

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

Welcome! (5 min)

And brief overview of practice



- Start with a very hospitable welcome for the kids and introductions. Have everyone introduce themselves AGAIN with their name and school, etc.
- Think about your catch phrases for the season. What are those key points that you want to keep re-emphasizing. Pick 3-4.
 - Backing each other up, communication, teamwork, hard work and hustle
- Overview: We are going to start with.... Then we are going to work on... and then we are going to end with

Warm Up

- By now they should be able to do it by themselves.
- Assign a new warm-up leader for every practice and game

DRIBBLING: Switch/Body Part Game/Relay Races (10 min)

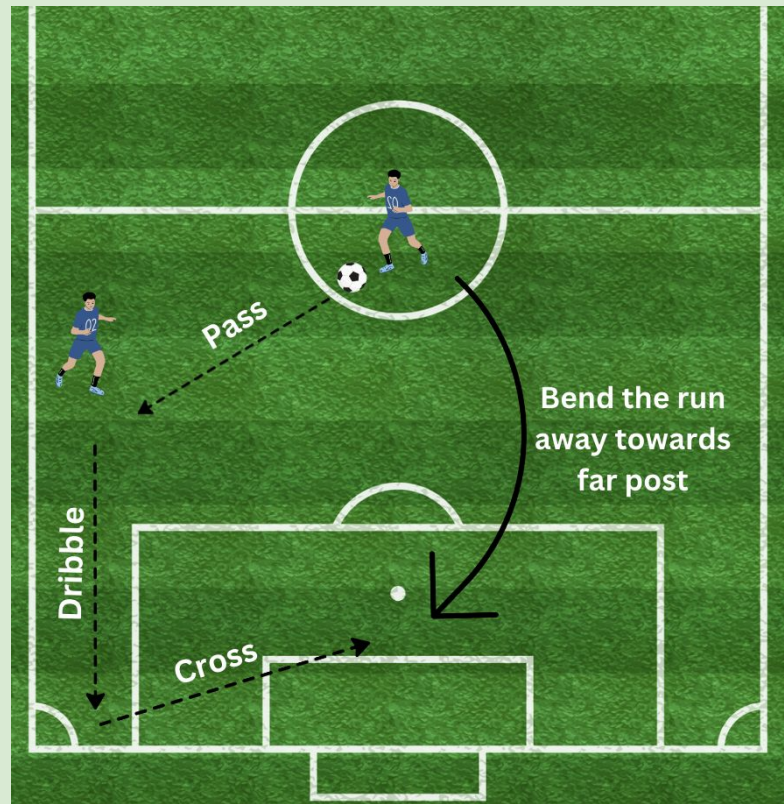
- Review moves and add: lunge-fake (or stomp-fake) for this week and scissors (only for U10+)
 - <https://www.youtube.com/watch?v=R5pD8j-X2jA>
- Switch: Kids dribble around inside the goal box as you call out different moves. When you say “switch” they have to leave their ball and sit on someone else’s ball. Last person to sit down is out. (do 1 or 2 practice rounds so all of the kids get some practice on the moves before you start taking people out of the game). Kids that are out become referees and help you decide who was last from the sideline.
- Relay races: 3 or 4 is the ideal number for a team so there’s enough to feel like a team but not so many that they are waiting too long in line.
 - Make everything a competition!

2 Game Situations to work on getting the ball into the WIDE space

- Take a back road/short cut (WIDE SPACE) around the traffic on the highway (CENTER OF THE FIELD).

