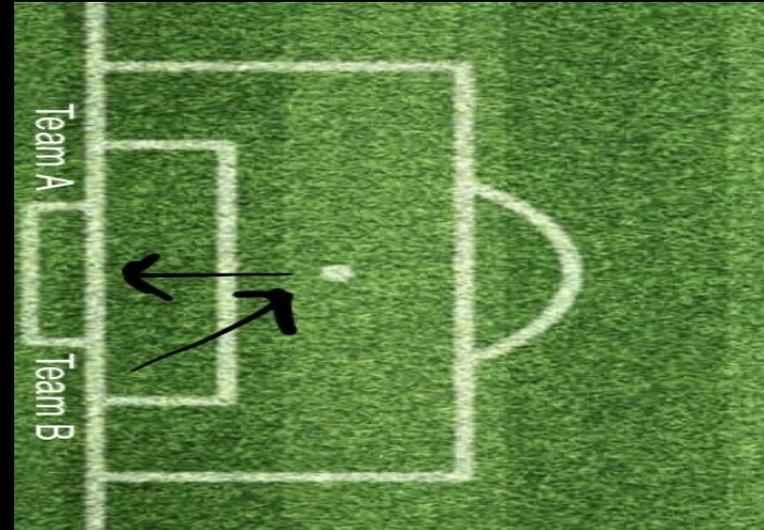
Here's what we are going to do today...!

- 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.



SKILLS OVERVIEW

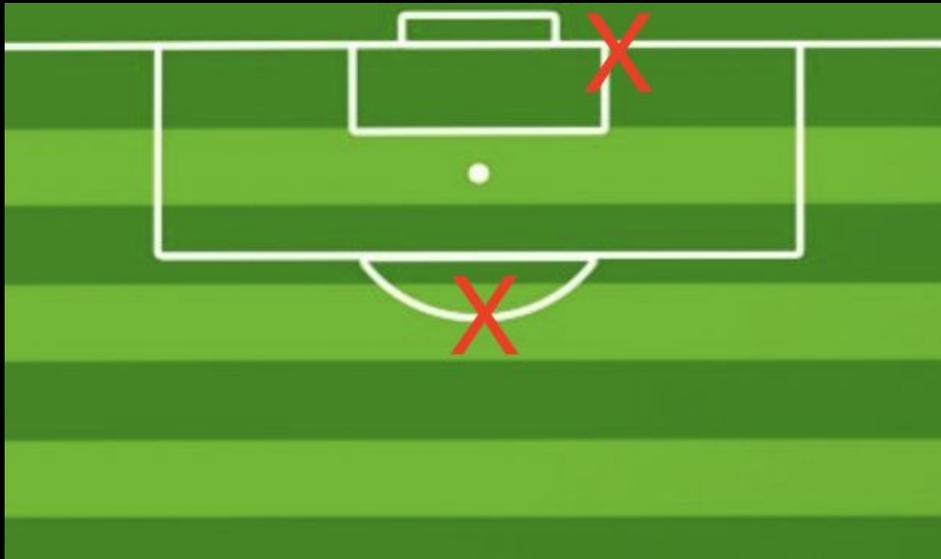
- DRIBBLING SKILLS (5-10 min)
 - Hot Seat, Switch, Body Part Game, Knock Out, Relay Races
- PASSING (5-10 min)
 - Shuttle Line Passing
- SHOOTING (10 min)
 - Play the shooting game from last week
 - Alternatives (Lightning, Power-Finesse, Knock Out)



1v1s

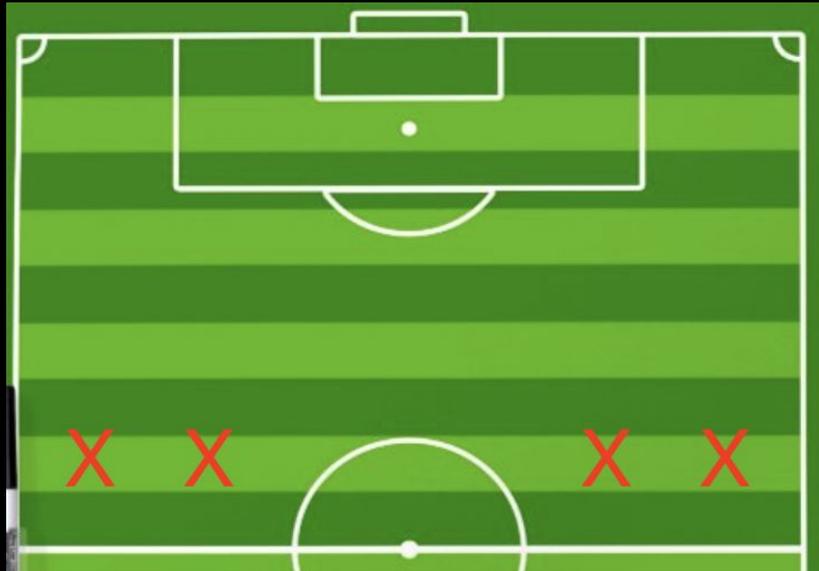
Defense CUES: Close Space, Block the Goal, Take the ball

Offense: Encourage them to use some of the moves that they've learned so far!



Scrimmage

- Put players in 2 teams and have each team come up with their formation and line up.
- Use this as an opportunity to address some of the issues the team needs to work on.



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