



PRACTICE #6

Week of September 25

Welcome! (5 min)

- Start with a very hospitable welcome for the kids and introductions.
- Recap of the game this weekend.



- What we are going to work on in practice.



Warm-Up

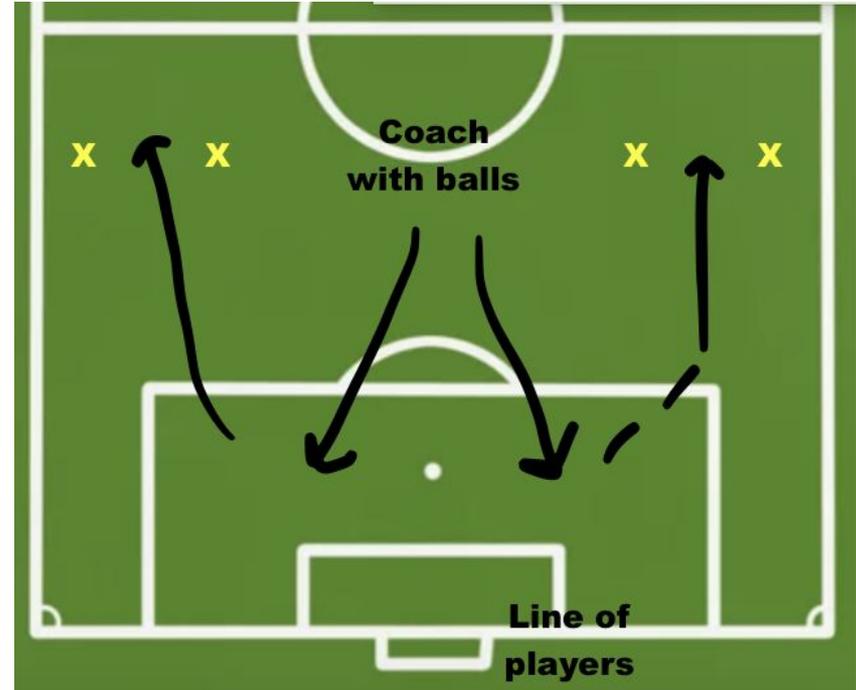
- Name warm-up leader(s) and let the kids run their warm-up (slight help for younger groups if needed)

Skills

- LACES Volleys with coaches (younger age groups) or partners (older age groups).
- Quick dribbling game for touches.
- Main skill of the day: Kicking for power.
 - Laces: bottom shoelace, toe down, ankle locked (same as volleys with the laces)
 - Have the kids partner up and hit back and forth with their partner. You can use midfield line and 18yd box or build out line (or put cones down and progressively back them up every couple minutes) and see who can kick it hard enough to get it across the line to their partner
- 1v1s if need be
 - Some teams are struggling with hesitancy on defense. Players may run with the ball but don't try to win it. If this is your team then you can work on 1v1s by playing the numbers game and only calling out "1" or "2" OR you can set up a line at the bottom of the circle and a line next to the goal and play 1v1s to goal.

Clearing the ball out to the sides

- Start with the balls at circle and kick the ball to player off center to right or left. Then player must practice clearing the ball up the line. Some can get it up in one kick, some need a couple of kicks and some may need to try and dribble up before they kick it.



Scrimmage with coaches (last 20-30 minutes)

If other team is willing to scrimmage then that would be best. If not, then break your team in half and put a coach with each team.

This is a great opportunity to teach from the field. If you don't feel comfortable playing skill-wise, then you can still coach from the field. Get in there and help the kids understand what you are looking for during the play! Practice is the time for instruction. It's okay to give instruction (but don't micro-manage small things).

World Cup or Lightning

- Player runs out to top of the box, coach passes easy ball, player shoots and then plays goalkeeper for the next player.
- If they make the shot then they are safe whether they save it or not.
- If they miss the shot then they have to save the next shot or they are out.
- Last one left, wins!



Nuggets to think about this week: Sideline Coaching

Overcoaching vs. Hype-Man

- Worried about overcoaching? No one ever criticized a coach for being too encouraging from the sideline. If you are worried about over-coaching think more in terms of over-instructing rather than erring on the side of silence.

How much instruction is too much?

- Try to make majority of coaching points when the ball is NOT near the player. If the player is uninvolved in the play, they will be able to LISTEN to what you are saying and hopefully absorb it.
- During the play be a hype-man!
- For U7 and U8, try to keep organized ahead of the play.
- For U10+... Be okay with teachable moments (ages U10+)