

**Thank you for coming  
tonight! The zoom meeting  
will begin in just a moment...**

# Practice Plan



Week of October 15th, 2023



# Welcome! (5 min)

## And brief overview of practice



- Game Recap- what went well, what needs improvement.
- Reminder to hit all of your catch phrases for the season. Backing each other up, communication, teamwork, hard work and hustle



## **Stay Consistent**

### Warm Up

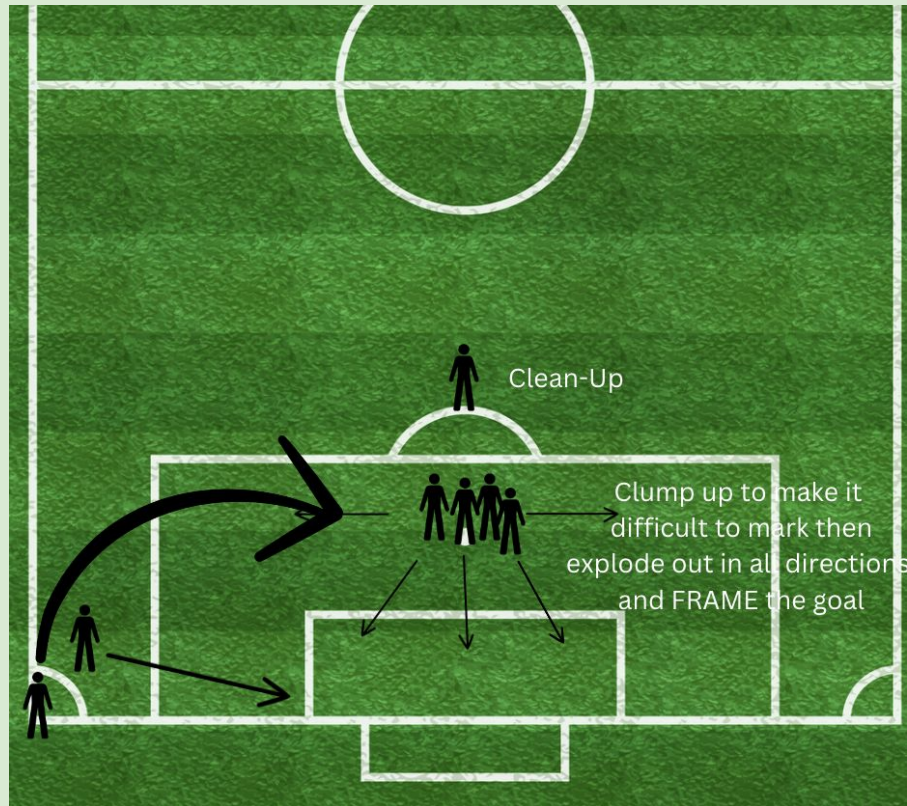
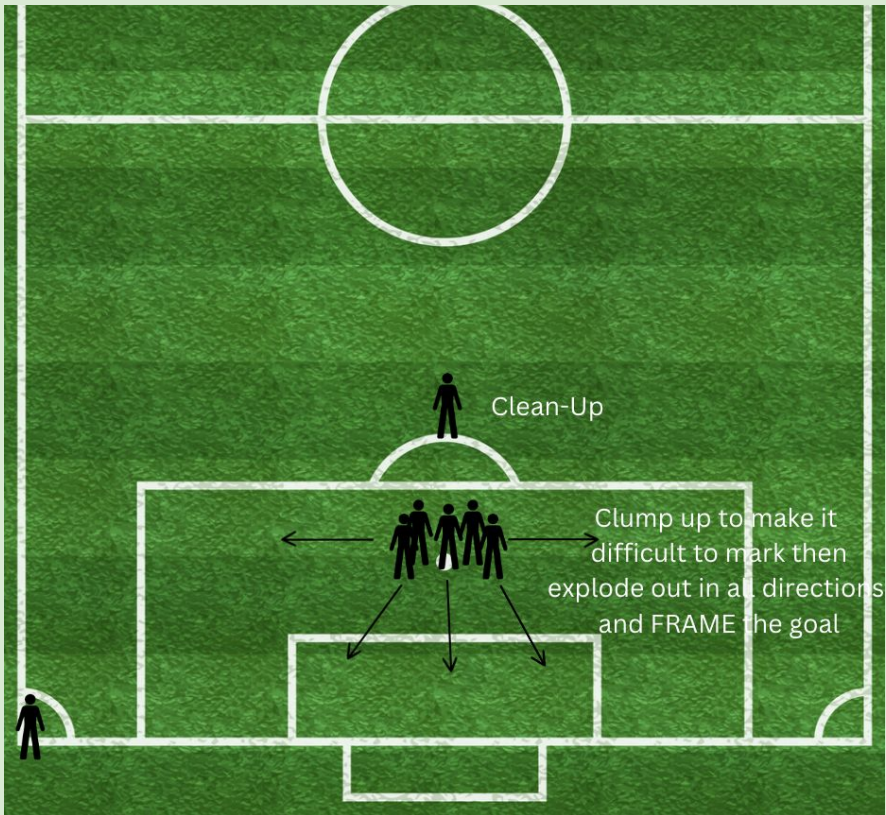
- Players run the warm-up. Don't forget to assign a new warm-up leader for every practice and game

