

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

# Practice Plan



Week of October 23rd, 2023



# Welcome! (5 min)

## And brief overview of practice



- Game Recap- what went well, what needs improvement.
- Reminder to hit all of your catch phrases for the season. Backing each other up, communication, teamwork, hard work and hustle



## Stay Consistent

### Warm Up

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

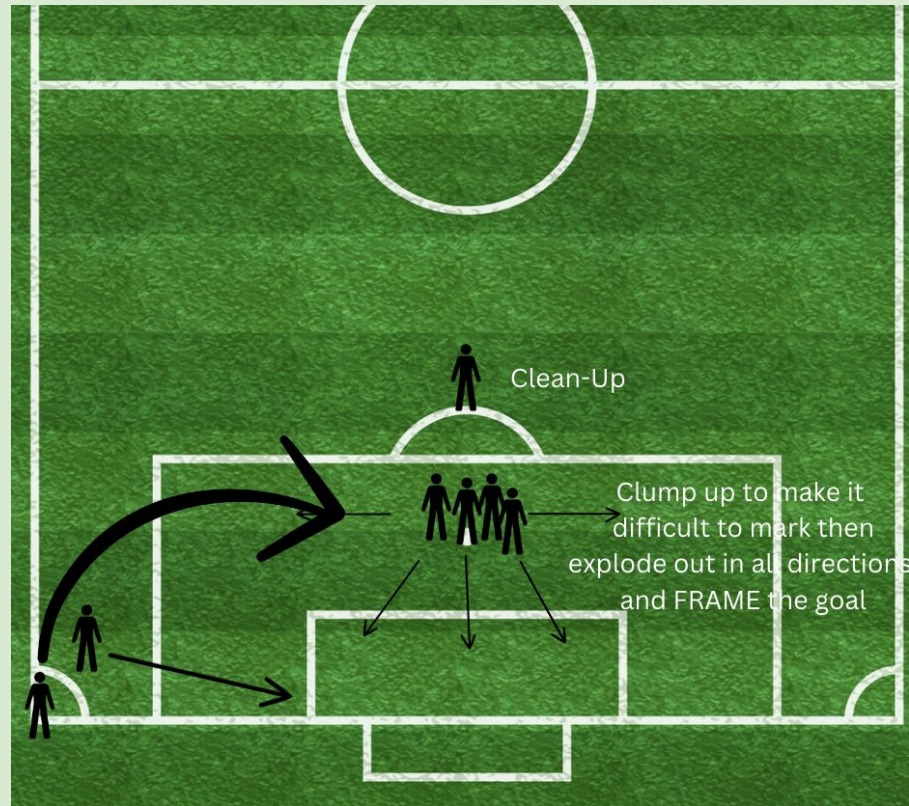
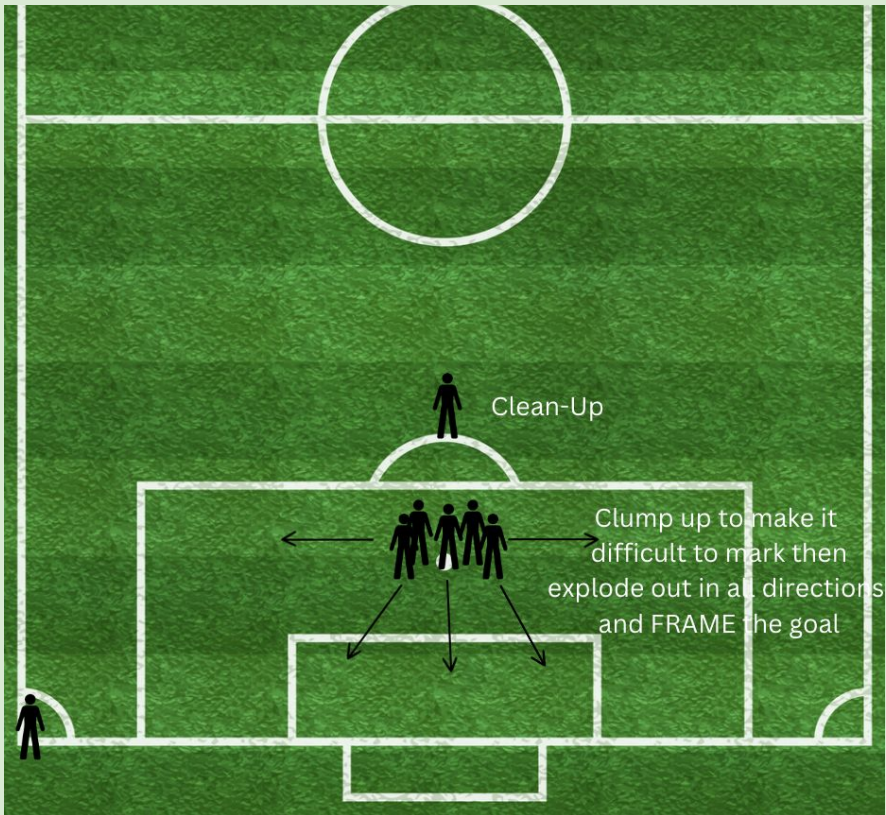
*This is not the time to start switching things up in for what will be the very last week of the season for most teams.*

