



# PRACTICE #5

Week of September 18

# 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

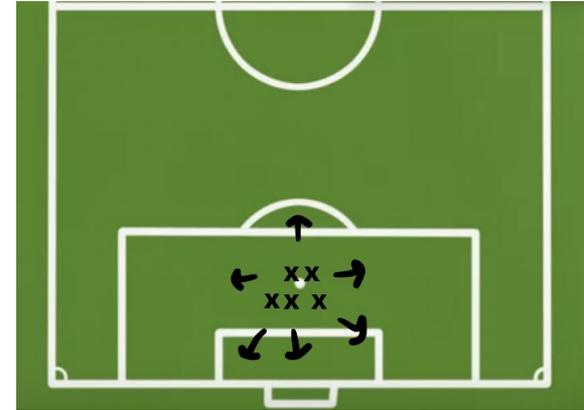
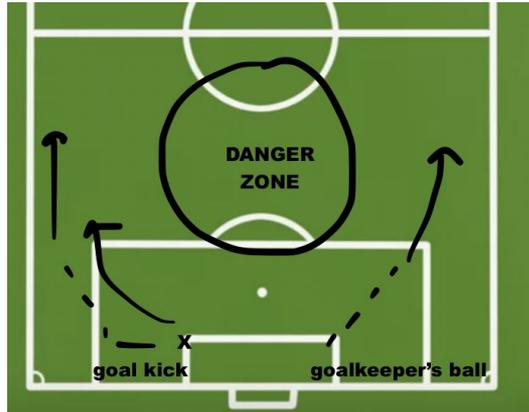
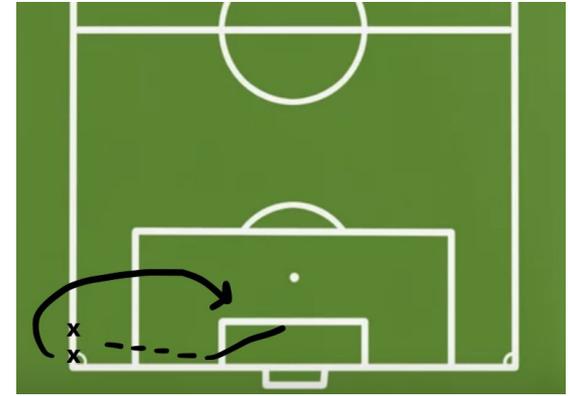
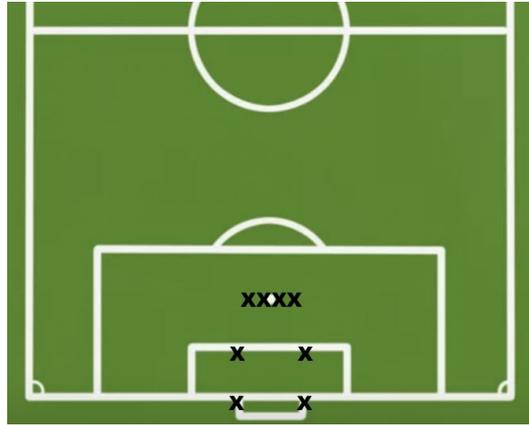
- Volleys with coaches (younger age groups) or partners (older age groups). If you have not introduced inside volleys then start this week.
- U7/U8 (Keep it simple): Dribbling game to work on touches: Switch/Musical Soccer Balls/Body Part Game OR Relay races
  - Follow with game of Knock Out
- U10+: Figure 8's for BALL CONTROL
  - 30 second rounds, count how many times you can get around the cones in 30 seconds, every cone counts. Partner can count while other goes. Do 2 rounds all right foot, 2 rounds all left foot, 2 rounds outsides of both feet, 2 rounds insides of both feet. Goal is to try and get as close to your right foot (dominant foot) score each round and beat first round score. You can give them a chance to practice in the beginning before you start timing.
  - Follow with fun game (knock out, body part, etc.)

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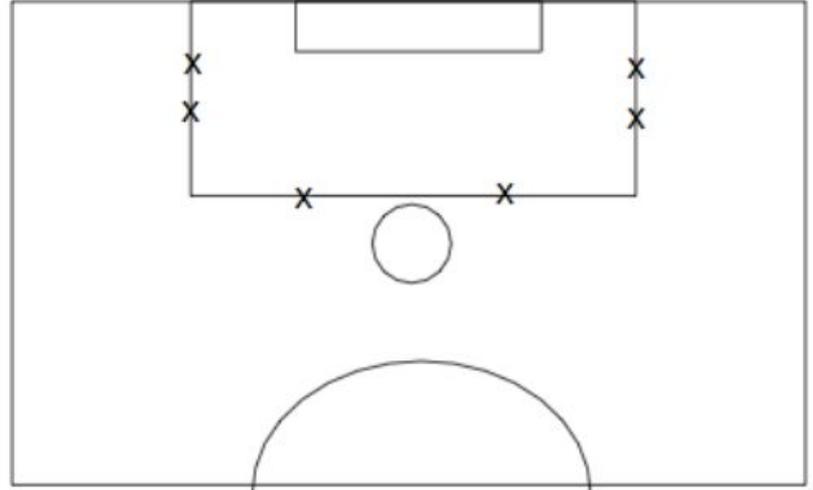
# SET PIECES

- Goal Kicks
- Corner Kicks
- Free Kicks
- Throw-ins
- Goalkeeper's Ball



# Numbers Game

- Start in middle with the balls and line up each team on each side of you. Call out number- that number from each team enters the game. To enter the game, must run through their own goal, you play ball out in the middle.
- First team to 3 goals wins. If it goes quickly then you can do a rematch!
- Modification for younger age groups: If you have a U7 or U8 team you can also start teams in a line with each assistant coach next to their goal and you start with balls in the middle. Assistant coaches can help keep the team's organized.



# Scrimmage or World Cup (if you have time)

- At this point in practice, if you have at least 15 minutes left then end with a scrimmage. If you are running tight on time then end with World Cup.
- The scrimmage will give you a chance to continue to work on positions but they will get more out of the previous drills (if you have to pick). We want to give them a chance to end practice with some free play. The scrimmage is most beneficial if you have the time but World Cup is another great way to end practice on a high note if you don't have a lot of time left but want to try and get a fun game in at the end.

# Nuggets to think about this week: Developing Character

- Developing Character
- Activation Event → Perceptions/Belief → Consequence



## CHARACTER

### PERFORMANCE

Character skills that govern your relationship with yourself.

### MORAL

Character skills that govern your relationship with others.

## CHARACTER SKILLS

### PERFORMANCE

Hard Working  
Competitive  
Positive  
Focused  
Accountable  
Resilient  
Confident  
Energetic  
Disciplined  
Motivated

### MORAL

Unselfish  
Honest  
Respectful  
Appreciative  
Humble  
Loyal  
Trustworthy  
Encouraging  
Socially Aware  
Caring

**Thank you for attending the meeting!**  
**Good Luck!**

If you have any questions please stay for

Q and A

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