

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

# Mid-Season Practice



Week of October 9th, 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. 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
- Be a little cryptic when describing the plan. This week, we don't want to give too much away or else we may lose the attention of the players.

## Stay Consistent

### 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

## **ONE Tactical Practice Topic**

- Offense vs. Defense to review positions and expectations
- Free Kicks
- Crossing and Finishing
- Your choice.

# Kid's Choice! For the rest of practice

- This is your last opportunity for a really fun practice this season. Of course, you can always add in fun games at the end but after this week you will be nearing playoffs and may have some things you really want to work on in practice.
- Kids are over halfway through the season, it's been raining a lot- they need some fun!

## Ideas:

- World Cup, Lightning, Parents vs. Kids
- BRING A TREAT FOR THE END!

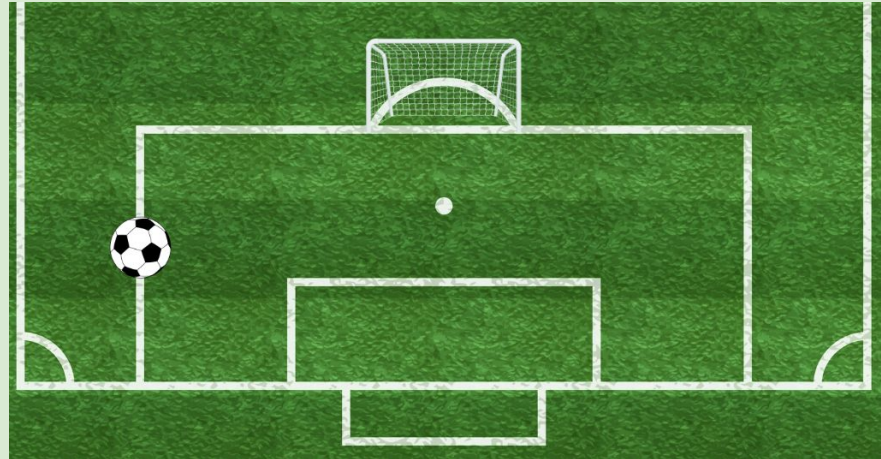
# Recap for rules on Lightning

- Player runs out to top of the box, coach passes easy ball, player shoots and then plays goalkeeper for the next player.
- If they make the shot then they are safe whether they save it or not.
- If they miss the shot then they have to save the next shot or they are out.
- Last one left, wins!



# Bonanza

- 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.





# Pre-Game Mindset

- Helping Players get in a pre-game mindset
- Goals for what to eat, what to drink, how much to drink
- Music playlist

