

Coaches Clinic Agenda

- Sign in
- Equipment handout
- Team administration recommendations
- Drills for player development
 - o First practice considerations U6
 - o First practice considerations for U8, U10
 - o Fancy footwork
 - Parts of the foot
 - Inside, outside, laces, sole
 - U8/U10 - Just say NO to the toe
 - Basic foot skills
 - Don't crack the egg, Tic tocks, Brushes, Draw backs
 - Juggling / Sponge Bob Square Pants
 - o Dribbling Drills
 - Red light, green light and variations
 - Dribble through cones with a shot and variations
 - Sharks and minnows / King of the ring and variations
 - Big bad wolf
 - Red rover
 - o Passing drills
 - Basic 2 touch passes - Pass and trap
 - Pass and follow the ball
 - Kick the coach
 - Soccer ball bowling races
 - Monkey in the middle
 - o Defensive drills

- War
- Zig zag runs
- Goal side of the ball
- o Structured play
 - 1 vs. 1 - win the ball and try to score
 - 2 vs. 2, 3 vs. 3 or 4 vs. 4 with no goal keepers
 - 2 kids vs. 1 coach or 3 kids vs. 2 coaches
 - Goal kick setup and corner kick situations (U8, U10)
- o Circuits
- o Goal keeper drills
 - W catch for straight on
 - W catch to left and right
 - Standing
 - Starting seated with small dive (U8 intermediate, U10)
 - Standing with full dive (U10)
 - Proper scoop for ground balls
 - Drop kicks and goal kicks

Team administration recommendations

- o Start first practice with a short parents meeting
- o Get an assistant coach; Get a snack helper
- o Establish a system for contacting the team when needed
- o Review practice time/place. Set guidelines for bad weather
- o Set clear expectations of parents
 - Get kids to practice 5 minutes early
 - Get kids to games 15 minutes early
 - Make sure kids are properly outfitted: soccer cleats, shin guards, water bottle, ball, no jewelry

- Notify coach if your child will miss practice or game
- o Set clear expectations of kids
 - Team rules suggestions
 - No talking when a coach is talking
 - Listen and do as your told in practice and games
 - Be respectful of your teammates, do your best and have fun
- o Clearly state what parents and kids can expect from you
 - Focus on player development with fun drills and games
 - All kids will have roughly the same amount of playing time
 - Kids will get to try different positions (U8, U10)
- o Team letter to parents