

Coaching Points

Pass with inside of the foot

Keep ankle locked and toe up (like a check mark)

Hit the center of the ball

9:30 - 9:35 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

**Warm Up:
 Coordination**

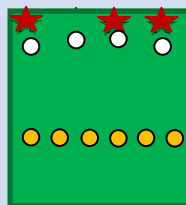
Ball taps, pendulums,
 Ball stretching, etc.

Michele & the trainers will run the initial practice activities by combining the teams on several fields.
 Three practice areas will be run simultaneously by the trainers.

9:35-9:42 a.m.

**Activity 1:
 Edge of the
 World**

- Players stand on a side line; each player has a ball.
- Players try to pass their ball to the line of cones.
- Players run after their own balls and control them before they “fall off the edge of the world” (before the ball goes past the cones)
- Challenge players to get their balls as close to the line as they can without going past the cones.



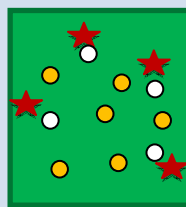
Orange dots = cones
 White dots = soccer balls

- Players practice passing technique. (see coaching points above)
- Keep head up – don’t run into other players ☺

9:42 – 9:52 a.m.

**Activity 2A:
 Knock em’
 Over**

- Cones are scattered around the field.
- Players dribble around the field.
- When coach gives a signal, the players try to pass their balls into (knock over) as many cones as possible.
- Coaches can reset some cones to keep the activity going. (But eventually, let all cones fall – to prepare for Activity 2B.)
- If a cone is knocked over, the next player can hit it again while it is down or move on to another cone.



Orange dots = cones
 White dots = soccer balls

- Players practice dribbling and passing.
- Keep head up – don’t run into other players ☺
- Players practice passing technique. (see coaching points above)

**Activity 2B:
 Pick em’ Up**

- After all cones are knocked down from the previous activity, start Pick em’ Up.
- Players dribble in the same area
- Challenge players to move with speed, maintaining balance while setting the cones in an upright position.
- When all cones are reset, play round two of Activity 2A: Knock em’ Over.

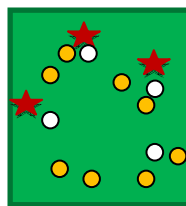
(Same diagram as above activity.)

- Players practice dribbling with speed and coordination.
- Keep head up – don’t run into other players ☺

9:52 – 10 a.m.

**Activity 3:
 Gates**

- Pairs of cones, 3 yards apart, are randomly placed around the field (like goals or “gates”)
 - Players dribble their balls around the field pass the ball through the goal/gate then retrieve the ball on the other side.
 - Players try to score as many goals on different gates in one minute.
- Repeat, trying to beat personal best.



Orange dots = cones
 White dots = soccer balls

- Players practice dribbling and passing.
- Keep head up – don’t run into other players ☺
- Players practice passing technique. (see coaching points above)

10 -10:30 a.m.

Game

Play your scheduled game.

DO NOT place all players on the field at once, please use subs.

Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.

Play to regular goals. Use substitutes.

When the ball goes out of bounds, ask players to practice proper passing technique when performing the kick-in, goal kick or corner kick.

- Use this time to ask trainers questions about game rules, tactics or management, if needed.

Players’ Homework: Ask players to practice passing this week with their parents, a sibling or a friend.