

PRACTICE ORGANIZATION

For 5-12 year olds (60-75 minutes)

Opening Talk (3-5 min): set practice tone + objectives; position the team

Warm-ups (10-12 min): warm-ups suffice for stretch (mini water break if needed)

Games for Skill Development (20 min): pick 2 of the games from Dribbling; 1 v. 1, 2 v. 2; Newcastle; Heading; Shooting + Striking

Water Break w/ Tip of the Day or Move of the Day (5 min)

Small-Sided Game (15 min): always end with a game

The Final Word (3-5 min): wrap up + reminders

PRACTICE POINTS

- Everyone brings a ball to practice, and a water bottle
- Use whistle sparingly, if at all
- Change activities every 8-10-12 minutes
- Plan ahead on a file card + have back-ups ready
- No one stands around; no lines; everyone is involved
- Alternate vigorous with passive activities; variety key
- 30,45,60 second intervals for hardest working individual activities + switch players
- Take turns in goal (until age 12 or 14 probably best not to be just a goalie)
- Wrap-up note at end of season to each player is a great touch + really appreciated

GAME POINTS

- Plan subs ahead; start different players each game
- Everyone must play more than half of each game
- No baseball hats, no unsportsmanlike conduct
- Coaches' egos cannot get in the way—if ahead by more than 3 goals, switch best player(s)
- If one team has absences, balance the teams on the spot; fixed teams? Maybe not

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