

**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	WHAT'S MY NUMBER	AS THE KIDS TO DRIBBLE AROUND THE CONED IN AREA. ASK THE KIDS TO LISTEN FOR YOU TO SAY, "WHAT'S MY NUMBER?" WHEN YOU SAY THIS YOU PUT YOUR FINGERS UP IN THE AIR. THE KIDS NEED TO LOOK UP TO FIND YOU, AND COUNT THE NUMBER OF FINGERS YOU ARE SHOWING.  TO BE MORE ADVANCED, DON'T SAY THE PHRASE, BUT RATHER JUST PUT YOUR FINGERS UP. SEE WHO IS LOOKING FOR YOU.	1. TO HAVE THE KIDS BECOME AWARE OF SOME SPACING ON THE FIELD. 2. TO WORK ON AVOIDING OTHERS WHILE DRIBBLING. 3. FORCING THE KIDS TO LOOK UP 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	1. DEVELOP A FEEL FOR THE BALL

			CATCHING IT.	
5 MIN.	ACTIV E	CATCH THE CONE (OR SOMETHING)	KIDS ARE DRIBBLING IN THE ARE. COACH WALKS AROUND WITH THE ITEM AND GENTLY TOSSES IT TO ONE PLAYER AT A TIME.  IF THEY DROP THE ITEM THE HAVE TO DO 10 TOE TOUCHES.	1.CONTROL OF THE BALL. 2. HEADS UP.
3 MIN.	PASSIV E	CLOSEST TO THE CONE	HAVE EVERYONE FREEZE WHERE THEY ARE. ONE AT A TIME HAVE THE KIDS KICK THEIR BALL TO SEE WHOSE BALL COMES CLOSEST TO THE CONE.	1. DEVELOP AWARENESS OF DISTANCE FROM CONE AND HOW HARD THEY HAVE TO KICK.