

# First Practice - <INSERT DATE>

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*Focus: Kicking, Dribbling, and Stomping*

## **INTRO TO PARENTS (5-10 Minutes)**

- Introduce yourself to parents
- Tell your goals/philosophy
- Advise on practice lengths (30-40 minutes)
- Ask parents to volunteer and get involved

## **GROUP HUDDLE (5-10 Minutes)**

- Introduce yourself again to the kids.
- Learn the names (Get to know the kids)
- Talk about the focus for today (Kicking, Dribbling and Stomping)
- But before we do that we need to warm up.

## **WARM UP EXERCISE**

- Follow the leader and tag coach

## **FIRST DRILL (5-10 Minutes)**

- Turn Around Exercise (Dribble the ball towards coach like walking a puppy)

### **WATER BREAK (1-2 Minutes)**

## **SECOND DRILL (5-10 Minutes)**

- Group Huddle next to a goal
- Teach proper kicking technique “Shoelace Kick” (InStep Drive - Foot next to ball)
- Go Score (Move Net)

### **WATER BREAK (1-2 Minutes)**

## **CLOSING ACTIVITY (5-10 Minutes)**

- Sharks and Finding Nemo

## **GROUP HUDDLE (5-10 Minutes)**

- Come up with a Team Name (2-3 Minutes)
- Homework (1-2 Minutes) - Practice dribbling the soccer ball
- Team Chant “GO <INSERT TEAM NAME>”