TYPICAL PRACTICE SESSION

Note that these are only suggestions, primarily for new coaches. Your imagination's the limit!

-Welcome and greet each player by name

-Play a short (5-10min) game using everybody for warm-up

-Stretch if you like

-Drink Break

-Brief Demonstration of Skill (trapping, dribbling, passing, shooting, heading, goalkeeping, etc)

-Fun game-like exercise using introduced skill

-Small-sided games (2v2, 3v3, 5v2, etc) that are fun and emphasize the skill of the day.

-Drink Break

-More realistic larger-sided game (scrimmage, 7v7, 8v8, etc). Stop game as needed to reinforce good play and gently correct mistakes. Give much more praise than criticism. Restart game.

-End on a positive note! Congratulate players on new skills, hard work, etc.

-Be sure everybody knows when and where next session (practice or game) is, remind them of equipment needed, carpool plans, etc.