

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



Practice #4

Week of September 25, 2023



Welcome! (5 min)

And brief overview of practice



- Reminder to hit all of 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

- Players run the warm-up. Don't forget to assign a new warm-up leader for every practice and game

DRIBBLING: Switch/Body Part Game/Relay Races

- One quick dribbling game just to get them some touches and review their moves

Volleys with Laces

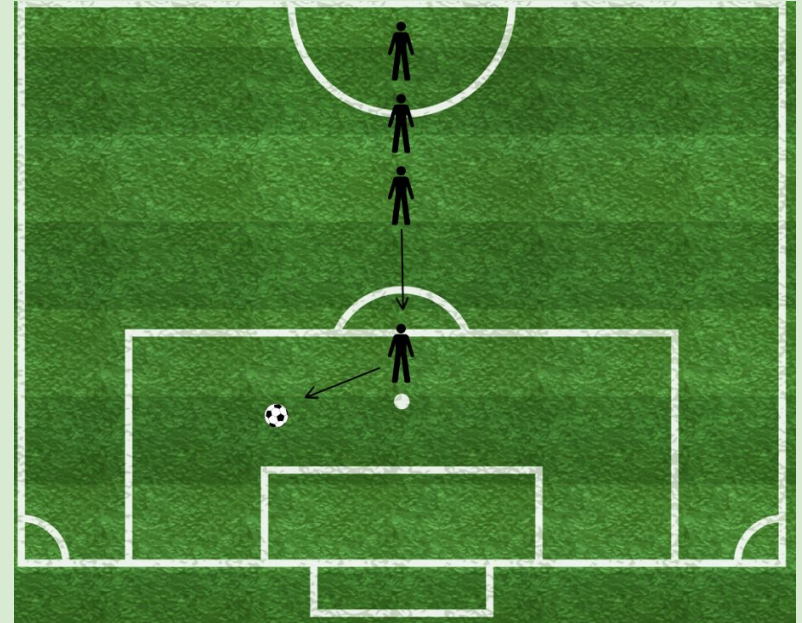
- Introduce volleys with the laces. U7 and U8 (maybe also U10) tosses come from the coach. Older groups, can partner up and toss to each other.
- Make it a fun competition

Kicking with Laces OR Next Slide (or both if you have a focused team)

- Partner up and practice kicking with the laces back and forth.
- Toe pointed down, ankle locked, make contact with bottom shoe lace on the middle of the ball.

