

U4 PRACTICE #1

Appendix B

U4 SOCCER PRACTICE SCHEDULE EXAMPLE

<p><u>Practice #1</u></p> <ul style="list-style-type: none"> - Regular Tag - Screamers - Touches - Space Invaders 	<p><u>Practice #2</u></p> <ul style="list-style-type: none"> - Freeze tag - Touches - Red light / green light - Space Invaders
<p><u>Practice #3</u></p> <ul style="list-style-type: none"> - Chain tag - Anatomy Soccer - Red light / green light, switch - Bulldozers and Builders 	<p><u>Practice #4</u></p> <ul style="list-style-type: none"> - Freeze tag - Follow the leader - Relays without the ball - Relays with the ball
<p><u>Practice #5</u></p> <ul style="list-style-type: none"> - Regular tag - Touches - Dribbling to a net then shooting - Bulldozers and Builders 	<p><u>Practice #6</u></p> <ul style="list-style-type: none"> - Follow the leader - Relay races with shooting - Easter Egg Hunt - Alligator Pit
<p><u>Practice #7</u></p> <ul style="list-style-type: none"> - Relays without Balls - Ball tag - Easter Egg Hunt - 4 nets 	<p><u>Practice #8</u></p> <ul style="list-style-type: none"> - Touches - Follow the Leader with a ball - Passing with a partner - 4 Nets
<p><u>Practice #9</u></p> <ul style="list-style-type: none"> - Freeze Tag - Juggling - Alligator Pit - Small Sided Scrimmage 	<p><u>Practice #10</u></p> <ul style="list-style-type: none"> - Freeze tag - Juggling - Relays with Shooting - Small Sided Scrimmage

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3.0 - Practices *Refer to Appendix B for a 10 practice lay-out example

For the first practice ensure that the time and location is clear to all of the parents. A good way to contact parents is through email but also make sure to have their phone numbers in case you need to contact them immediately.

The first thing that you want to do when you have your first practice is to play a fun ice breaker game to give you a chance to get to know their names and to begin to get them more comfortable with a group setting.

3.1 - What are the activities of a coach before a practice?

- Plan the practice remembering that some things may not work. Have a lot of different ideas so if something doesn't work you can do something else.
- Check for safety of the field and the equipment

3.2 - What are the activities of a coach during a practice?

- Encourage and praise
- Control the practice. This is a task in itself. Here patience is a virtue.
- Coach? – If in doubt, “let the game be the teacher”

4.0 - Activities

It is important to build on activities. The best method for this is to start without a ball doing something and then move into giving each player a ball. Remember that once a child sees another kid with a ball then they will want one to.

4.1 - Soccer Related activities without a ball include:

1. **Tag of any kind** - Freeze tag (when you are tagged you stand with your arms outstretched and cannot move until someone runs under one of your arms), chain tag (when you are tagged you make a chain by holding hands), or normal tag are some examples. *Remember to change who is it a few times*
2. **Screamers** - Kids line up on a line and then run as fast as they can to another line about 15 – 20 yards away and scream as loud as they can (not a good one if you have a headache but the kids love it)
3. **Relays** - Line ALL of the kids up and have them go at once and have them run to the other line (15 – 20 yards away) then mix it up and have them do things like hop on one foot or both feet etc.
4. **Follow the leader** - Have them follow you around the field as you do different things like crab walk or hop on both feet etc.



