

# Practice Guidelines

## I. Warm Up: Foot Skills

- A. Tic Tacs – stationary and moving
- B. Toe Touches
  - 1. stationary and moving
  - 2. around the world
- C. Rollover
  - 1. front to back
  - 2. side to side
- D. Brush over
- E. Dribble
  - 1. inside: right, left, both
  - 2. outside: right, left, both

## II. Skill Development: individual

### direction change - right and left feet

- A. Push: inside/outside
- B. Cut: inside/outside
- C. Drawback
- D. Stop & Go
- E. Hook
- F. Fake kick – push/cut
- G. Scissor
- H. Side step fake
- I. V-move
- J. Croth

## III. Skill Development: team

### right and left foot prevent stepping back & winding up

- A. Passing (not stationary always move)
  - 1. inside: cone with ball, partner to partner, monkey in middle, triangle w 4kids, pass and follow
  - 2. outside: through small goal, side by side diagonal pass through cones

*\* inside/outside practice example Can be interchanged*
- B. Receiving (go to ball never wait for it)
  - 1. two touch: trap w one foot then redirect w other
  - 2. one touch: receive and push in direction wanted
- C. Shooting: nooooooo toe and locked ankle
- D. Positions
  - 1. Defender: goal area to midfield (defense)  
*not camped in one spot*
  - 2. Midfielder: goal to goal (support offense and defense)
  - 3. Forward: midfield to scoring goal (offense)  
*not camped in one spot*
- E. Formation:

## IV. Tactics

- A. Recovery run
- B. Post run

## V. Set Plays

- A. Kick off
- B. Throw in
- C. Goal Kick
- D. Corner Kick

## VI. Drills

- A. Kick out
- B. Sharks and minnows
- C. Rooster tail
- D. Freeze tag
- E. Through the gate/Call a #
- F. Red Lght Green Lght
- G. Baseball
- H. 3 zones pass to middle
- I. 2 zones player up/down (set restrictions)
- H. Call your country
- I. 4 goals 1v1, 2v2...(set restrictions)
- J. 2 goals 1v1, 2v2... (set restrictions)
- K. 2v1, 3v2, with 1 or 2 goals  
*links on website for more ideas*