

COED 4-5 Soccer Practice Tips

1. Safety - Walk the field before you begin practice to make sure there are no hazards. Notify me of any safety issues.

If a safety hazard like a stray dog, cat, etc. appears during your practice, move to another field or go home.

As practice ends, do not let the team leave if you will be alone with a player (except your child). Require another parent or adult to stay with you until the player is picked up.

Parents of 4 and 5 year olds should not drop off their kids and leave for the duration of practice, but their situation may require them to do so.

Do not be the only adult left at the field with a player.

2. Rain outs - As the coach, you are responsible for cancelling practice due to rain or poor field conditions.

I recommend sending out both an email and a text message to your players 45 minutes to 1 hour prior to your practice time.

It is not fun to cancel practice, but you will do so out of safety concern and out of concern for integrity of the field over our ~10 week season.

If you reschedule practice for a different day than you selected, just let me know.

Personally, I walk the field about an hour before practice on rainy days and make a decision about the field.

If you do not have this luxury, recruit a friend, family member, or player's family to perform this quick task.

Few of us are meteorologists so use the same judgement you'd use planning a trip to the pool or a picnic.

Do not worry if you cancel practice and the weather turns out OK. It happens to EVERYONE.

If there is lightning or thunder during practice, leave the field and go to your car.

On game days, EBYA will send out a notification if rain or wet fields will cause cancellations.

3. Bring extra water bottles to practice especially on warm days until parents get into the routine of bringing enough water for their player.

4. Bring ice and sandwich bags, or ice packs. Useful for any bumps.
You may also want to bring a First Aid Kit or at least bring Band-Aids.
There are also AEDs at Community Park. I will give you a map of their locations.

5. Have a practice plan, like the COED 4-5 practice curriculum on the soccer coach web page.
A few minutes planning beforehand helps your practice run smooth and doesn't leave any players standing around.
Feel free to experiment with different games and drills. If they don't work, move on.

Follow the 3 L's - No lines, no laps, no lectures.

No Lines - Split up practice into stations, or split players in half and have them do the same drill to avoid lines.

No Laps - If you are going to have the players run around to warm up, have them dribble the ball while they're doing it.

No Lectures - You are dealing with short attention spans. You might have one minute to get your message across and then get the players moving.

Keep the plan in your pocket so you don't have to memorize it.

6. Water breaks are a great transition between drills/games. You need them and the kids need them.

7. Get that Assistant Coach at your first practice. You may not get another opportunity.
Ask all of the parents if they would like to help.

8. Arrive 15 minutes early. Set up your first two drills ahead of time.

9. When players dress for soccer, their long soccer socks must go OVER their shin guards.
They may not own those type of socks until we issue them with the Jerseys this week.
Also, earrings must be removed.