



PRACTICE #2

Week of August 28th

Welcome! (5 min)



- Start with a very hospitable welcome for the kids and introductions. Have everyone introduce themselves with their name and school, etc.
- 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
- Think about your catch phrases for the season. What are those key points that you want to keep re-emphasizing. Pick 3-4.
 - Backing each other up, communication, teamwork, hard work and hustle

Provide a brief overview of practice... (1 min)



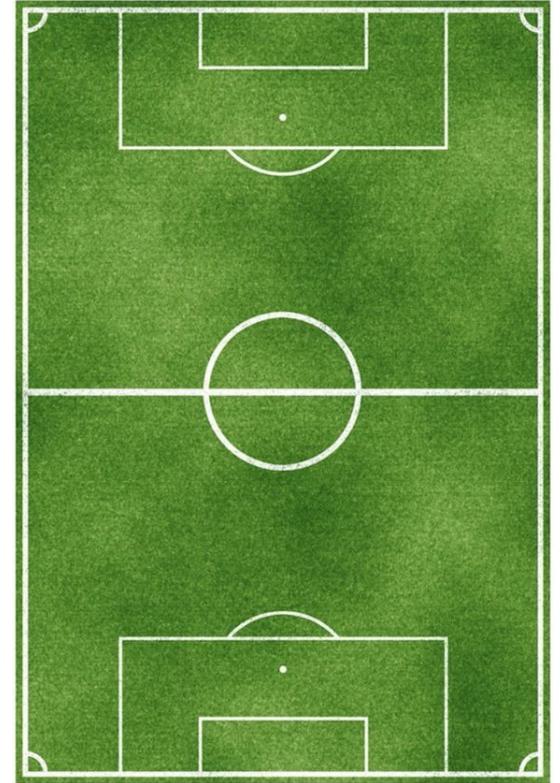
Here's what we are going to do today...!

- 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.

Warm Up

Always start with a warm up! It's important to teach the kids good habits.

- Have the kids line up along the endline. You stand at the top of the box and then the kids do various things out to the top of the box and back. Emphasize staying in a line as a “team” because “we are a team!”
 - Jog
 - High Knees
 - Butt Kicks
 - Side Steps
 - Sprint
- End with team stretch. You lead the first stretch counting to 10 for each muscle and then every practice/game after, pick a new player to lead the stretch. This will help teach leadership skills and encourage all players to take an active role on the team.



Volleys

- Volleys are one of the best exercises you can do with your team and a “must” at every practice.
- For age groups U12+, have the players partner up and toss to each other. Practice round. Then 30 seconds each to see how many catches they can get. Then beat score.
- For age groups U10 and lower have coaches/parents toss to groups of 3 or 4.
- Inside Volleys: Toe up, ankle locked, inside of foot facing forward. Heal in ground.
- Laces Volleys: Toe down, ankle locked, sweet spot. Toe in ground.
- <https://www.youtube.com/watch?v=1rwgNc0jvMA>

Switch (10 min)

- Review the moves we learned last week and introduce a few new ones
- Last week: pull-back turn, stepover/silly turn.
- New: lunge-fake (or stomp-fake) for this week and scissors (only for U10+)
 - <https://www.youtube.com/watch?v=R5pD8j-X2jA>
- Switch: Kids dribble around inside the goal box as you call out different moves. When you say “switch” they have to leave their ball and sit on someone else’s ball. Last person to sit down is out. (do 1 or 2 practice rounds so all of the kids get some practice on the moves before you start taking people out of the game). Kids that are out become referees and help you decide who was last from the sideline.

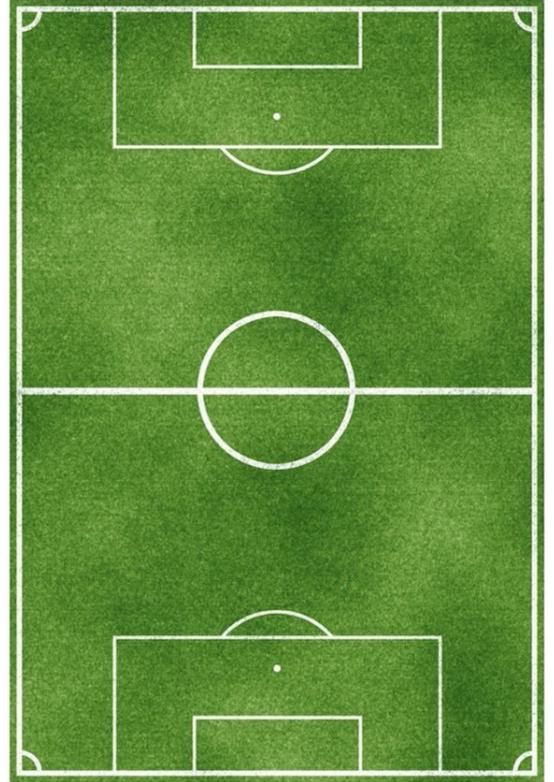
1v1, 3v2: introduce basic defensive concepts

(save attacking for next week)

