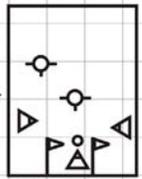
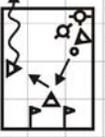
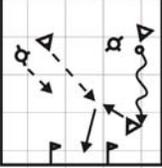


Preparing for a practice

Getting ready for a practice takes a little bit of time and preparation. The following form and guide will help you to focus clearly on a topic, know ahead of time what equipment you'll need, how you'll lay out the fields and progresses from start to finish.

Training for: Tornados, u-11b		Location: Vista Park #2		Date: 5/15
Analysis of problem: Boys are too slow releasing the ball				
Objectives for the session: Improve team's speed of play/ball circulation				
Main moment: In possession		Field third: Middle		No. Of players: 12
Basic organization:		Action/rules/progressions:		Coaching points:
<p>Wm up - passing game 2v2 - 10 minutes</p> <p style="text-align: center;">▲ ▲</p> <p>Goals-3 yds. 10 between, 3 sets=6 cones, 3 balls</p>		<p>*Tournament format *1 touch, ball can't stop</p>		<p>*Get to the ball early *First pass to goal *Second, look to score *Work together</p>
<p>3v2, 24x15, 22 discs, 4 flags 2 fields, 3 min. Games Rotate player in. 20 - minutes</p> 		<p>*3-line soccer, 2 attack goal *Increase min. no. of passes that the three have to make before scoring. *Increase size of goal. *Decrease size of field.</p> 		<p>*Know where your open man and the second defender are. *Keep the field in view. *Play quick to feet, maintain possession.</p>
<p>Goals 8yds. 40x48, 4 flags 24 discs 30 minutes Last game, fast pace</p> <p>6v6, no GK's</p> 		<p>*Man to man marking. *One touch to score. *3 touch, ball can't stop. *Pair off comparable players, match them up.</p> 		<p>*Look for the shooting opportunity early. *Loose your marker, beat your opponent. *Build up on flanks, look behind the ball</p>

1. To begin fill out the basic who, where and when on the top line.
2. Focus on what the basic problem is that you want to address. In this case the boys are holding the ball too long. You can be as specific as you like. In the example the focus might be on the passer or in the other players not moving into position quickly enough.
3. What do you want to see improve? The team's speed of play as demonstrated by the quality of the ball circulation.
4. The main moment you'll be coaching is when the team has possession. You'll be looking for timely runs, crisp, accurate and early passing. (You'll ignore the team that is not in possession.) The problem is generally in the middle third so goalkeepers are not necessary. The big goals just serve as a target. The number of players has a bearing on the organization. It will be a factor in the number of teams, games and how you will rotate players in and out. Who

goes where and when.

5. Basic organization, what do you need to set up the games? Field space and equipment come into play here. Can you use the organization from one game to the next? This saves set up and take down time? You should have a general feel for how long each segment will run. You and the players will want to get to the big game ASAP. This column serves as the architectural blueprint for the session.
6. Action/rules/progression provide a guide to what should be happening as well as the adjustments that you might need to make.
7. Coaching points address the most important problems that you expect to see. They will be based on your observation of the players in their previous games and will help to keep you on track of the big problems.

You'll need to be flexible in the all of this. If some players don't show up and you can't do what you had planned you'll need to change. Likewise, if the defenders don't cooperate by working hard enough you'll need to address that. In any case you'll be approaching the session with a plan and that is always better then trying to wing it.

Finally, you can make some notes on the back of the sheet about what worked and what didn't. What dimensions worked best and what rules? You'll be able to note changes that you'd like to make and new ideas as well.

You can also put a small copy of your roster on the back and check off the players who were absent. This will give you objective information concerning attendance that you might need later in the season when discussing a players evaluation with a parent.