

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 a pull back. Take some time and explain what a pull back is again, and let one of the players demonstrate as they approach you with the ball.

Instruction: Inside - Inside - Outside (10-15 min)

First watch this video for a good explanation of what inside - inside - outside is. <http://www.youtube.com/watch?v=XEir3CqZDBQ> Demonstrate for the kids and parents how it is done. Don't worry about the stepover that is mentioned in the video. Just do the simple move. You dribble, and use the inside of a foot, then the inside of the same foot, and then the outside of the same foot to change directions. All the parents need to do on this one is help their player with the move, and then as they get it the player should dribble towards their parent, and use this move to go past them.

Drink Break (2-3 min)**Sharks and Minnows game (5-10 min)**

This version of the game will be played by having all the kids line up on a sideline with a ball. Two kids should be selected as sharks. They go to the middle. The goal is for the minnows to all get to the other side without losing their ball. Any player that loses a ball will now be a shark. All the minnows go at the same time from a sideline, and stop once they are safe waiting for all the minnows to get there. The coach will tell them when to start again. Encourage them to use the new move, and any other moves they have learned to get past the sharks. Once there are only two minnows left, they become the sharks, and all the other players can now be minnows.

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, pull back turns. and now inside-inside-outside. Make sure everyone knows which way they are going, and remind them of any rules that were an issue the previous week. .