

## Practice Session Guidelines

- Be prepared with a lesson plan that will be given/emailed to Gary
- Lesson plan will be determined by the previous game or the age/ability of the players
- U11 – U14 high focus on technical development with the tactical application of the skill
- U15 and older greater focus can be given to tactics (individual, group or team), there will still be a high degree of technical training
- Look the part; wear something that will distinguish you from the players
- Use appropriate grid sizes and number of players, make adjustments if you notice something is not quite right
- Stick to your topic
- Keeper must be identified by a different colored jersey
- Sessions must be competitive and fast paced to replicate the game
- Warm-ups either reflect the topic or can be simply FUN to motivate the players
- Coach the player not the method
- Increased coaching within the game so that there is less stoppages and more flow to the sessions
- All goals MUST BE safely anchored to the ground
- Move around the playing surfaces so that we do not wear out parts of the field

Links to websites:

<http://www.decatursports.com/soccerdrills.htm>

<http://www.indianayouthsoccer.org/2006site/coaching.aspx>

[http://flashdrills.com/static\\_drills/dtoc.htm](http://flashdrills.com/static_drills/dtoc.htm)

<http://www.mnyouthsoccer.org/coaches/articles.cfm>

<http://www.osysa.com/>

<http://www.oysan.org/coachingarticles.html>

<http://www.nasl.com/drills/manuals.htm>

[http://www.utahyouthsoccer.net/education\\_tech.html](http://www.utahyouthsoccer.net/education_tech.html)

<http://www.soccerspecific.com/ss/>