

Welcome Coaches!

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

PRACTICE #8

Week of October 11th



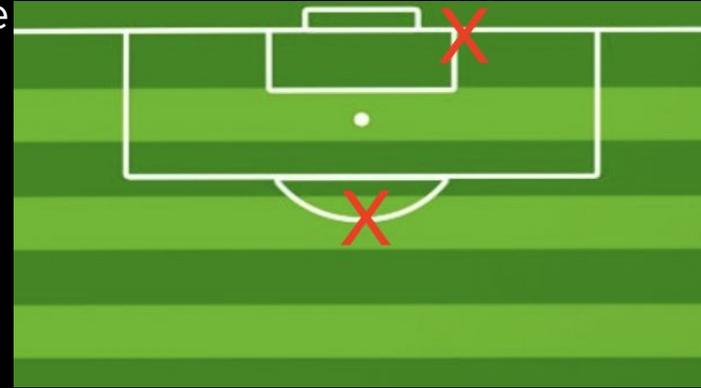
Welcome! (5 min)

- Welcome
- Recap the game: what went well, what do we need to work on. Any highlights
- Summary of what we are going to work on in practice today.



Warm up with a Combination Skills Game (15 minutes)

- Start with shooting practice where players start at the top of the “D” then pass it to you and then you pass it to the right or left and they run onto it and shoot!
- Then have all of the players start next to the goal in a line. They dribble out to a cone at the top of the box, practice a turn and then shoot (or dribble in a little and shoot depending on age group).
- If all goes well then combine these two. Kids dribble to cone, turn then pass to you, you pass back and then they shoot!
- Add a twist by having the kids play goalkeeper after they shoot!
- Make it a challenge by putting them into teams and seeing which team can get to 10 goals first!
- Shooting video:
<https://www.youtube.com/watch?v=nyEzKSBkF3U&t=81s>



ORGANIZATION

- Going into playoffs you want to be as organized as possible.
- Moments that should be organized on defense and offense:
 - Throw-ins
 - Goal Kicks
 - Corner Kicks
 - Free Kicks



Defensive Corner Kick

- Outside mid on each post (hold until coach tells you to leave)
- Center back on front corner of 6 yard box
- Everyone else markup “ball side-goal side”



Attacking Corner

- Set a bunch on the penalty marker and explode in all directions
- Objective is to create chaos in front of the goal!



Free Kicks

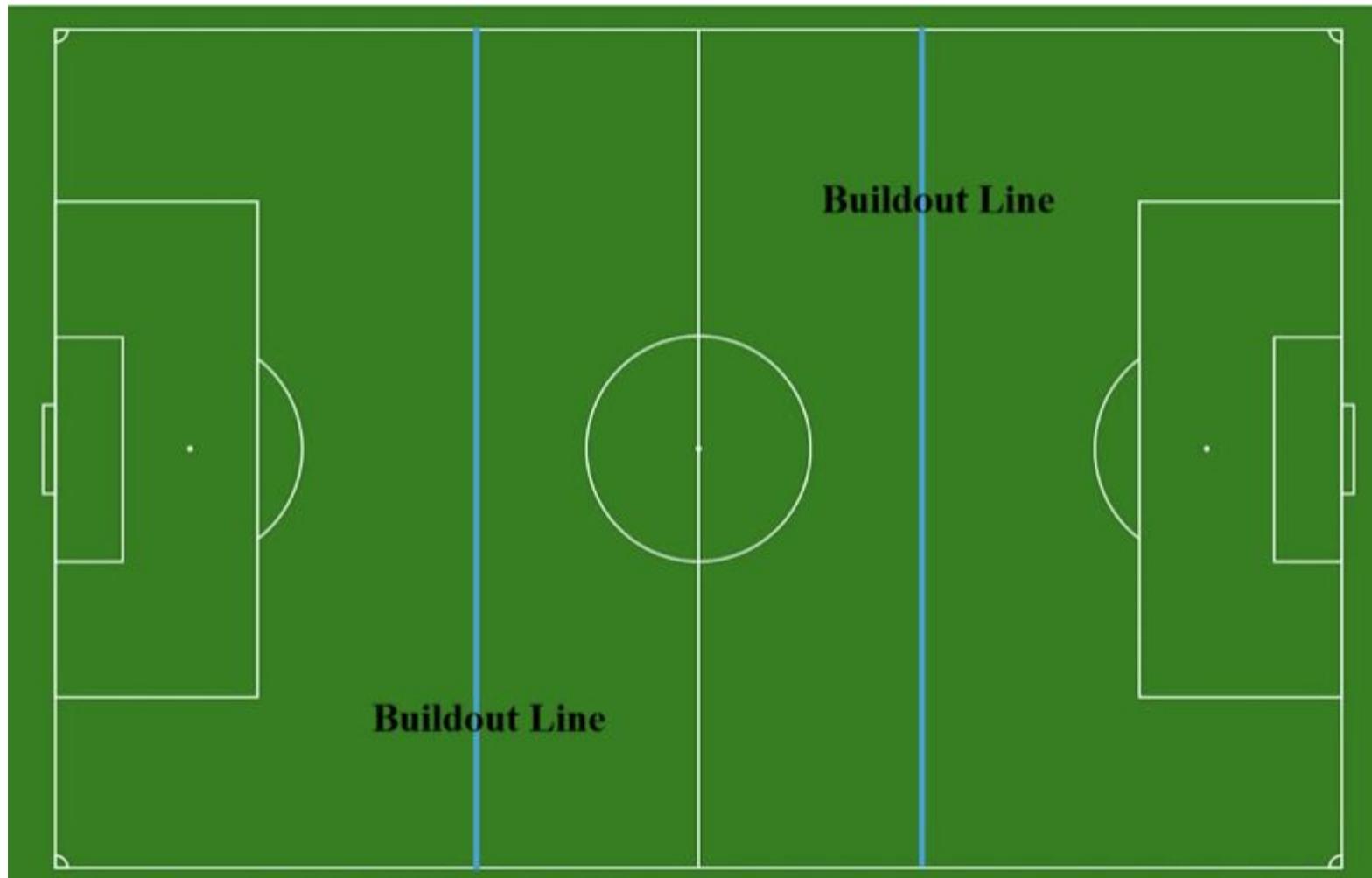
- Who takes them?
- From where do we shoot? If too far out, then where do we aim?
- How do we defend.

- Do practice kicks on each other.

- Kick off play?

Observations

- Penalty Shots
- Organization
- Communication: “I’ve Got Ball!”
- Back up on defense
- Shooting hesitancy
- Defense clearing
- Getting behind the defense.



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