### DRIBBLING: Switch/Body Part Game/Relay Races

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

# REVIEW: Set Pieces

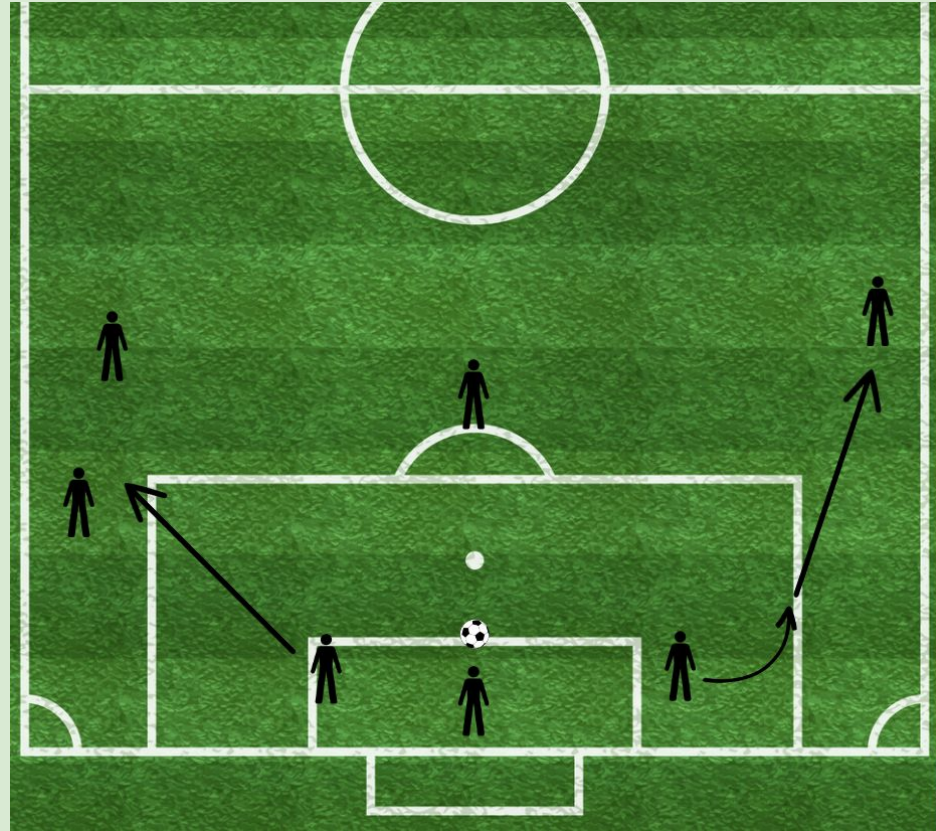
- Corner Kick Play
- Short Corner Play





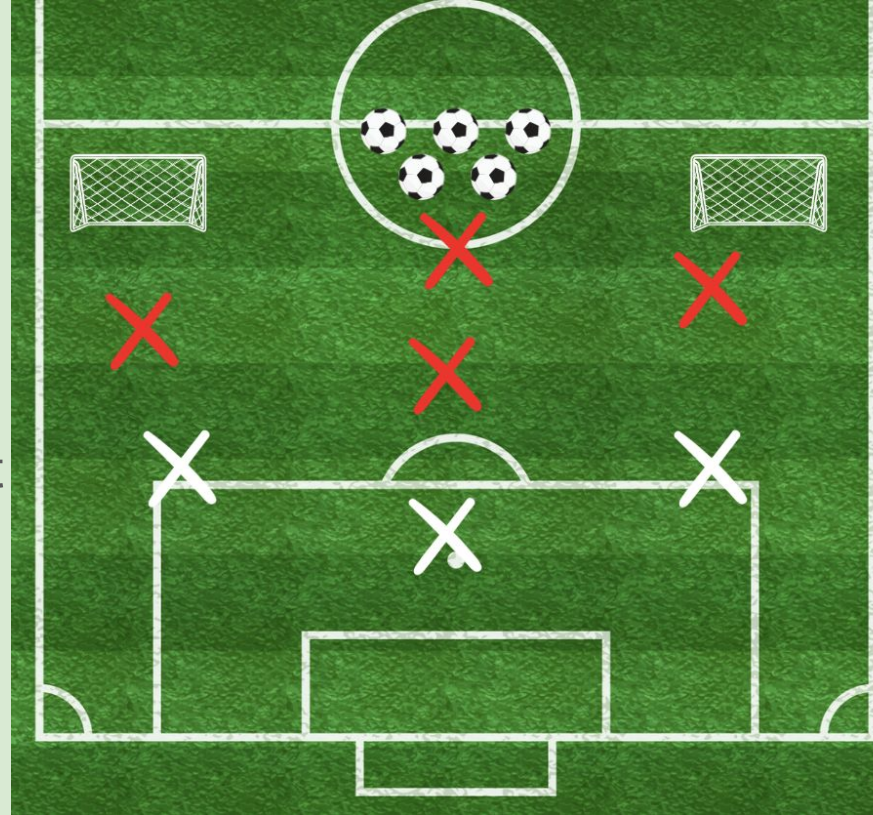
# Set Pieces continued...

- Defensive Corner Kicks
- Goal Kicks



# 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!



# Penalty Shots

Have all players practice penalties and multiple players work on goalkeeping. You may be surprised on who emerges as the best goalkeeper for PKs

- Pick a spot and stick with it
- Try not to look too hard at your spot.
- Tee your ball up on the PK marker
- Take your time!

