

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



# Practice #2

Week of September 11, 2023



# Weekly Meetings: What to expect

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



# Welcome! (5 min)



- Start with a very hospitable welcome for the kids and introductions. Have everyone introduce themselves with their name and school, etc.
- You are **still** laying the foundation: Remind the players of your **objectives** for the season and **expectations** for the players. Kids must understand the objectives and boundaries
- 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

# Provide a brief overview of practice... (1 min)



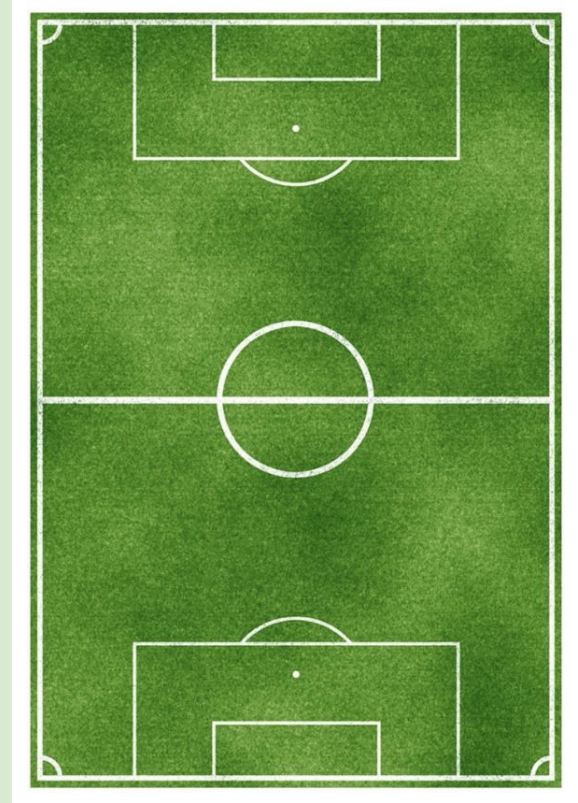
Here's what we are going to do today...!

- We are going to start with a good warm up. Then we are going to work on our ball skills with a fun game called the body part game. After our foot skills we are going to play a passing game. Then we are going to play a small game of keep-a-way and then end with a big scrimmage game!
- It's important for the kids to know what to expect. This will help them to pay better attention and take some of the anxiety out of practice.

# 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.



# 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!

# Passing

- Circle Passing
  - 10 passes then sit in middle of the circle
  - Round of all right foot, round of all left foot
- OR Shuttle line passing
  - Pass then follow your pass



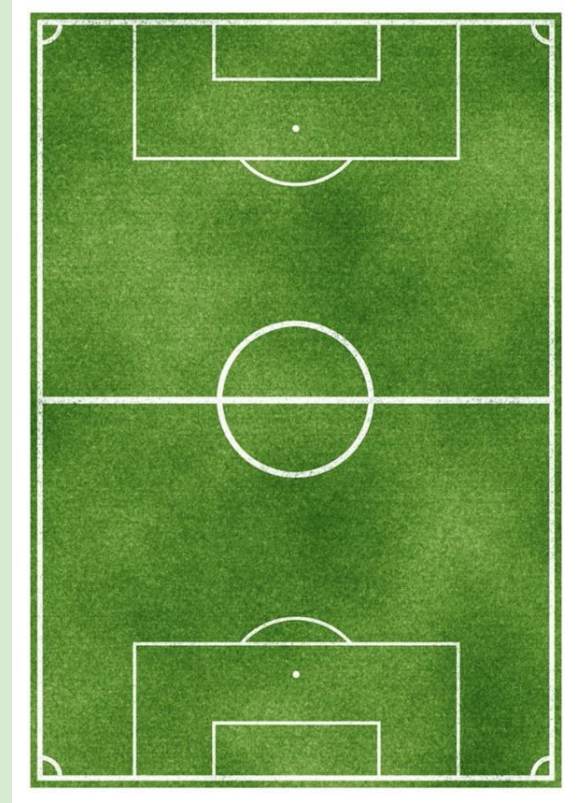


# 1v1, 2v1

- 1v1
  - Split kids into 2 teams and put one team in line next to goal and one team in line at the top of the D. Play a ball out (coaches play ball to keep tempo) and send a defender out to defend in a 1v1 situation.
    - Points of focus on defense: Close the space, introduce tackling for older age groups U12+
    - Point of focus on offense: dribble at defender and do your move BEFORE the tackle zone.
    - Make it a competition. Team gets 3 minutes to score then switch. See which team can score most goals in 3 minutes.
    - <https://www.youtube.com/watch?v=EX18Tru-l2w&t=87s>
- 2v1
  - The focus on the attack is that the person on the ball has to sacrifice themselves to open up their teammate. Dribble straight at the defender and then dish it off at the last second.
  - The focus on defense is to try and stay in between the two attackers and also protect the goal at the same time. (Tough)

