

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 inside-inside-outside. Take some time and explain what it is again, and let one of the players demonstrate.

Instruction: Shooting the ball (10-15 min)

Here is a video that shows how to strike the ball with your laces <http://www.youtube.com/watch?v=gqbH-ma9us4>. Demonstrate how to strike the ball with your laces.

1. Have your plant foot close to the ball.
2. Drive through the ball with your ankle locked, and toe pointed down, and your knee over the ball.
3. Have your head down, and chest forward.
4. Finish by landing on the foot that was striking the ball.

Get the parents to help out on this one. Have the player stand 5 to 10 yards from their parent. Have the player strike the ball to their parent. The parent should help with getting the plant foot close to the ball, and not kicking the ball with the toe. Anything more the player picks up today is a bonus.

Drink Break (2-3 min)**First to the ball shoots (5-10 min)**

First watch this video for the drill that we will be doing <http://www.youtube.com/watch?v=6VWBz8T88iQ>.

Have the players line up in two lines. You throw a ball out, and the first player to the ball shoots on goal, while the other player tries to shift to defense. This drill should end up with the ball in the net almost every time. Change the game up however you have to get the players to understand your goals. The most important thing to encourage is hard strikes of the ball, and not using their toe, or toe-poking the ball.

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. Now you can also encourage them to strike the ball like they were taught today.

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, inside-inside-outside, and striking the ball with your laces. Make sure everyone knows which way they are going, and remind them of any rules that were an issue the previous week. .