



1. Friday Night Check – One coach should check fields the night before. Repaint lines as needed. Check shed at field for missing or damaged equipment. Verify first aid kit is stocked. Check for holes that need filling & puddles that need spreading.

2. Game Day – Coaches should get to the field at least 20 minutes before practice starts to coordinate the day's events & prepare the area. Safety requires checking the fields & equipment. Picking up trash may be required. Recheck lines & holes. Bring cell phone & phone list. Get first aid kit and equipment from shed. Get "recreation building" key from dispatcher & unlock bathrooms. Setup cones/disks for today's activities.

3. Paperwork - Get a parent setup for checking paperwork. Take attendance so we know who is on top of our schedule & who needs calling. We will have instructions to hand out and money to collect.

4. (8:25 – 8:30) Gather Players – as players arrive have them collect at one place and keep them busy. If it is real early have them help with field preparation. Talk with them. Learn names. Find out what they liked about last practice, how school is going etc. Do they know any good jokes? Don't start practice early.

5. (8:30 – 8:33) Snake Run – at exactly 8:30 begin a snake run. Start by having players put balls in a pile. Break into groups of around 12. Keep it to a jog. Slower players can cut corners & higher energy players can cover more ground. Have them get their knees high. Purpose is to get some heat into muscles & right attitude for starting practice.

6. (8:33 – 8:38) Warm-Ups / Stretching - spend about 5 minutes on exercises. At this age they need to develop the habit of warming up much more than needing the actual warm-up. We are teaching them "for life" so let's develop the proper habits. Keep sheet of exercises handy. Same or similar exercises every practice to keep things moving.

7. Coaches not doing the exercises should be checking setup for activities (not gabbing with parents).

8. (8:38 – 8:40) Split up - get balls, split into four groups. Some weeks divide by colors other weeks mix them up.

9. (8:40 – 8:46) First Station - everyone learns everyone's names. Focus is on having fun & touching the soccer ball with our feet. Remember one on one is best & attention span is near zero. After 5 minutes players rotate to next station (allow a minute to move the players around). Coach stays at same station the whole time. Make sure you know what the lesson is & how to evaluate & correct. Remember: compliment, correct, compliment. "good throw Sue. I think if you

reached back further the ball would go even further. Can you try that? You're really working hard today." Watch what works & doesn't work. Talk with the other coaches to improve things for next session & next season. Don't over instruct. Your job is to maintain safety & entertain. Sub-divide station into two copies of the same drill if possible (5-6 players per station). Mix in water & bathroom breaks as needed.

10. (8:46 – 8:52) Second Station – coaches repeat what they did with another group of players.

11. (8:52 – 8:58) Third Station – coaches repeat what they did with another group of players.

12. (8:58 – 9:04) Fourth Station – coaches repeat what they did with another group of players.

13. (9:04 – 9:06) Water Break & Regroup – get players together for a one minute pep talk & revisit what they just learned. Give coaches a chance to set up for small-sided games. Split into 8 groups.

14. (9:06 – 9:25) Four Small-Sided Games. No keeper. Keep things moving. Very few rules. Few or no subs.

15. (9:25 – 9:27) Wrap Up. Brief talk with players. What did we learn? Schedule for next week. Candy \$. Make sure you end with pep talk.

16. (9:27 – 9:30) Fun Run. Let any players with extra energy show off by doing some running. They like to run to far away things and back. Send them home tired.

17. (9:30– 9:40) Clean up & discuss – what happened. U8's have games that start at 9:45.

Notes: (1) make sure all players learn coaches & other players' names. (2) Incorporate learning the basic rules of soccer into drills & games. (3) Be prepared & organized. (4) Stay in charge. (5) In case of emergency do not panic. (6) Remind players about water & bathroom breaks. (7) Keep every activity fun & high energy. (8) Don't be afraid to be silly. (9) You have 60 minutes to wear them out don't waste any time. (10) If you have any questions about proper soccer technique please ask for help before or after practice. (11) Taking the F-License course is a great way to learn all the basics. (12) Check the league web site frequently (www.florence-soccer.com). (13) Any questions call your league president, Tony Pastore at home 499-3849 or cell 841-3835. (14) To check on game cancellations due to weather call 499-9001.