

**Practice Plan:**

If any of the activities are flopping, and you don't have kids attention, then move on to another activity. Any activity that the kids enjoyed from a previous practice can be repeated as well if none of the activities in the plan are working.

**Review last week: ( 2-5 min )**

See if anyone remembers what you practiced last week. Some of them will remember that you asked that last week, and will have been ready with an answer. After a few answers, hopefully someone has come close to describing shielding. Take some time and explain what shielding is again, and let one of the players demonstrate, while you try to get the ball from them.

**Instruction: Pull Back Turn (10-15 min )**

First watch this video for a good explanation of what a pull back turn is, and why you are doing it <http://www.youtube.com/watch?v=2LXU1oi1VSI>. Get the parents to help out on this one. Show the kids what pull back turn is with one of the parents. Dribble the ball towards a parent and use the pull back turn to change directions. Have the players work with their parent. They can dribble towards their parent, and then use the turn to get away. If they are using the bottom of their foot to roll the ball backwards, and are turning with the ball to go the new direction then they have it. Discourage when a player is stopping the ball and then changing their position around the stopped ball to go the new direction, because it is slow, and leaves the ball vulnerable to a defender taking it from them.

**Drink Break ( 2-3 min)****Red Light, Green Light Game ( 5-10 min )**

This is the game they showed on the video. On green light they should dribble the ball towards you, encourage them to keep the ball close, because on red light they need to be able to put their foot on the ball to stop it. Any time you say "traffic cop" or something to mean the the police, they are to do their pull back turn and run away as fast as they can.

**Shooting:**

Any practice can be finished with some shooting. Like last time, encourage them to set a ball outside the marked goal box, and take shots. No lines, no waiting, no order. Just let them go for it.

**Drink Break ( 2-3 min )****Prepare for the game ( 25 after the hour ):**

Reinforce the skills they have learned as the game gets ready to begin.. Kicking/passing, shielding, and now pull back turns. Make sure everyone knows which way they are going, and remind them of any rules that were an issue the previous week. .