



# Practice I

## Getting Started

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## Practice

### Warm Up

Designate an area 20 x 20 yds and have the kids play a game of tag. Have them stop every minute to stretch a different muscle group. This should last 5-7 minutes.

### Technical Skill Development

In the same 20 x 20 area, have each player dribble. On your command have them STOP! When they stop, have them stand with their foot on the ball. Give them different commands while they dribble such as, turn, trade balls with another person, stop the ball with your knee, etc. This should last 8-10 minutes.

### Practical Application

Mark 4 goals (one on each side of the 20 x 20 area). Divide the players into two teams (no goalies). Have them play a game where either team can score into any of the four goals. When

ball goes out of bounds, have the other team restart play with a throw-in. (This should last 12-20 minutes)

### Game Play

Expand the field so it is 20 x 30 yds. Place one goal at each end of the field. Let the kids play without giving too much instruction. This should last 12-20 minutes.

### Cool Down

Lead a stretch with the team. This should last about 5 minutes.

### Reminder

Remind the kids to wear cleats if they have them and they must have shin pads. Bring a ball next practice.

This first practice should be fun. The kids need to get to know each other and the coach. This practice should give you a chance to watch, evaluate and get to know the kids.

### Equipment

Cones, balls and pinnies

### Themes:

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*Passing and Controlling* 2

*Dribbling* 3

*Turning with the Ball* 4

*Shooting* 5

*Crossing* 6

*Thigh, Chest, and Head* 7

*Possession* 8

### COACH

- Leader
- Role Model
- Teacher
- Friend
- Trainer
- Counselor
- Mentor
- Disciplinarian
- Helper
- Encourager
- Doctor

## Thinking about the first practice

It is important that you establish yourself as coach. The players need to know what you expect of them immediately. Develop a list of goals for yourself as a coach. These goals will vary from coach to coach depending on experience, personality and teaching philosophy. These goals could include emphasizing effort continually, committing to never

shout at your players, teaching one new skill every practice, etc. They can vary a lot but will help you become a good coach and remain focused in your task. If you expect the players to listen to you when you are speaking then tell them so and then demand it every time you speak.

Make the practice a fun learning experience with games, variety, and activities that make them smile. Whenever you find a game/activity they love, always end it while they still want to play more. They will love playing it the next practice even more.