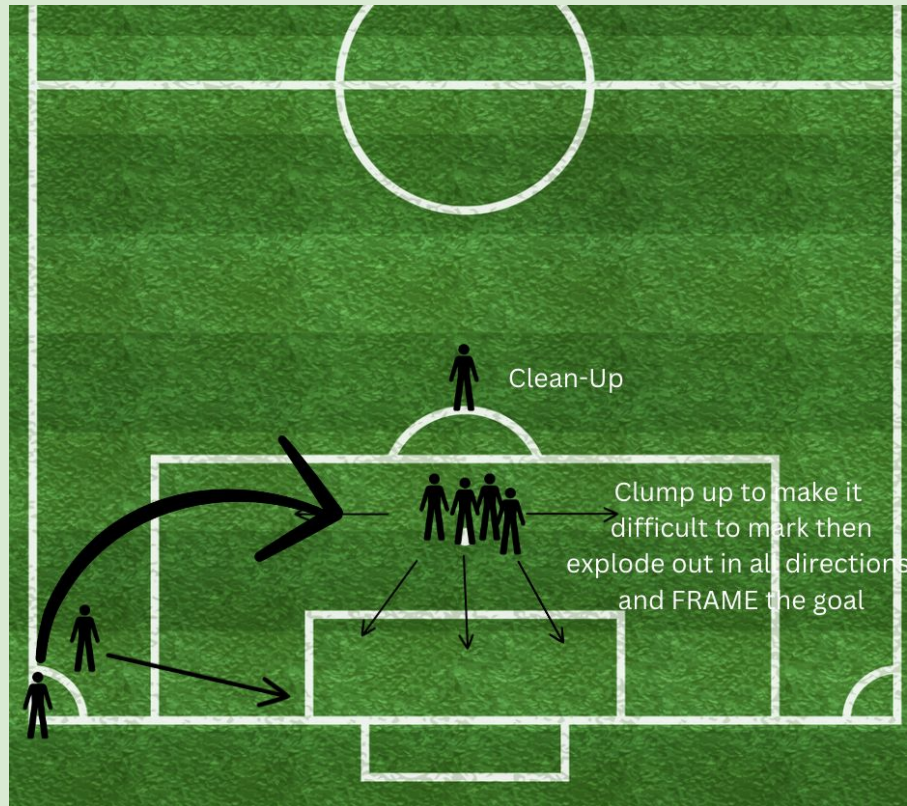
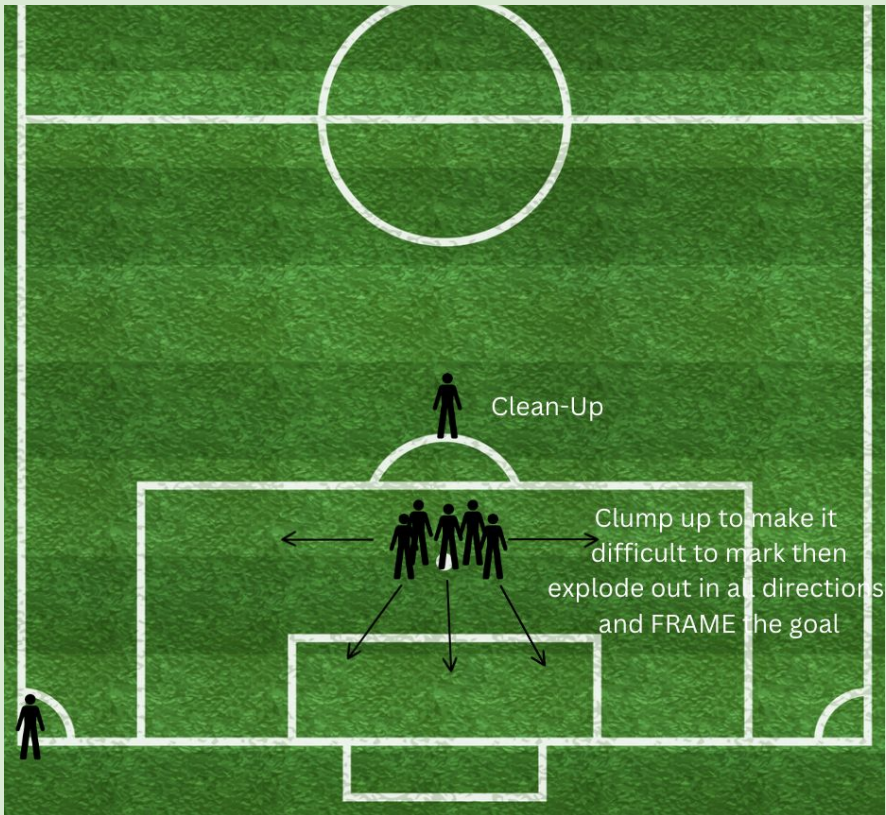
Shooting

- Put the kids in a line and have them pass it to you, you lay it off and they shoot.