- 1v1
 - Split kids into 2 teams and put one team in line next to goal and one team in line at the top of the D. Play a ball out (coaches play ball to keep tempo) and send a defender out to defend in a 1v1 situation.
 - Points of focus: Close the space, attackers work on moves, introduce tackling for older age groups U12+
 - Make it a competition. Team gets 3 minutes to score then switch. See which team can score most goals in 3 minutes.
 - <https://www.youtube.com/watch?v=EX18Tru-l2w&t=87s>
- 3v2
 - Same format.
 - Points of focus: work on Pressure and Cover and seesaw
 - Pressure: first player applies pressure to the ball and tries to win it
 - Cover: second player provides the back-up
 - Seesaw: pressure must not chase, players must work together

Scrimmage (save last 20-30 minute for scrimmage)

- Scrimmage against other team or against parents.
- You will have to decide whether to use subs depending on how many players are at practice and what age group.
- Use this time to make sure that kids understand basic premise of positions
 - U7 and U8: offense and defense
 - U10+: add width
- Use this time to make sure kids understand RULES (corner kick, goal kick, throw-in)



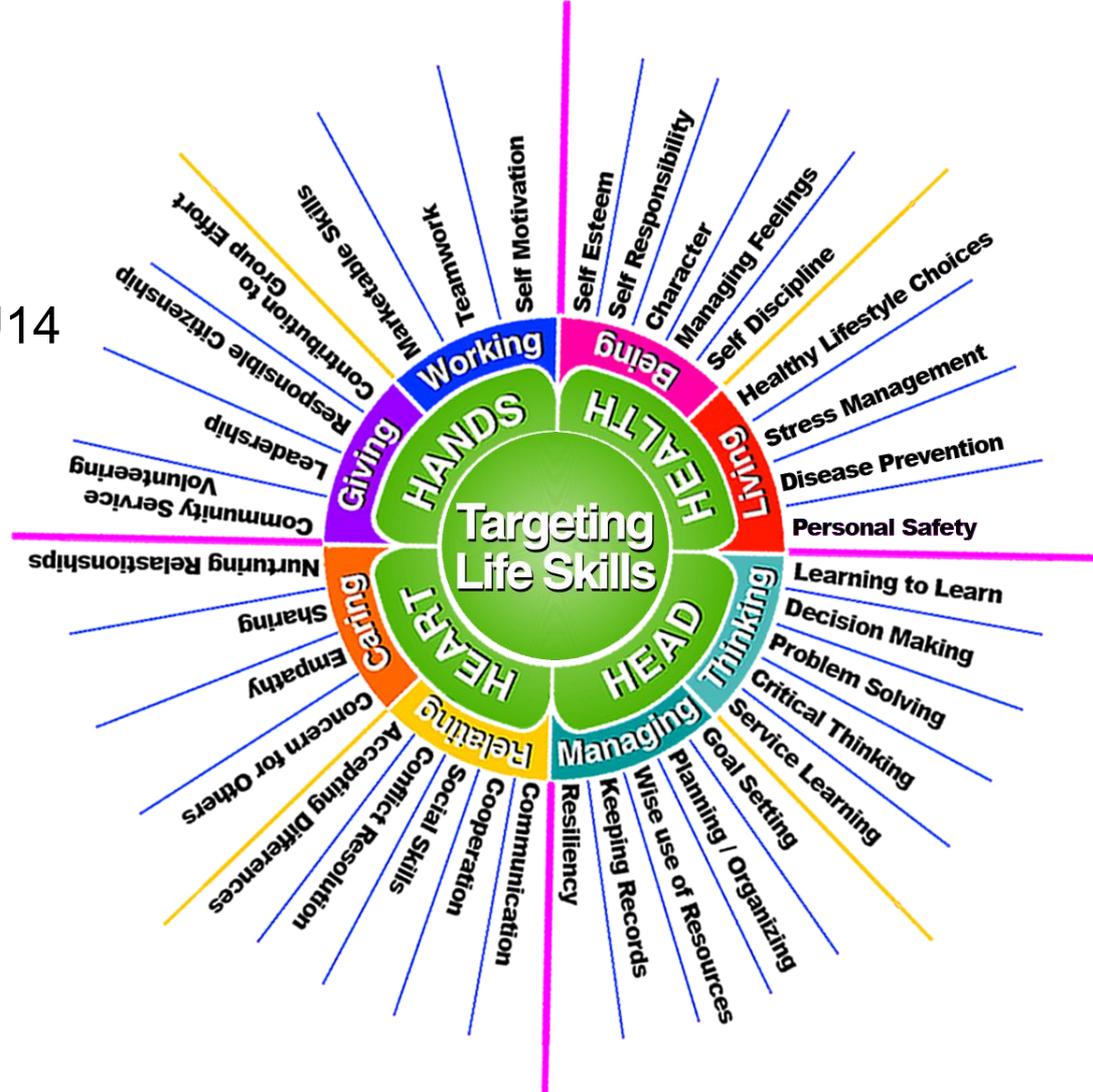
LIFE SKILLS

Age Spectrum on Life Skills U7-U14

U7: Teamwork

U10-U12: Resilience

U14: Teamwork/resilience



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