

HCS Coaches meeting FALL 7-18-2020 – NOTES, provided by HCS Coach Tim Howard

Trying to keep the kids involved in practice is always an issue. You have to balance fun with teaching them skills.

Try to avoid long lines. Keep the lines short and fast so the kids are getting multiple reps in practice.

Start with individual Skills like touches on the ball and dribbling or defensive position.

Then work your way up to larger group games.

The below are good starters. These can also be warm up drills, with light jogging and dribbling:

- