



# PRACTICE #8

Week of October 15th

# 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.

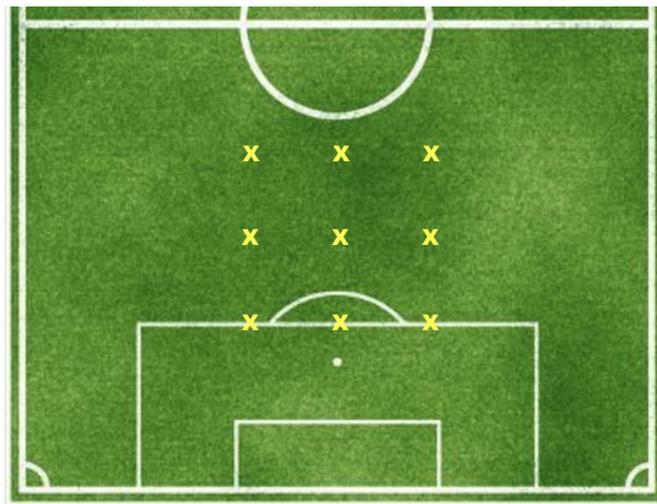


## Warm-Up

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

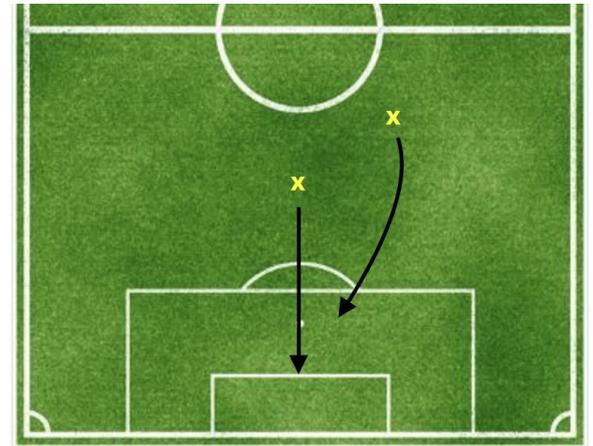
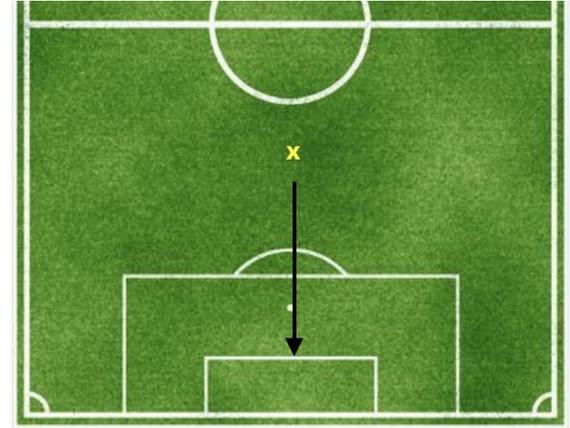
## Relay Races

- Put the kids in groups of 3 or 4 players and play relay races with them.
  - Possible challenges: all right foot, all left foot, both feet, pull back turns silly (stepover) turns, Cruyff turns
  - Focus:
    - Speed Dribble
    - Control
    - Teamwork
    - Make fun
    - Provide consequences



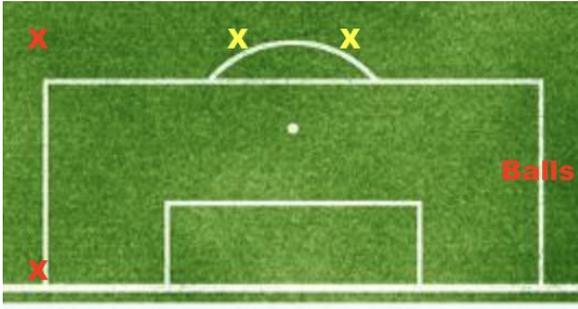
# Shooting on the move

- Players start in line at cone and dribble down and score.
  - Countdown out loud for 5 seconds for each player to encourage speed and provide some pressure.
  
- Add defender from 5-10 yards behind.



# Numbers Game or Bonanza

- Numbers game to goal
  - We want to have them deal with situations in front of the goal offensively and defensively



- Bonanza: Teams start next to their own goals and play 2v2 or 3v3 on the field. If the ball goes out on their own endline, then they switch to new players. Give the ball to new players coming on. If the ball goes out on the side, play ball into the middle and it is all new players! Appropriate for U10+ if ready for a new game.

# PENALTY SHOTS

- Do a mock shoot out with the kids so they know what to expect.
- Let different kids try goalkeeper so you can see what your best bet is.
- Tell the kids to set the ball once the referee gives it to them
- Once they pick their spot and don't change their mind.

# BODY LANGUAGE and PARENT MEETING

- Body language speaks volumes. We've talked a lot about interaction with the kids and minding what you say and how you say it. Now, consider your body language on the sideline. In particular, when someone makes a mistake or a goal is scored.
- Kids are very perceptive.
  
- Consider another parent meeting for a quick 2 or 3 minutes at the end of practice to talk about body language, communication and sideline etiquette during final games/playoffs.
- This is not an issue you want to deal with or have to address during playoffs.