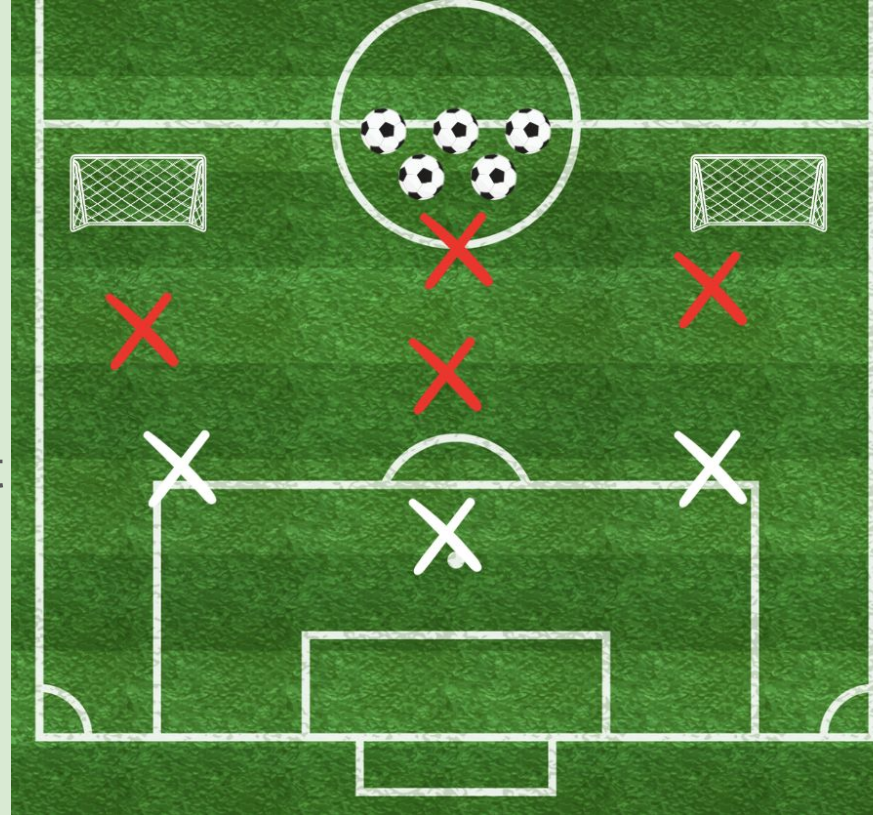
Crossing and finishing

- Pass the ball wide and then run into the box while teammate dribbles down and crosses
 - Crosses come from endline!



Offense vs Defense

- Defense Scores in 2 wide goals
- Middle area on defense half of the field is DANGER ZONE!
- Coach Starts with balls at midfield and every time it goes out, play a new ball in encouraging attackers to “find some space and get open” before you pass it to them.
- When you start the balls you can control the tempo!



End with Scrimmage and World Cup

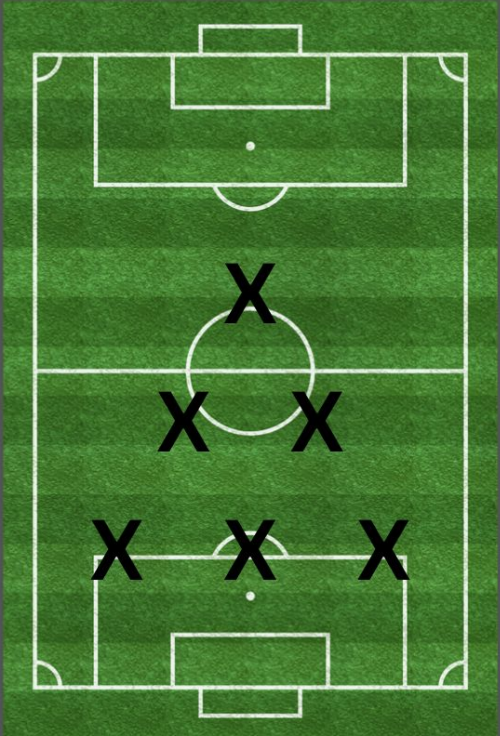
World Cup

- Split the group into 3 or 4 teams and let them pick team names. You play goalkeeper.
- Throw 3-5 balls out on the field and ANYONE can score but they must say team name first.
- Once a team scores they are SAFE and come stand next to the goal.
- Last team left is OUT, remaining teams re-enter the game for the next round!
- Championship round: first team to 2 goals wins!

