

Sample Practice for Coaches

(thanks to Dave Anthony)

5:00 Two lap run

5:05 Group Stretching (including coaches; kids lead)

10 jumping jacks
left over right toe touch
right over left toe touch
hurdle stretch left
hurdle stretch right
calf stretch left
calf stretch right
both arms windmills forward
both arms windmills backward
10 jumping jacks

5:15 Break into line drills

- throw and catch strong hand
- throw and catch off hand
- throw and catch with dodge drills
- ground ball to
- ground ball away

5:40 Break into teams (possible team drills)

Shooting Drills

- pass from behind goal to cutter with bounce shot on net
- side feed to cutter off pick

2-on-2 Drill

defense behind the goal and offense at top of the box; ground ball out to offensive players

2-on-1 Drill

ground ball drill

Circle throw drill

six (6) players in a circle; pass a ball around the perimeter to simulate a settled lax situation

Give and go drill

Player throws ball to the point and gets the return pass

Fast break drill for defense

Coaches must take an active role in demonstrating these drills and keeping things moving

End of Practice Four (4) midfield to end line sprints and one lap around the field.