

Welcome Coaches!

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

PRACTICE #9

Week of October 18th



Welcome! (5 min)

- Welcome
- Game Recap
 - What went well? What do we need to work on?
- What are we going to work on today?
- Any announcements about upcoming events (like if you are having an extra practice or if you have a make up game this weekend, etc.)



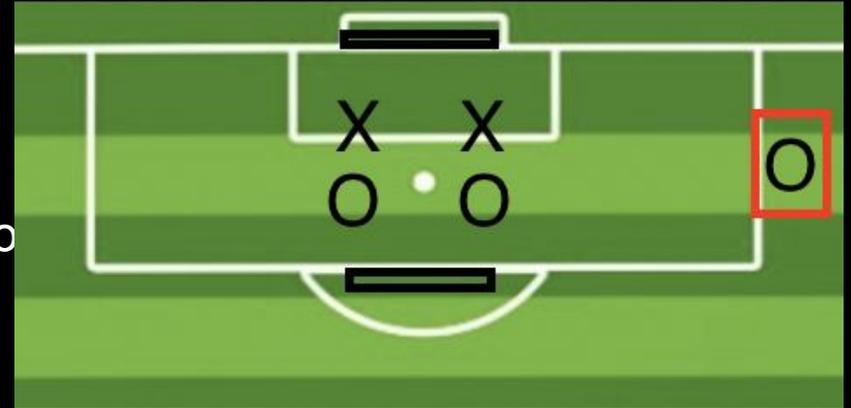
Warm up and Skills

- 5 minute warm up
- Any specific skills you need to work on?
- If not, then shooting is a great one to work on as the season comes to a close!



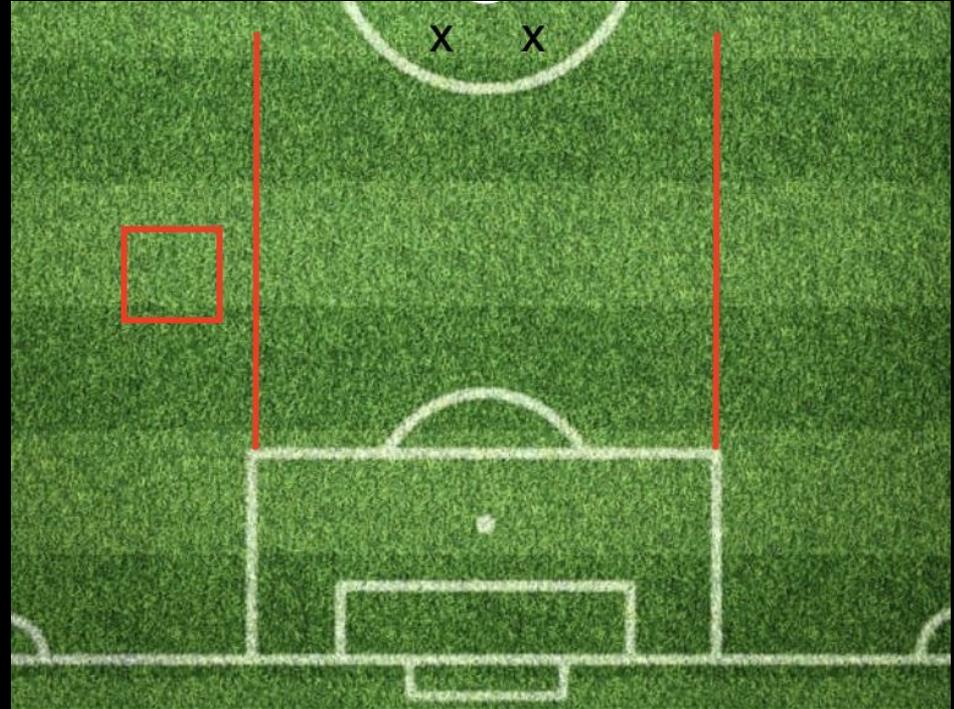
Bonanza or Numbers Game

- Goals are put close together. One goal in normal spot, the other at the top of the goal box. Use cones for this goal.
- Players can play goalkeeper if you have some that really need to practice but, if not, then have coaches play goalkeeper because this is a great game for everyone to practice
- Main coach running the drill starts on the side with all balls so he/she can control tempo of game.
- Coaches in goal are not allowed to stop or catch the ball.



Half Field Scrimmage

- You play a new ball in every time it goes out.
- Mix up the different places you play it and who you play it to.
- Take opportunities for teachable moments.



- Penalty Kicks
- Organization
- Back Up
- Reset
- Fun and Tone going into playoffs
- End of Season Event?

If you have any questions please stay for

Q and A

CoachAli.ChampionsSoccer@gmail.com