

Main goal.....**Maximize touches on the ball**

Decide what you wish to accomplish each practice
come prepared to use several drills in progression
break practices down into small groups
if several coaches are present then use stations
10-20 minutes on a drill then move to next drill
start with easy drill and progress to difficult
instruct players to use today's drills into game play
"Important" always end with game play! (fun)

"Diving in" on defense, stress containment!

Field vision,

get head up when dribbling
head on a swivel without the ball

Use triangles and angle passing while playing

No flat or straight passes, stress wall passing style

Proper spacing and team shape

off the ball movement wins games but takes effort, effort is hard work!
forward is not always right, stress supportive roles
offense explode wide, ball on your side of field wide is chalk, not close!
defense is always compact, goal side must happen!

Four phases of a soccer game:

- 1) gaining possession of the ball
- 2) our team in possession of the ball
- 3) losing position of the ball
- 4) opposing team has possession of the ball

As those phases change, a player's personal responsibilities and opportunities also change. What was correct a few seconds ago is not correct now, what is correct now, will not be in a few seconds, the game constantly and always changes. Any player that understands those principles with the ability to think/run at game speed will find success! When all players involved succeed then the team should WIN !