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## Coaching 101

### Essentials of Every Practice

Incorporate the following fundamental skills and objectives for building a positive team mentality into FUN and engaging games that help develop the solid foundation of a great soccer player:

Passing  
Receiving  
Dribbling

Shooting  
Motivation  
Self Confidence

Playing Soccer  
Building Relationships

### 4 Stages of Practice

1. Warm-up
2. Small-Sided Activity
3. Expanded Small-Sided Activity
4. Inter-Squad Scrimmage

All activities must incorporate at least one or two of the essential fundamentals listed above and must be an activity that keeps kids engaged and having fun.

### Resources

UK Soccer has provided our coaches with a great tool containing practice ideas to help grow soccer players and teams. Check out their website for entertaining games that keep kids engaged and provide the necessary repetition to build motivation, confidence, skills, and techniques that every kid needs.

[www.uksoccer.com/Online/Curriculum](http://www.uksoccer.com/Online/Curriculum) U: SESC P: uksoccer

If you are still feeling like you need additional help, please consider obtaining U.S. Soccer's National F License: "the focus of this grassroots course is to share in creating a fun, activity-centered and age-appropriate environment for 5-8 year old players." It is a 2-hour, first-level, online course that U.S. Soccer offers to coaches, which SESC will pay for you to obtain: [www.ussoccer.com/coaching-education/licenses/national-f](http://www.ussoccer.com/coaching-education/licenses/national-f)

### Practice Viewing

We want to support you, so you can help your team grow in the fundamental areas of soccer. We invite you to come out to an observation practice to watch and learn how you can structure your team's sessions or we can even coach one of your practices. Call today to schedule an observation or a time that we can come to your practice.

We are here to help you advance as a coach and we will do whatever we can to help you develop our next generation of soccer players. Please send me an email or give me a call with any questions you may have.

Thanks,

Corey Johnson  
SESC's Director of Coaching