Defensive Formations

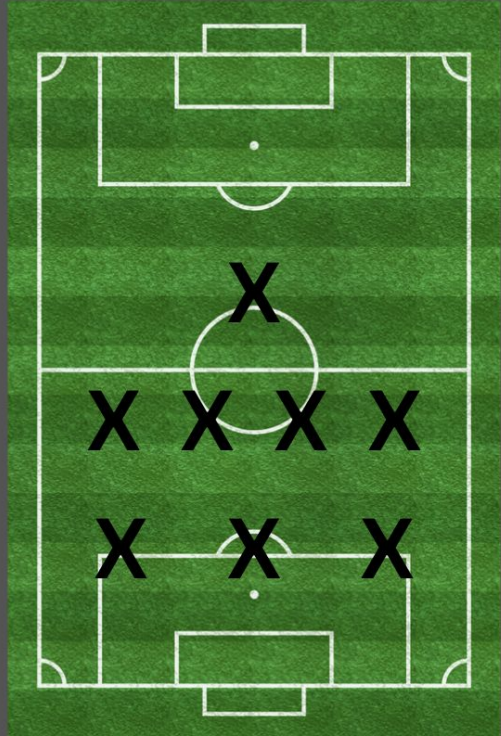
7v7

3-2-1



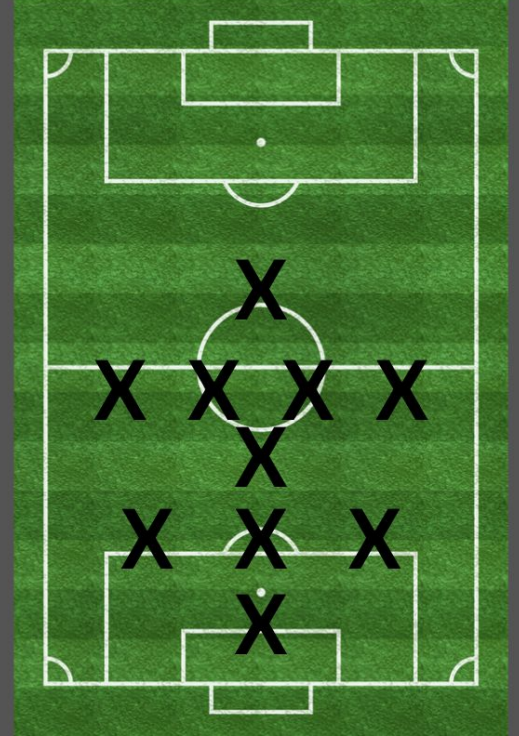
9v9

3-4-1



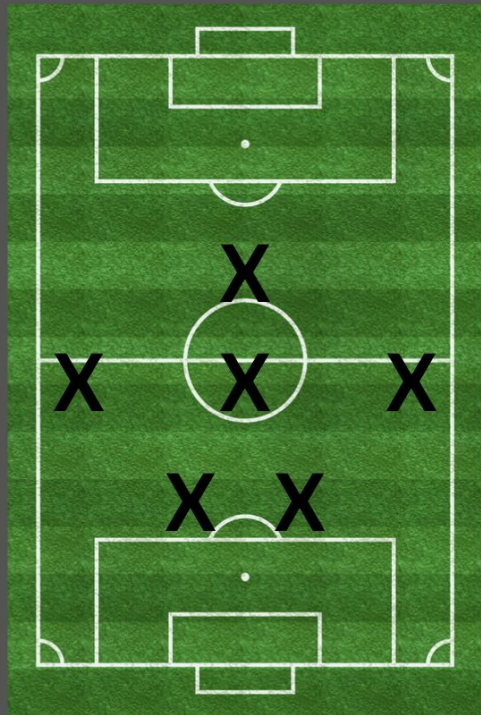
11v11

4-5-1

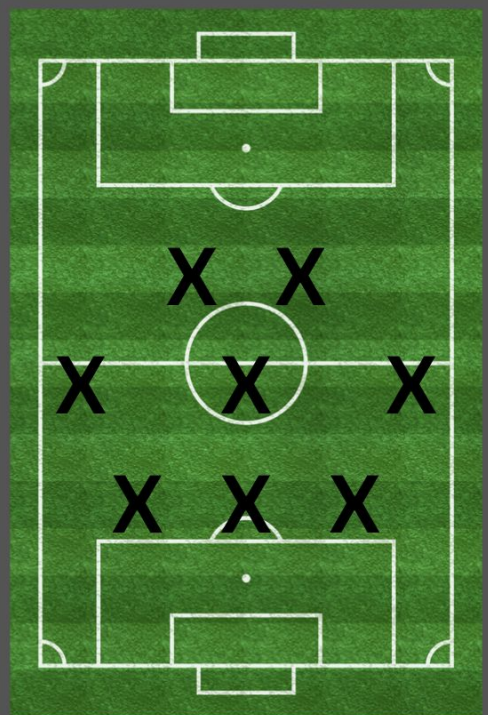


Standard Formations

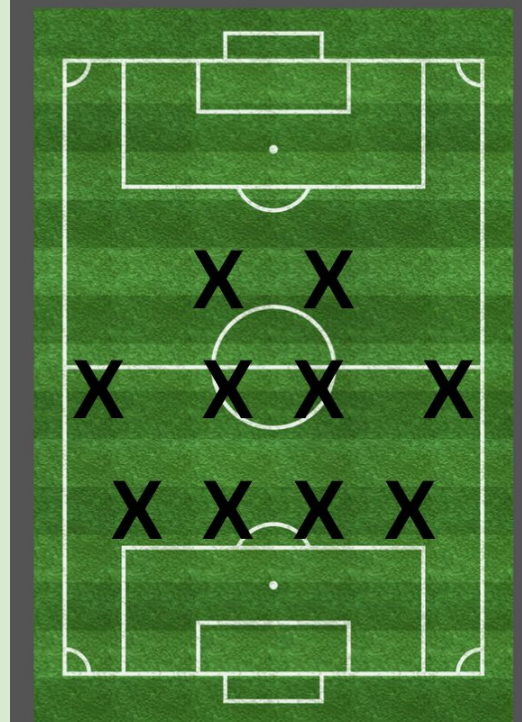
7v7 2-3-1



9v9 3-3-2



11v11 4-4-2

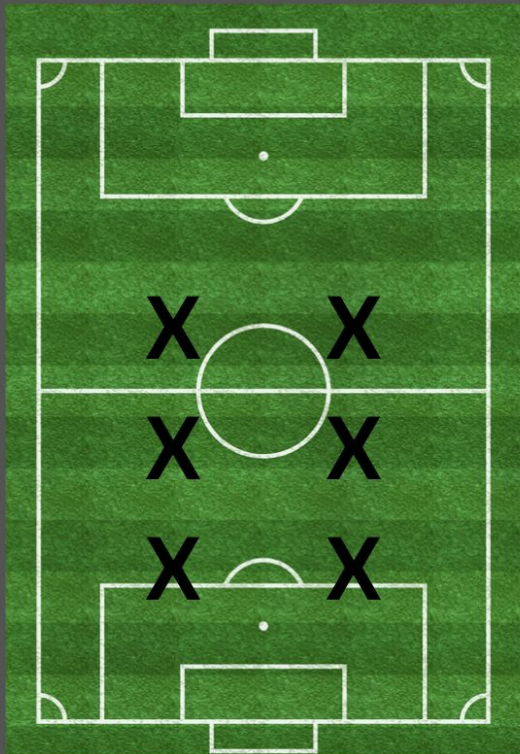


Attacking Formations

3-4-3

7v7

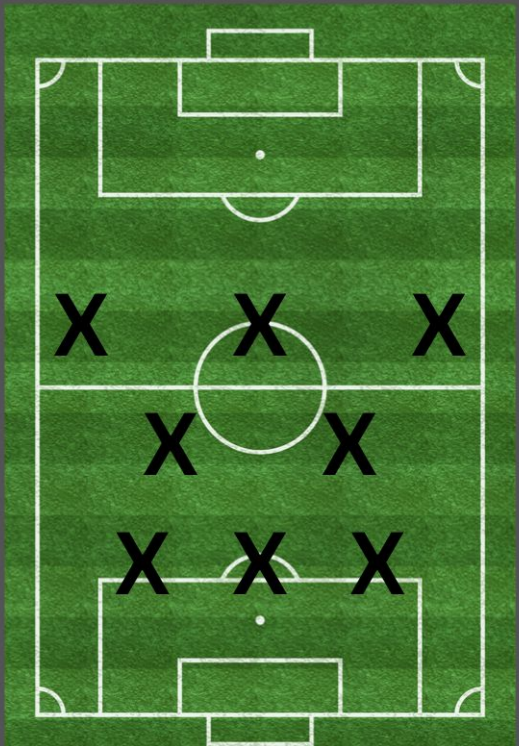
2-2-2



or

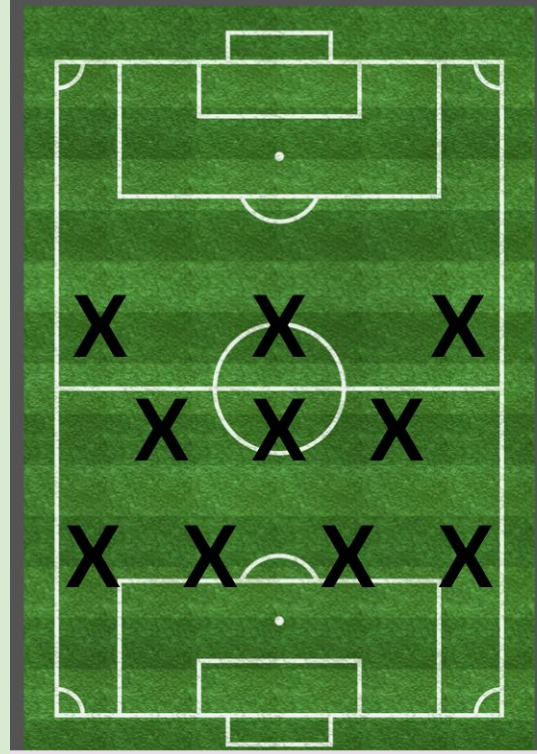
9v9

3-2-3



11v11

4-3-3



Coaching Tips for this week

- Think about how you can generate camaraderie in the practice setting.
- Make sure you are giving each player individual attention, high five.
- For DIFFICULT/DISTRACTING players...
 - Do NOT allow them to take your attention in practice. Let your assistant handle the situation and you barely acknowledge/ignore.
 - If behavior persists, have the player go to sit on the side or with their parent. You want to have patience and try to make it work but ultimately the experience for everyone should not be ruined by one player.