

Thoughts on a good practice session:

1. ONE OF BEST WAYS TO ENSURE A SUCCESSFUL PRACTICE IS TO BECOME TO THE PRACTICE WITH A GROUP OF ACTIVITIES THAT WILL KEEP THE MOST AMOUNT OF KIDS ENGAGED FOR THE LARGEST AMOUNT OF TIME POSSIBLE.
2. A WELL ORGANIZED PRACTICE WILL HAVE A VARIETY OF ACTIVITIES THAT WILL ADDRESS DEVELOPMENT OF DIFFERENT SKILLS. FOR THE OLDER KIDS, THESE SKILLS ARE BOTH INDIVIDUAL AND TACTICAL.
3. THESE ACTIVITIES WILL ALSO BE DIVIDED INTO ACTIVE AND PASSIVE ACTIVITIES. THE PASSIVE ACTIVITIES ALLOW FOR SKILL DEVELOPMENT IN A SOMEWHAT RESTING MODE.
4. YOU CAN DO THE SAME ACTIVITY FROM WEEK TO WEEK. IN ORDER TO KEEP IT INTERESTING TO THE KIDS, VARY THE ACTIVITY, MAKING IT MORE DIFFICULT, AS THE KIDS SHOW SIGNS OF DEVELOPMENT.

Here is a sample lesson plan.

Time	Type	Name	Activity	Purpose
5 MIN.	ACTIVE	DRIBBLING EXERCISE	SET UP CONES IN A SQUARE. INSTRUCT THE KIDS TO STAY WITHIN THE CONES. WATCH FOR THOSE ARE ONLY USING ONE FOOT. GIVE THEM DIRECTION TO USE: -THE OTHER FOOT, -THE OUTSIDE OF THE FOOT,	1. TO HAVE THE KIDS EXPLORE USING DIFFERENT MEANS OF CONTROLLING THE BALL.
5 MIN.	PASSIVE	THROW-INS	PARTNERS SET UP FACING EACH OTHER. PRACTICING PROPER TECHNIQUE OF THROW-INS.	1. DEVELOPING PROPER TECHNIQUE .
7 MIN.	ACTIVE	DRIBBLING AWARENESS	USING THE SAME CONE SET-UP, HAVE THE KIDS DRIBBLE TO A CONE. AT THE CONE THEY COULD: -STOP THE BALL AT THE CONE, -DRIBBLE THE BALL AROUND THE CONE AND EXPLODE TO ANOTHER CONE, -PERFORM A SPIN MOVE TO CHANGE DIRECTION AND EXPLODE TO ANOTHER CONE.	1. TO HAVE THE KIDS BECOME AWARE OF SOME SPACING ON THE FIELD. 2. TO WORK ON AVOIDING OTHERS WHILE DRIBBLING.
4 MIN.	PASSIVE	JUGGLING	AT FIRST HAVE THE KID HOLD THE BALL IN THEIR HANDS AND DROP IT TO THEIR FOOT. HAVE THEM SIMPLY SNAP THEIR FOOT TO KICK THE BALL BACK TO THEIR HANDS. SIMPLE ONE JUGGLE AT A TIME.	1. DEVELOP A FEEL FOR THE BALL

5 MIN.	ACTIVE	SWITCH OFF	GROUPS OF 2. SET UP 2 GOALS IN RELATIVELY SMALL AREA. 2 GROUPS PLAY AGAINST EACH OTHER. ONE FROM EACH TEAM IS FIELDER, ONE IS GOALIE. TRY TO SCORE ON OTHER SIDE. WHEN COACH YELLS "SWITCH" THE FIELDER AND GOALIE CHANGE PLACES.	<ol style="list-style-type: none"> 1. FIELDER GAINS SENSE OF NOT GIVING UP ON PLAY. 2. EVERYONE GETS A LITTLE BIT OF GOALIE EXPERIENCE.
3 MIN.	PASSIVE	TOE-TAPS	PLAYER WORK INDIVIDUALLY. TAPPING FOOT ON TOP OF BALL 3 TIMES, SWITCHING FEET. BRINGING THE NUMBER DOWN TO 2 AND THEN 1.	<ol style="list-style-type: none"> 1. DEVELOP A FEEL FOR THE BALL. THIS WILL BECOME HELPFUL IN TRAPPING AND DRIBBLING DRILLS.
10 MIN.	ACTIVE	FOUR CORNER GOALS	MARK OFF AN APPROPRIATE SQUARED AREA. EACH CORNER CONE IS A GOAL. DIVIDE THE KIDS INTO 2 GROUPS. BY PASSING AND SPACING, TEAMS SCORE GOALS BY ROLLING THE BALL AND TOUCHING A CONE.	<ol style="list-style-type: none"> 1. WORKS ON SPACING, AND LACK OF CROWDING. 2. COMMUNICATION TO CHANGE FIELDS.
5 MIN.	ACTIVE	VOLLEY SHOTS	WORK IN GROUPS OF 3. KID IN THE MIDDLE IS THE GOALIE, USES 2 CONES AS GOAL. THE OTHER TWO ARE ON EITHER SIDE, EACH IS 25 FEET AWAY FROM GOAL. SHOOTER PUSHES THE BALL GENTLY IN FRONT OF THEM AND TAKES A ONE-TIME SHOT ON GOAL. AFTER THAT, BALL GOES TO PLAYER ON OTHER SIDE OF GOALIE.	<ol style="list-style-type: none"> 1. SHOOTING ON GOAL, FINDING THE TARGET. 2. ONE-TIME SHOOTING.