

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, -TEACH SPIN MOVE – STOP BALL WITH FOOT, SPIN BALL BACKWARDS.	1. TO HAVE THE KIDS EXPLORE USING DIFFERENT MEANS OF CONTROLLING THE BALL.
5 MIN.	PASSIVE	THROW-INS	PRACTICE PARTNER THROW-INS LIKE LAST WEEK. NEXT LEVEL, ONE LINE OF PLAYERS ON SIDELINE FOR THROW-IN. TWO LINES OF RECEIVERS ON THE FIELD. COACH ACTS AS DEFENDER.	1. DEVELOPING CONCEPT OF MOVING TO OPEN SPACE AS THE RECEIVER, AND THROWING TO THE OPEN SPACE AS THROWER..
7 MIN.	ACTIVE	DRIBBLING/PASSING AWARENESS	USE THE SAME SQUARE SET-UP WITH CONES, BUT DOUBLE THE CONES UP TO CREATE 4 OR 5 GOALS AROUND THE PERIMETER. PLAYERS WORK IN GROUPS OF TWO. ONE IS ON THE OUTSIDE OF THE SQUARE, ONE IS ON THE INSIDE. POINTS ARE SCORED WHEN THEY PASS THE BALL THROUGH THE CONES. THEN MOVE TO A NEW SET OF CONES. CAN BE MADE MORE DIFFICULT BY SAYING THEY HAVE TO COMPLETE 2 OR 3 PASSES BEFORE THEY PASS THROUGH THE CONES.	1. TO HAVE THE KIDS BECOME AWARE OF SOME SPACING ON THE FIELD. 2. TO WORK ON AVOIDING OTHERS WHILE DRIBBLING. 3. COMPLETING GOOD PASSES AND CONTROLLING THE BALL.

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.	1. FIELDER GAINS SENSE OF NOT GIVING UP ON PLAY. 2. EVERYONE GETS A LITTLE BIT OF GOALIE EXPERIENCE.
3 MIN.	PASSIVE	TOE-TAPS/TRAPPING	PLAYER WORK INDIVIDUALLY. TAPPING FOOT ON TOP OF BALL 3 TIMES, SWITCHING FEET. BRINGING THE NUMBER DOWN TO 2 AND THEN 1. TOSSING THE BALL IN THE AIR, LETTING IT FALL TO THE GROUND AND TRAP IT TO THE GROUND.	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.	1. WORKS ON SPACING, AND LACK OF CROWDING. 2. COMMUNICATION TO CHANGE FIELDS.
5 MIN.	ACTIVE	SPIN AND GO	WORK IN GROUPS OF 4. ONE IS A DEFENDER. OTHER 3 WORK TOGETHER. OF THE 3 THE TWO ON THE OUTSIDE STAY FAIRLY STATIONARY. THE ONE IN THE MIDDLE HAS THE BALL. THE DEFENDER IS DEFENDING THAT PLAYER. PLAYER USES SPIN MOVE FROM ABOVE EXERCISE TO ESCAPE FROM DEFENDER. CAN PASS TO BALL TO ONE OF THE OUTSIDE PLAYERS. THE BALL GETS PASSED BACK IN TO INSIDE PLAYER, THEN USES SPIN MOVE TO GET TO PLAYER ON OTHER SIDE.	1. WORK ON SPIN MOVE. 2. ALSO BEGINS THE CONCEPT OF SHIELDING THE BALL.