

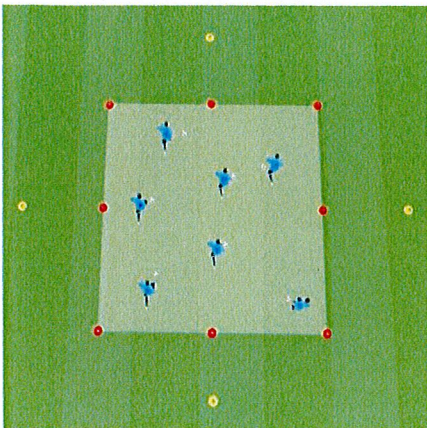
1. **No LAPS, LINES, OR LECTURES**
2. **10,000 Touches (Work towards it every practice)**
3. **Focus on Development and Skill (More important than wins)**
4. **Make everything a GAME**
5. **Foster A Love of the Game. Have Fun!**

STRUCTURE OF A PRACTICE:

PICK A TOPIC (Dribbling, Turning, Finishing, 1v1, etc); TEACH one per week

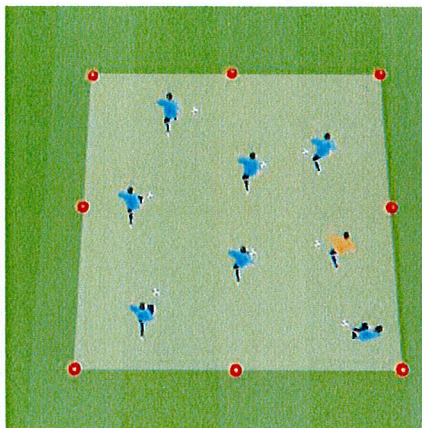
- PHASE 1: Me and the Ball
- PHASE 2: Introduce Defenders
- PHASE 3: Small Group Games
- PHASE 4: Full Game

Ball Warmup



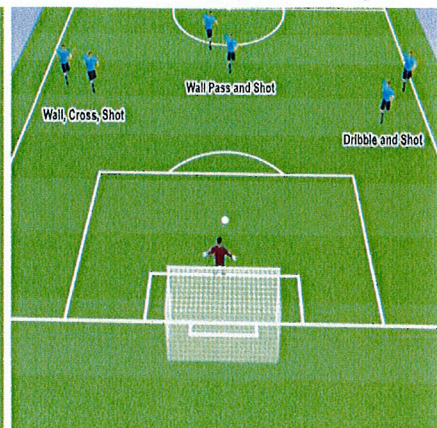
- Large square
- Ball Mastery, Race Around cone

Freeze Tag



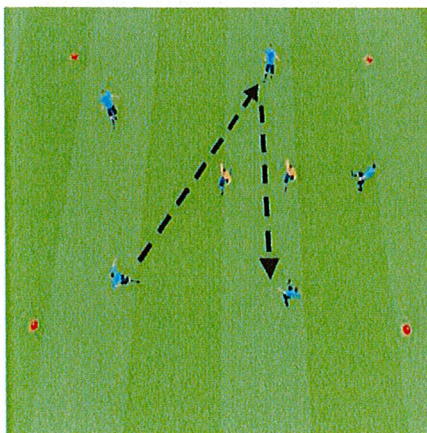
- Large Square
- All With a Ball; To be unfrozen, must perform move

Shooting (No Lines)



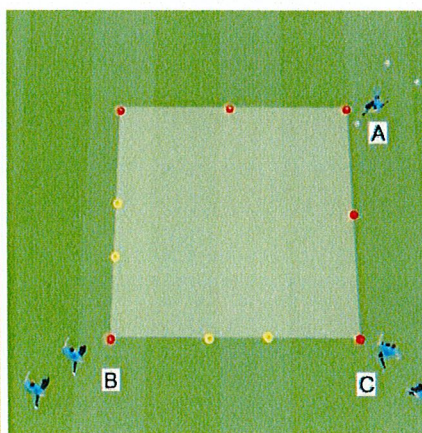
- Three Lines; Keeper; 1 ball
- Dribble and shoot; then receive wall pass and 2nd player shoots; Then wall pass, crosser, 2 shooters

5v2 Rondo



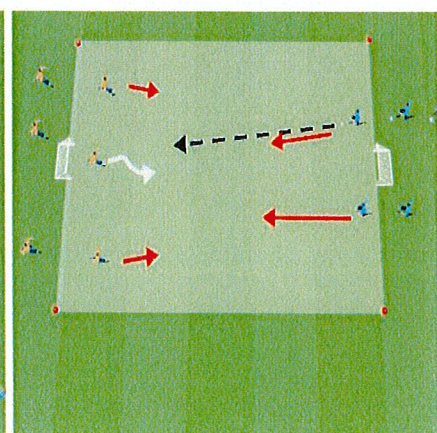
- Medium square; 1 ball
- Pass trying to keep ball; From defenders; go to Middle if lost. 2 touch

1v1 Turn Game



- 15x15 square; A has balls
- B runs into square; C allowed to run to defend once B starts; A pass to B and B try to score

3v2 Continuous



- 30x30; 6 on each side
- 2 defenders pass to 3 attackers; goal and counter goal