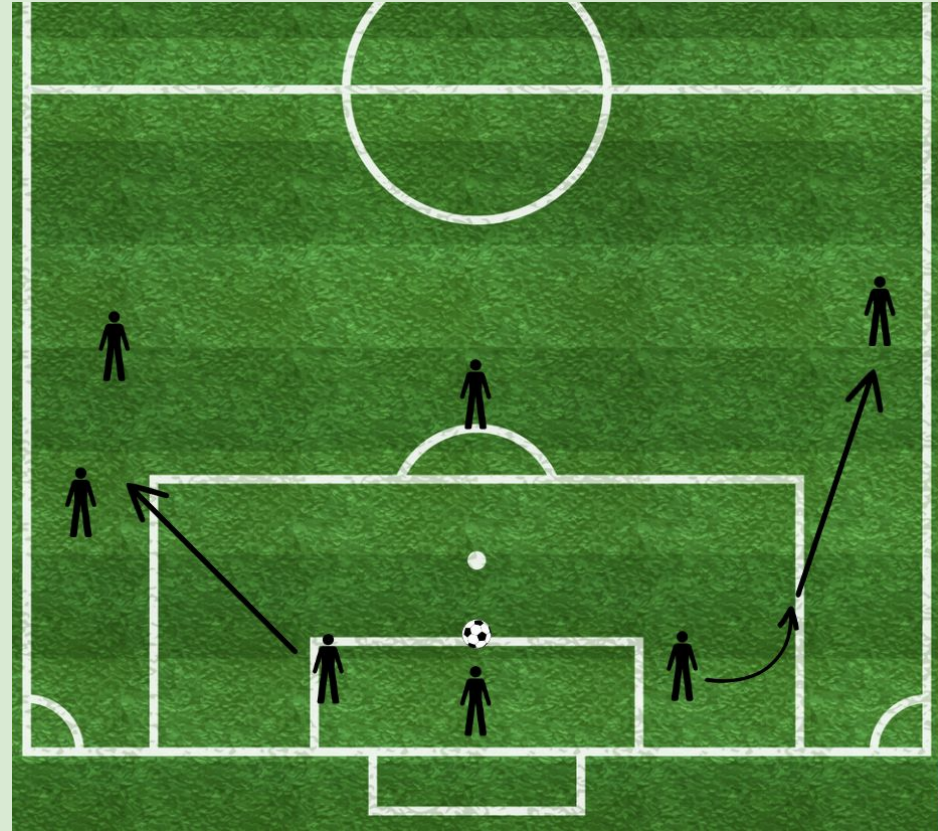
Set Pieces

- Corner Kick Play
- Short Corner Play



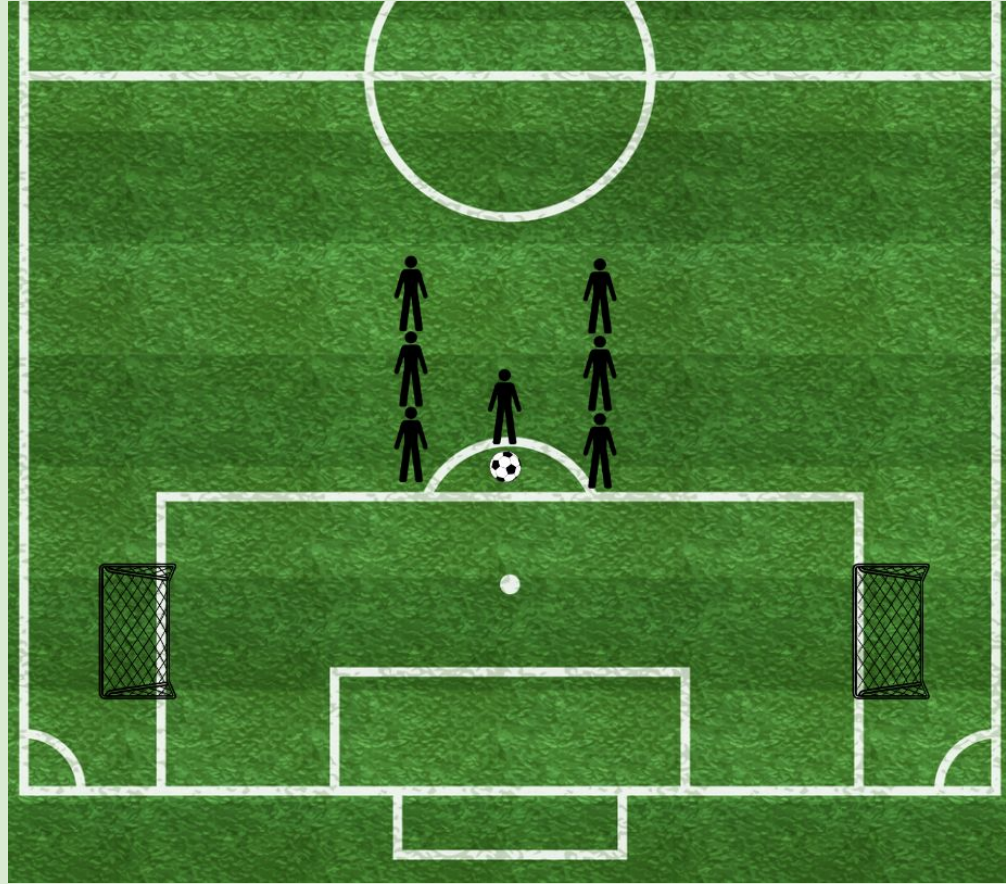
Set Pieces continued...

- Defensive Corner Kicks
- Goal Kicks



Numbers Game

- Start with the balls in the middle and have 2 teams line up on each side of you. When you call out a number, that many players must run through their goal and onto the field to play! You kick a ball in the middle and then they play until it goes out and then get back in line.



Numbers Game Continued

- Same game but have players line up next to goal and throw a ball at. All players trying to score on the goal