### DRIBBLING: Switch/Body Part Game/Relay Races

- One dribbling game just to get them some touches and review their moves
- KNOCK OUT

# REVIEW: Set Pieces

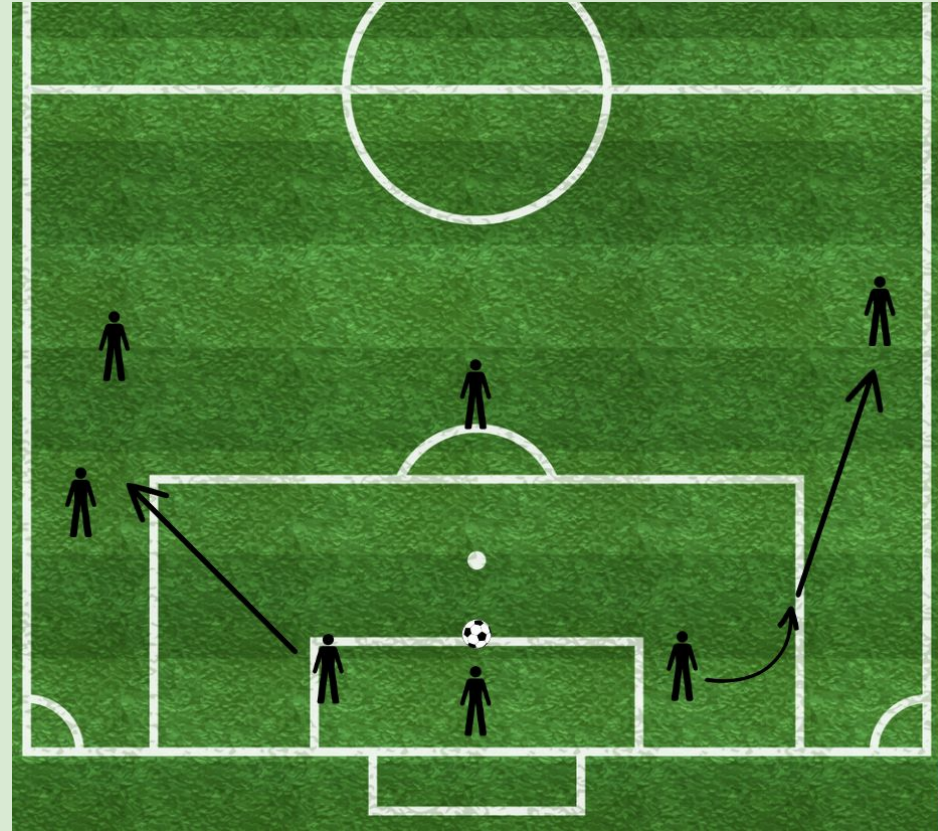
- Corner Kick Play
- Short Corner Play





# Set Pieces continued...

- Defensive Corner Kicks
- Goal Kicks



# End of Game Situational Play: Gamesmanship, Strategy

Set up a scrimmage against the team sharing the field or split your team in half and play against each other.

- **Scenario #1: Your team is down 1-0 with 5 minutes left in the game**
  - Attack: Play should be more direct, less small passing and more booting it up to the forwards. We need to get the ball down the field, SPEED UP the game, and get a goal ASAP!
- **Scenario #2: Your team is winning 1-0 with 5 minutes left in the game**
  - Defend: drop your team into a more defensive formation and work on getting the ball out and SLOWING the other team's momentum
- **Scenario #3: Your team is tied 1-1 with 5 minutes left in the game**
  - An urgent but more balanced approach than the previous two
- End with regular 5-10 min. scrimmage

# Penalty Shots

Have all players practice penalties and multiple players work on goalkeeping. You may be surprised on who emerges as the best goalkeeper for PKs

- Pick a spot and stick with it
- Try not to look too hard at your spot.
- Tee your ball up on the PK marker
- Take your time!

**End practice on a FUN high note!**

Pick a fun game to end practice with

- Lightning
- Bonanza
- World Cup



# End of Season Tips

It's been a little bit of a tough season with the weather and it is calling for rain again this upcoming Saturday. We want the kids to be excited about their experience and the sport but that can be tough when the conditions are not in our favor.

What are things that you can do to make the kids feel like they enjoy being a part of the team?

- Maybe after the game this week, families could meet up for pizza!
- Halloween costume/candy practice next week!
- Take the team to a local corn maze

These are things that add camaraderie and help to enhance players overall experience, which often times has nothing to do with the actual sport.

The kids will remember:

1. If they felt like you cared about them
2. If they had fun with you
3. If they felt like a valued contributor on the team.