

A Quick Summary

1. Work out a plan and decide on your objectives before your practice session.
2. Get to practice early to prepare yourself, including setting up cones for drills and games.
3. Divide practices into a warm up activity, stretching, technical skills, tactical skill, and an application game/activity. Not all practices need to have all areas addressed.
4. Keep games small, with teams each having 3-4 players.
5. Be welcoming & enthusiastic.
6. Keep explanations simple and quick.
7. Be inclusive—make sure all players are involved.
8. Always encourage and praise.
9. Use a whistle or fun sound to gain their attention. Avoid shouting.
10. Demonstrating a skill can be more instructive than explaining a skill.
11. Avoid highlighting errors or weaknesses.
12. Use players' names.
13. Make sure they know your name.
14. Mix teams around so one team or player doesn't dominate.
15. Always have a contingency plan if the practice is not working or if the players find it too hard or too easy. A contingency plan can be as simple as having 2-3 games that the kids enjoy!
16. Don't be tempted to play the games with the kids. This effects your control of the practice.
17. Above all—have fun!