

# **PRACTICE TIPS AND EXAMPLES**

## **Tips**

- Have a plan. Be organized. Keep it simple
- No Line Soccer – try to avoid having kids stand in line instead of playing if needed no more than 2-3 per line to keep the line moving fast.
- Increase ball touches – less standing around, keep players moving and handling the soccer balls.
- Be a teacher 1<sup>st</sup> and coach 2<sup>nd</sup> – Your job is to teach the skills.
- Have fun and the kids will have fun.

## **Focus Points**

- Dribbling – Players should be able to comfortably dribble with the inside foot and maintain control over the ball.
- Defending – Players should understand taking the ball away from the other team is part of the game. Players should be able to understand to take the ball a way they need to get in front of it/the other player, also known as getting goal side.
- Positions – Players should start to learn and understand what the positions are and what the roles and responsibilities are of those positions.
- Match Play or Basic knowledge – Players know and understand the basics of the game, how many teams play, info about goals, how many balls are in a game, not to take the ball from their own team during a game.
- Passing – Players should begin to learn how to pass, when to pass and how to receive a pass.
- Bunch Ball – Players should be corrected on the almost avoidable Bunch Ball, when all the players want to chase the ball and play on top of each other. Teach them to spread out and try to maintain their positions.

## **Games that teach ball control and are fun for the kids**

- Keep it simple. Pick your top 3-4 games. You don't have to have a new game for every practice.
- Always have at least one ball per player.
- Look these up online for examples:
  - Sharks & Minnows
  - Hunter & Rabbits
  - Red Light, Green Light
  - Fetch!
  - Freeze Tag Dribbling
  - Coach Says Dribbling

# **PRACTICE PLAN IDEAS AND EXAMPLES**

## **PRACTICE PLAN #1**

Warm Up:

1. Dribbling with Fitness Twist (10-15 minutes)

Fast Feet:

1. Tick Tock (2 minutes)
2. Tap on top (2 minutes)

Games:

1. Driving School (15 minutes)
2. Throw In's Teaching Game (15 minutes)

## **PRACTICE PLAN #2**

Warm Up:

1. Follow the Leader (dribbling) (2 minutes)
2. Coach is the leader (2 minutes)

Games:

1. Hit the Coach (15 minutes)
2. Tug of War (10 minutes)

Skill:

1. Passing to buddy (standing still) (10 minutes)
2. Passing to moving buddy (running down a line) (10 minutes)