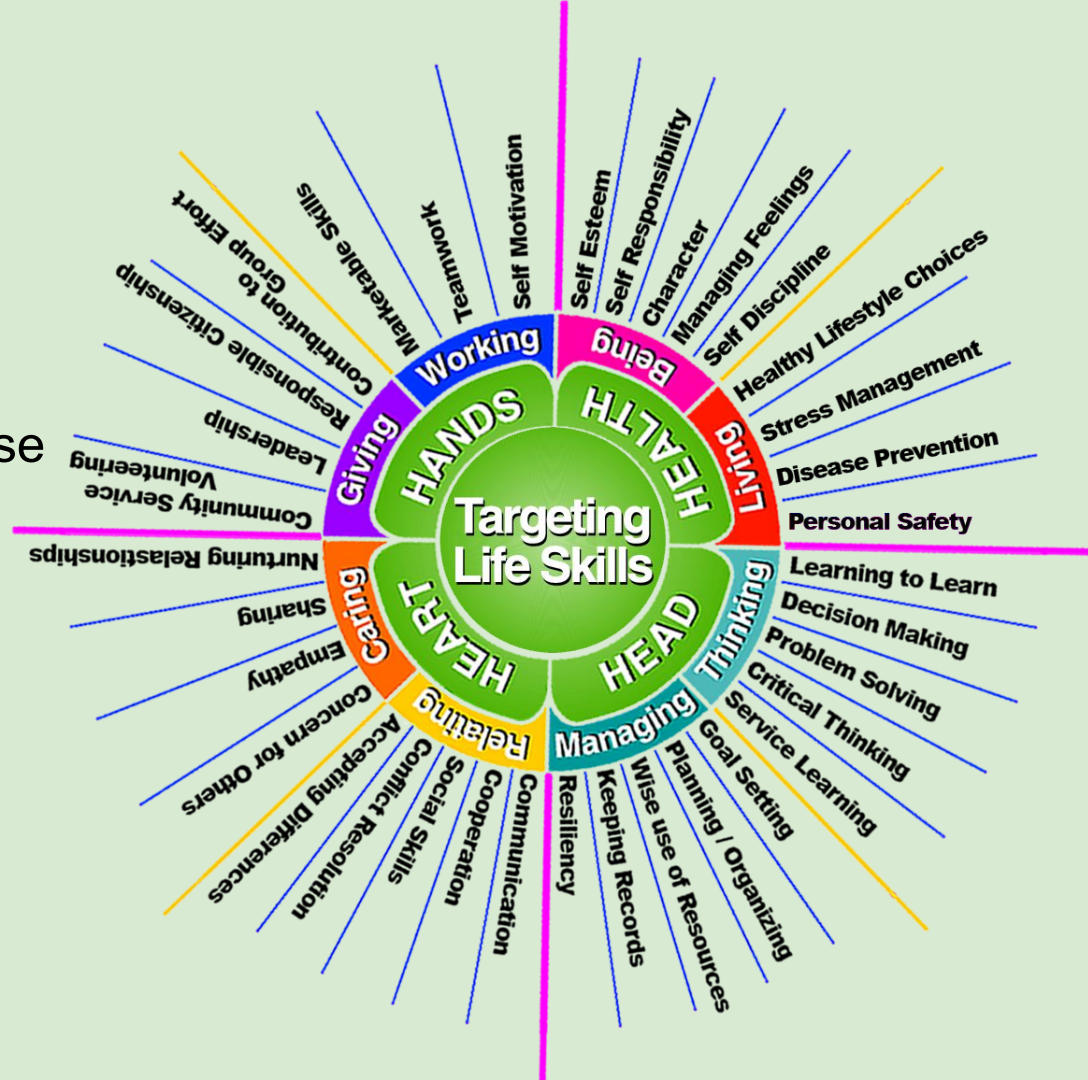
# Scrimmage (save last 20-30 minute for scrimmage)

- Scrimmage against other team or against parents.
- You will have to decide whether to use subs depending on how many players are at practice and what age group.
- Use this time to make sure that kids understand basic premise of positions
  - U7 and U8: offense and defense
  - U10+: add width
- Use this time to make sure kids understand RULES (corner kick, goal kick, throw-in)



# LIFE SKILLS

Tip: Finding ways to incorporate lessons on life skills will help hold attention from players because should be relatable with lessons learned at home.



## Pro Tip

- Try to minimize set up at practice. Use lines on the field when possible.
- Practice coaching in quiet moments during your scrimmage this week.
- “Social loafing” - when a player does not feel like a valued contributor on the team.

Thank you for attending the meeting!  
Good Luck!

If you have any questions please stay for

Q and A

If you have any questions during the week you can email:

[CoachAli@ChampionsSTI.com](mailto:CoachAli@ChampionsSTI.com)