

Practice Plan:

If any of the activities are flopping, and you don't have kids attention, then move on to another activity.

Distribute team shirts: (5-10 min)

There are lots of ways to do this. The easiest I have found is line them up by size, and give the biggest to the biggest, and work your way down.

Name Game: (5-10 min)

Its important that the players and coaches know each others name. This game you get everyone in a circle, and the coach will start with one ball. They will pass the ball to each player as they say their name, and then pass the ball back to the coach. The coach will repeat the name. Once all the players names have given, then the players can start passing the ball to each other. They have to say the name of the person who passed the ball to them, if they get it wrong, have them do something silly like put their elbow or forehead on the ball as they say the correct name of the player who passed them ball, and keep going.

This game will not only help you know everyone's name, but it will encourage them to talk to each other when they have the ball, and get them started with some basic passing of the ball. Don't worry about the pass being technically correct.

Instruction: Kicking/Passing (10-15 min)

For this one get the parents to help, or older brothers and sisters. Show them how to do a basic inside of the foot pass. Don't be too wrapped up in the details. If the plant foot is pointing in the general direction they want to kick the ball, it is good. The striking foot should turn outward to hit the ball. If they are able to swing their leg, and it does not look like the are trying to swing it like a golf club, then they have done a great job. Check out <http://www.youtube.com/watch?v=jyKlIMBKxj8> to see an example. Have the parent and player start just a few steps away from each other, and as the player successfully gets the ball to the parent, then the parent can step back. It does not matter if the parent can successfully get the ball to their kid, that can take longer to achieve. If parents are pretending to not hear you when you ask them to come help, break the players into two groups. Half can work with you, and the other half can work with the one parent who did volunteer. Have them pass the ball to the adult not to each other. Chaos will break out if they are passing to each other. Chaos is for the next activity. Some teams will have every parent help willingly, while others will have one or two, don't be frustrated if you are the latter. Any activity should be able to be adapted easily to an adult with 2 or 3 players at a time.

Simon Says: (5-10 min)

Every kid has a ball. Have them dribble the ball initially. Emphasize keeping the ball close, so they can do the things your going to ask them to do. Don't worry about the technical aspects of dribbling right now. Just like any game of Simon says, you tell them to do things by saying "Simon says..." After a few you can give them a GOTCHA without "Simon Says ...". Use the entire 1/2 of the field. Have them put their elbow or knee on the ball. Have them push the ball with their head or knee. Have them skip around their ball. Always reset them by having them dribble again. You can finish with a "Simon Says kick a goal" When they get caught by a GOTCHA, give them something silly to do to get back in the game, like "Put your head on the ball and spin around it three times."

Shooting:

If by some miracle you still have time before you its time for the game to start, have fun letting the kids kick goals. I wouldn't over organize this task, just let them set a ball down outside the box, and shoot. They can get their own ball, and go again. No need to take turns or have lines, this is just time for them to have fun kicking goals. Later in the season we will focus on proper shooting.