

## THE 60 Minute Practice

The importance of running an efficient practices that maximize the fun and increases the number of touches your players receive in each of your training sessions.




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### Start practice on time even if only 2 players are at the session at start time

- :00 -:05 - Welcome player to practice
- :05 - :15 Warm up & stretch
- :15 - :20 Water break (Juggling contest)
- :20 – :35 Technical Functional Training
- :35 - :40 Water Break (Head & Catch)
- :40 - :55 Scrimmage
- :55 :60 Cool Down (talk to players & parents to review session & about upcoming game scheduled activities)

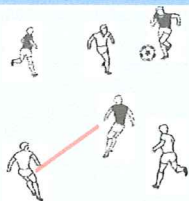

## Get'em Moving ASAP

Activity	Description	Diagram	Purpose/Coaching Points
Knockout	Each player with a ball. Each player dribbles their ball while attempting to kick another player's ball away. If your ball is kicked away and you can recover it before it stops rolling, rejoin the game. If your ball has stopped, do 10 ball taps and rejoin the game. You may want to call out the last 30 seconds, and if your ball is kicked away, you must sit out.		Improves possession dribbling and shielding. Provides an opportunity to develop the tendency to immediately chase your ball upon losing it. Can help develop assertiveness.
Team Knockout	On ball for every two players. Two teams with one team on the field, each player with a ball. The second team stands on the outside of the area. On the signal, team-2 runs on the field and sees how quickly they can kick all the balls out of the area. If a player loses a ball they can then take a pass from a teammate; the clock does not stop until all the balls are out of the area. Teams exchange roles & play again.		Provides an opportunity to practice dribbling, passing, receiving, and heading skills. Improves communication, composure, and team play. Game will go through an entire tactical progression: 1v1, 2v1, 2v2, 3v2, 3v3 etc.
Team Knockout To Goal	Same as Team Knockout, except when team 2 takes a ball, instead of kicking it out, they try to score. Thus one team is playing an indirect style (Team 1) and the other direct (T-2). May want to play with a neutral goalkeeper.		Same as above, except shooting is added, as well as more teamwork, communication, and collective play. Look to see if anyone is taking a leadership role.

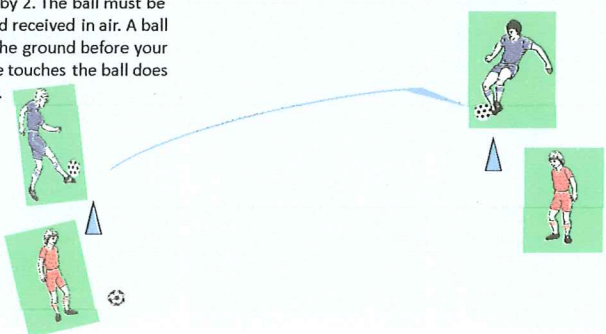
## Technical & Tactical

Activity	Description	Diagram	Purpose/Coaching Points
Barrel Ball	All you need is a little space and a barrel. Place the barrel or trash can, in the middle and play. Play with 1 ball and 2 teams: Objective is to score a goal by hitting the barrel. The last player to touch the ball before it hits the barrel, scores the goal. Defending players are not allowed to touch the barrel.		The ability to possess the ball and play in a 360° environment. Involves quick thinking & reaction time. A great street game that can be played in any safe space.
Triangle Goal	A 3-sided goal and the defending team must place a player within each side. Objective is to score through 1-side. If the offense collects the ball at the other side, keep playing. If defense wins the ball, teams immediately change roles. Count any ball that goes through a goal.		A great transition game that also creates a numbers up situation so that patience and possession can be learned.

## Scrimmage isn't always 11 v 11

Activity	Description	Diagram	Purpose/Coaching Points
Moveable Goal	Make two teams with whatever numbers you have. Create a goal by holding each end of swimming pool noodle or a boy scout walking staff (something without points ☺), One player from each team hold each end, they become neutral players. The two neutral players, try not to be scored on, while the goal begins to move and each player with a ball tries to score a goal on the moving goal.		To introduce looking up for a target. To be able to change direction with the ball. To experience the joy of scoring a goal. To scan an environment to make quick decisions to recognize a scoring opportunity.
Get Outta Here	Set up an area for 2v2 to two small goals. All the balls are with the coach on the sideline. A ball is played in and two players from each team run on. If the ball goes out of bounds, all four players are OUTTA-HERE, if one team scores, only the defending team is gone. Play a new ball in as soon as a goal is scored or ball goes out of bound. Players must stay alert a be ready to run on quickly. Keep team scores. Game can handle 5-8 players per team.		Emphasizes quick 2v2 play. Players must stay alert even when <i>not</i> in the game. Great interval fitness game.

## The Cool Down

Activity	Description	Diagram	Purpose/Coaching Points
Soccer Horseshoes	Play just like horseshoes, the receiving player has touch to place the ball as close to the cone as possible. Score 1-point for the closest ball. Play to 15, must win by 2. The ball must be played and received in air. A ball that hits the ground before your teammate touches the ball does not count.		A great little game for improving accuracy, playing balls in the air, and 1 <sup>st</sup> touch. Who doesn't need to improve 1 <sup>st</sup> touch?