

Practice X - <INSERT DATE>

Focus: Kicking, Dribbling, Goalie Play, and Having Fun

GROUP HUDDLE (3-5 Minutes)

- Dribble a ball and sit down
- #1 Rule – No Hands
- TALK ABOUT FOCUS FOR TODAY (Having Fun)
- But before we do that we need to warm up. Leave balls in circle.

WARM UP EXERCISE

- Follow the leader and Tag coach (Assistant coach sets up balls in line)

FIRST DRILL (3-5 Minutes)

- Cones in circle (2 balls)
- Huddle up next to cone
- Danger Zone Goalie Stance
- Hot Potato

SECOND DRILL (5-7 Minutes)

- Sharks and Finding Nemo

WATER BREAK (1-2 Minutes)

THIRD DRILL (3-5 Minutes)

- Cones on perimeter and two cones on one side
- Group Huddle next to goal
- Teach proper kicking technique “Shoelace Kick” (InStep Drive - Foot next to ball)
- Go Score (Move Net)

FOURTH ACTIVITY (3-5 Minutes)

- Red Light/Green Light Set up balls in front of goal

WATER BREAK (1-2 Minutes)

CLOSING ACTIVITY (5-7 Minutes)

- Hit Coach
- Cookies in the Middle (4 balls)

GROUP HUDDLE (5-10 Minutes)

- Team Chant “GO <INSERT TEAM NAME>”
- See you on Saturday for the game @ <FILL IN TIME/LOCATION>