**End on a FUN high note!**

Pick a fun game to end practice with

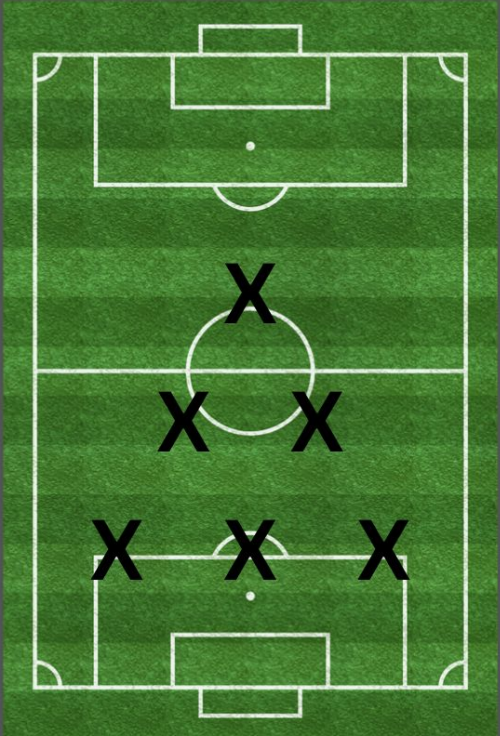
- Lightning
- Bonanza
- World Cup



# Defensive Formations

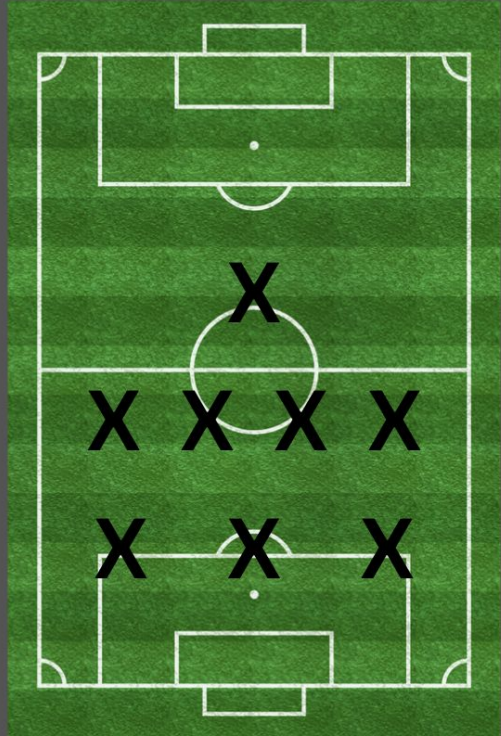
**7v7**

**3-2-1**



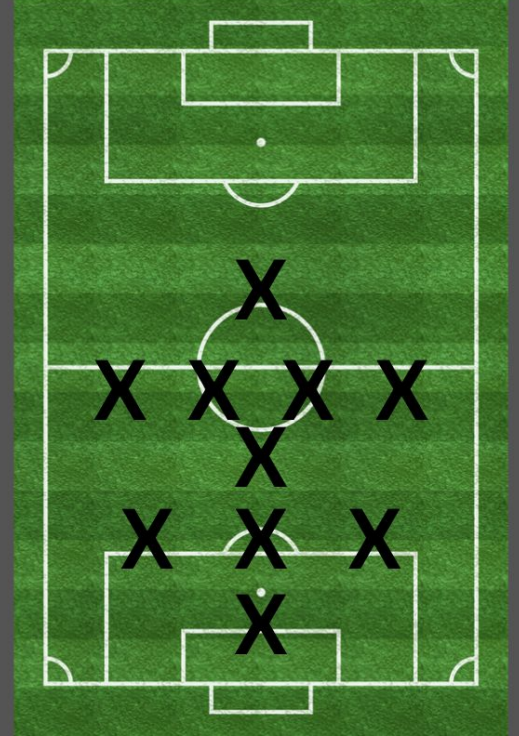
**9v9**

**3-4-1**



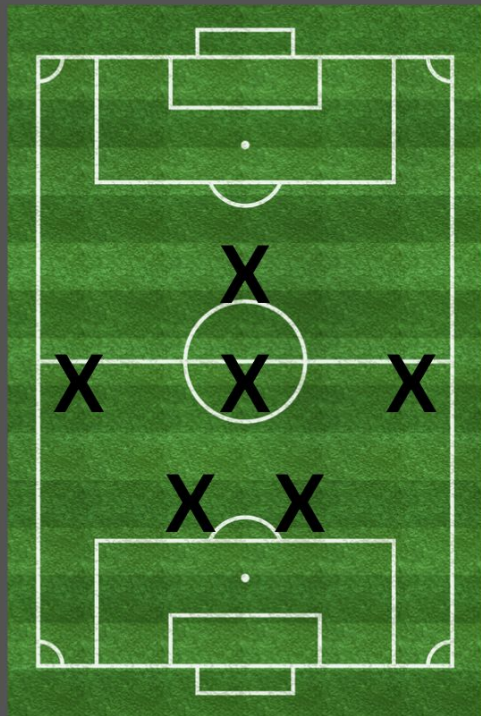
**11v11**

**4-5-1**

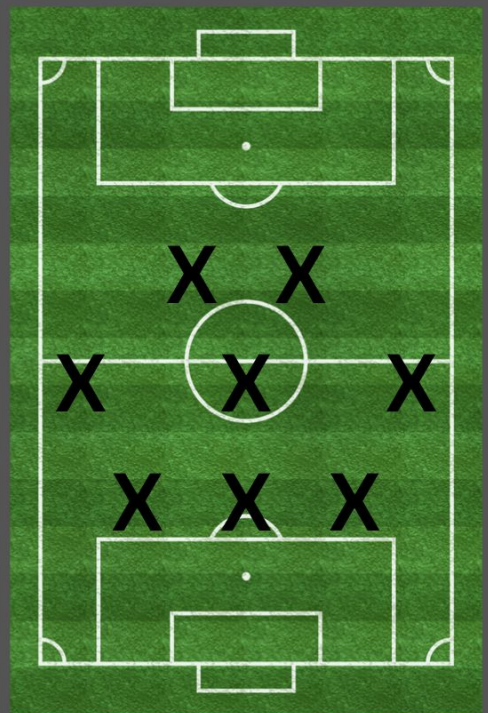


# Standard Formations

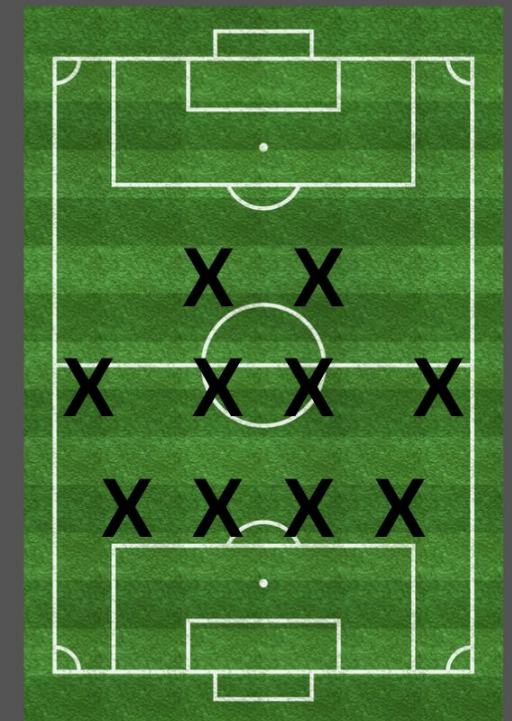
**7v7 2-3-1**



**9v9 3-3-2**



**11v11 4-4-2**



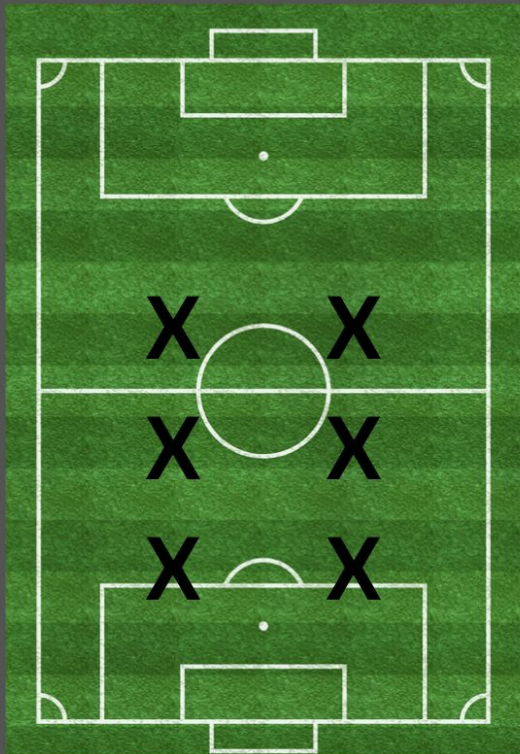


# Attacking Formations

3-4-3

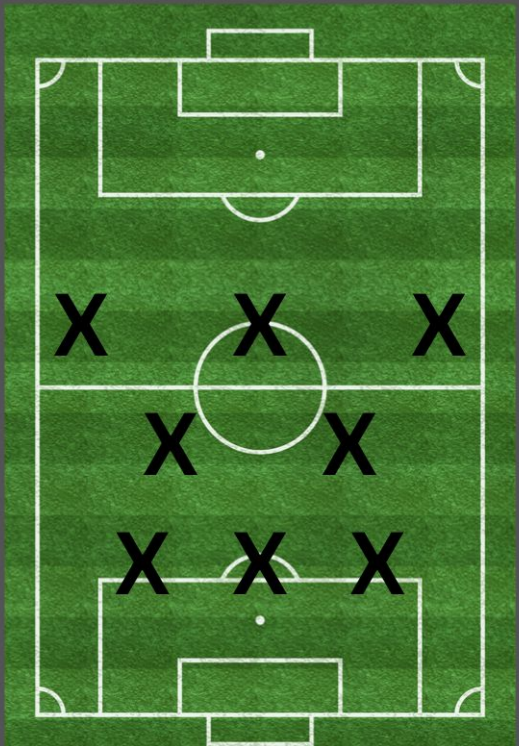
**7v7**

**2-2-2**



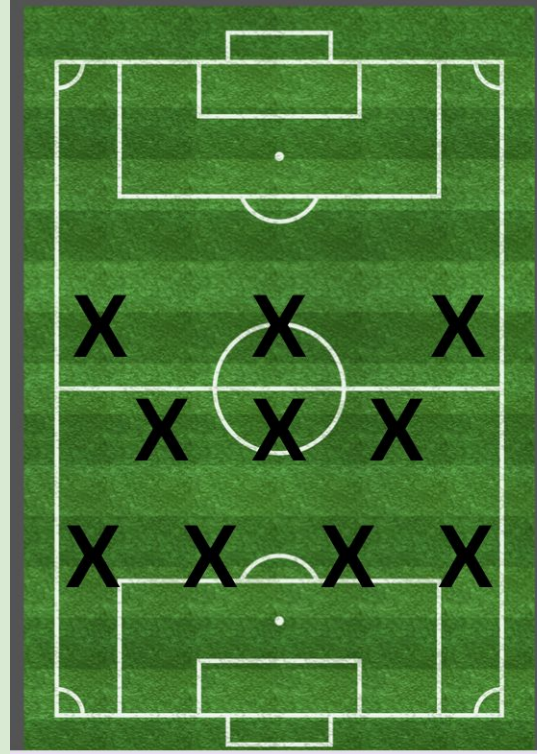
**9v9**

**3-2-3**



**11v11**

**4-3-3**



or

# Preparing for Playoffs...

- Playoffs can bring out another side of us and our opponent. Be prepared to **keep a level head** during playoffs for your sake and for your kids' sake. They look to you for how to respond in situations. Set some standards for yourself before you step on the field to coach so that you are prepared to handle yourself correctly should you find yourself coaching a heated game!
- If you have not yet had the **“playoff” talk with your parents**, do so. Even if you had, just give them a quick reminder that you 100% encourage cheering from the sideline but no complaining to players, coaches or referees, no instructing (too many voices is overwhelming for kids).
- **Prepare your kids for what playoffs could be like** if things do get intense so that they do not have a negative reaction if the other coach, parents, or players are overly-intense.
  - “Sometimes in playoffs the games can get really exciting and intense. It is important for us to stay focused and stay positive on the field. The best thing about playoffs is getting to have fun playing soccer!”



# NEXT WEEK PRACTICE

- If you are in the Championship then spend 15-30min on preparing for that.
- Either way, **all teams should have one final practice next week** where the kids can wear their **Halloween costumes and play a KIDS vs. PARENTS game!**
- Bring candy or snacks for the end and finish the season on the most fun note!