

Thoughts on a good practice session:

1. One of best ways to ensure a succesful practice is to be come 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 activitites that will address development of different skills. For the older kids, these skills are both individual and tactical.
3. Thes 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/ Coach defends	Have kids dribble inside cones. Use usual instructions. Have them think about finding open space, avoid others, etc. Coaches attempt to steal the ball away from players. After a minute discuss "shielding".	1. Teach the concept of "shielding". When faced with a 1-v-1 defender player with the ball keeps his body in between the defender and the ball, thus "shielding" the defender.
5 min.	Passive	Trapping	Trapping is the concept of stopping the ball and keeping control in the process. Player tosses ball in the air. The goal is to trap the ball against the ground by stopping the ball by placing their foot on top of the ball.	1. Developing a feel for the ball.
5 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	Give-and-Go Passing	Have cones set up in large square area. Half of the players are inside the square with balls, the other half are outside square. Players inside pass the ball to the players outside. They return the pass as quick as possible, passing the ball ahead of the receiving player. (Passing to space.)	1. Quick, crisp passing. 2. Passing to space. 3. Moving w/out the ball.

3 min.	Passive	Throw-Ins	Work on proper technique. Hands above the head, both feet on the ground at all times. Dragging foot behind if comfortable. If not, keep both feet together.	<ol style="list-style-type: none"> 1. Developing good technique. 2.
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	One-Time Shots	Can use goalies, or not. One or two lines 20 yds away from goal. Coach 15 yds away. Player starts towards goal, coach rolls the ball ahead of them. The player takes a one-time shot.	<ol style="list-style-type: none"> 1. Develop the ability to shoot the ball on the first touch. 2. Develop an awareness body position in relation to the goal. Take a look at the goal before you shoot.