

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
4 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.
4 MIN.	ACTIVE	FIND THE COACH	USE SAME CONE AREA. COACHES ASK PLAYERS TO BRING BALL TO THEM BY CARRYING. THEY GENTLY PLACE IT IN COACH'S HAND. ALTER ACTIVITY BY HAVING THEM: BOUNCE THE BALL BACK, PALM IT BACK, DRIBBLE WITH FEET, ETC. ONCE COACH HAS BALL THEY ROLL IT AWAY FOR THE PLAYER TO GO COLLECT.	1. FOLLOWING DIRECTIONS. 2. FINE MOTOR SKILL DEVELOPMENT, SELF CONTROL.
5 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.
3 MIN.	PASSIVE	JUGGLING	FOR THE YOUNGER AGES GETTING THEM TO 'CATCH' THE BALL ON THEIR FOOT IS A GOOD START. ONCE THEY DEVELOP THIS SKILL HAVE THEM WORK ON DROPPING THE BALL TO THEIR FOOT, THEN SNAPPING THE BALL BACK UP AND CATCHING IT.	1. DEVELOP A FEEL FOR THE BALL

5 MIN.	ACTIV E	SCORE AT THE CONE	SET UP 3 OR 4 GOAL AREAS (2 CONES) WITHIN AN APPROPRIATE SIZED AREA.. HAVE THEM DRIBBLE TO A GOAL, THEY SCORE A POINT WHEN THEY KICK THE BALL THROUGH THE GOAL.	1.SPACIAL AWARENESS. FINDING THE DIFFERENT GOAL AREAS. 2. CONTROLLING THE SHOT.
3 MIN.	PASSIV E	TOE-TAPS	PLAYER WORK INDIVIDUALLY. TAPPING FOOT ON TOP OF BALL 3 TIMES, SWITCHING FEET. BRINGING THE NUMBER DOWN TO 2 AND THEN 1.	1. DEVLOPIG A FEEL FOR THE BALL. THIS WILL BECOME HELPFUL IN TRAPPNG AND DRIBBLING DRILLS.