

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



# Practice #1

Week of August 27, 2023



# Weekly Meetings: What to expect

- 20 minutes/week
- Practice Plan
- Coaching Tips
- Q and A after every meeting



# Welcome

- Hospitable welcome and fun name game.
  - Have everyone introduce themselves with their name and school or name and something fun like favorite ice cream.
  - Consider that some kids may be nervous and their impression of what the season will be like will start with this introduction process.



- Lay out your objectives for the season and expectations for the players.
  - **Kids need to know the boundaries.** They will either learn this from you telling them or they will test you or both. You can be kind and fun and also set boundaries.
  - **“I respect each one of you. I expect you to respect me.”**
    - Example: The most important thing is that we have a great time this season. I also want to make sure that everyone learns and improves during the season. During the season, if you ever have any questions or you want to try a new position, just come and talk to me!
    - The only things I ask are that #1 you give me a good effort. Mistakes are going to happen and that’s ok. #2 I respect all of you and I expect the same in return. So, when I am talking, I need you to listen just like I will listen to you when you talk to me.
    - **You must KEEP YOUR WORD. There is no wiggle room in your team rules for behavior.** Fail to do so at your own peril.

Always start with a brief overview of practice.

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

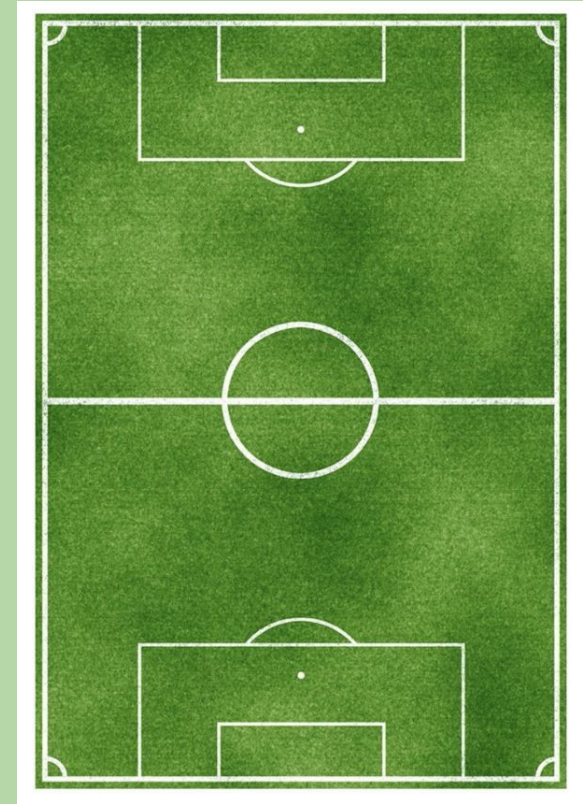


- “We are always going to start with a warm up. Then we are going to work on our ball skills with some relay races. If you work hard during the relay races then we will play a fun game called knock-out. Then we are going to work on volleys and passing and end with a fun scrimmage.”
- It's important for kids to know what to expect. This will help to settle them, lead to better attention span, and lessen nervousness/anxiety.

# 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.



# Circle Dribbling

- Especially in this first practice, we want the kids to learn but have fun because this will set the tone
- Right Foot, Left Foot, Pull Back Turn, Stepover (Silly) Turn
- <https://youtu.be/uzGWCy4b9Uk>
- After you teach all of the turns and give them a chance to practice, then you can play Body Part game or Switch
- Body Part... call moves out and then mix in body parts. Last person to put their “elbow” on the ball is out. OR Switch- last person to sit on someone else’s soccer ball is out.





# Knock Out

- Everyone dribbles in the box trying to protect their ball and knock out others balls. The last one left in the box is the winner.
- If you don't have enough balls for everyone in the first practice then you can have 2 rounds. Split the team in half and play 2 separate rounds. Take the top 2 players from each round and then play a championship round.





# Circle Passing

- Half of the players are in the circle and the other half are on the outside of the circle with a ball
- The players in the middle run to a player on the outside call for the ball, receive a pass and then pass it back to that player. Then they find a new player to receive a pass from. After 10 passes they sit down in the middle of the circle. See who can finish their passes and sit down first.
- Before beginning go over these 2 things: Plant the “planting foot” next to the ball pointed at the target/teammate and then use the inside of the other foot to pass the ball. Especially for younger groups, a demonstration will be in order.



# Scrimmage and Parent Meeting

- Leave time for a 20 minute scrimmage at the end of practice! After all, this is the game we are here to play! Set up a goal at midfield with cones.
- Field Dimensions guideline:
  - We start at 20x15yd for 2v2. Add 5 yards per player to width and height of the field.
  - 3v3 would be 25x20yd. 4v4 would be 30x25yd. 5v5 would be 35x30yd.
  - If you have something close-ish with natural field dimensions using goal box or half field then keep it simple and use lines on the field.
- Have the assistant coach(es) run this scrimmage while you meet with the parents.

## Parent meeting:

- SET EXPECTATIONS and AVOID FUTURE ISSUES.
- Prepare your objectives for the season, expectations for players, and overall coaching philosophy.

Welcome to soccer season! This is the MOST important page of the entire

book! Read through the end of the chapter for some good ideas and instruction to form YOUR Coaching Philosophy and Goals for the season.

### My Coaching Philosophy and Goals

My Coaching Philosophy:

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My Goals for The Upcoming Season:

1) 

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2) 

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3) 

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# Farewell

- Always bring the team in to recap the practice and touch on some of your core values.
- Great practice today everyone! You worked really hard on the relay races, I saw some good touches on the ball but most importantly I saw **good teamwork and good effort!** And I was really happy to see that **hard work and teamwork** during the scrimmage tonight. Even when some of you made mistakes you kept a **positive attitude and hustled back** to help your team! That was awesome! Well done everyone! Team cheer!

# Pro Tip

Be a coach that allows the kids to participate in the experience by asking the kids a lot of questions during practice. This will...

- **Reinforce** what they are learning
- Allow them to take **ownership** of their own experience by taking part in the learning process.

After you have demonstrated the turns and allowed them to practice the turns send them for a drink of water before the fun game (body part/switch). When they return say “before we start the game I want to make sure we are ready and we know our turns. Who can show me a pull-back turn?...etc.” Allow them to demonstrate in front of the team and receive positive feedback.

You should only **teach material ONCE and after that everything should be reinforcement** through questions for the remainder of the season. The kids will learn and process to the level of the standard you set. **A common mistake is underestimating the kids by oversimplifying things and overteaching.**

Thank you for attending the meeting!  
Good Luck at your first practice.

Q and A