



Soccer Practice Structure Guidelines

Have **one** clear objective (to improve passing technique, dribbling, finishing/shooting, etc...) and think about how you will organize each activity.

It is recommended that practices follow this format:

Warm-up – Should include activities which have some relationship to the session. Should last for the first quarter of the session and steadily increase in intensity.

Core Exercises – These exercises are designed to emphasize the coaching objective for the practice. They should not be too complicated and should have a common theme. This should be the longest portion of your practice.

Practice Game – Takes place at the end of the session. The coach may stop the activity early in the practice game to make points, but at some point the play should be allowed to continue uninterrupted for an extended period. The number of players in the game varies based on the age of the players.

Cool-down and Departure – Players can stretch and listen to the coach, who can provide direction and homework assignments.

Coaches should be asking themselves, "Are my players using the skills they've just been taught?"

Remember....

- Utilize the K.I.S.S. principle (Keep It Short and Simple) when introducing new skills;
- Give short, effective demonstrations while **briefly** explaining the new skill or concept;
- **Be positive** - focus on what the player does correctly ("catch them being good");
- **No static line drills!** Play [fun, soccer-like games](#) instead.
- Be organized and have [a training plan](#).

"Failing to prepare is preparing to fail."

-John Wooden

Online resources for age appropriate soccer drills:

www.soccerxpert.com

www.usyouthsoccer.org

www.fourfourtwo.com/performance (advanced)

www.nscaa.com/education/resources/soccer-drills

www.top-soccer-drills.com

www.coachingsoccer101.com/drills