

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
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	North-and-South	Using the same cone set-up, make 2 goals from cones, 1 each at opposite ends of field. Call one North and one South. Players dribble inside the square. Coach calls out either North or South. Player has to find the goal and dribble through and around the cones. Then re-enter the square and coach calls another goal.	1. Finding goal. Keeping head up.
2 min.	Passive	Closest to the cone	Have everyone freeze in place. Grab and cone and place it a distance away from players. Take turns kicking their balls to try to hit the cone.	1. Developing a sense of how hard they need to kick the ball. Gaining a feel for the ball.
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.	2. To have the kids become aware of some spacing on the field. 3. To work on avoiding others while dribbling. 4. 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 catching it.	1. Develop a feel for the ball
5 min.	Active	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.	Active	Red-Light-Green-Light	Players line up on one end of the field. Practice the game without the ball first. Green light=go, Red Light=stop. Then do the same exercise with the ball.	1. Ball control, body control. 2. Keeping the ball close to themselves so they can stop it with their feet.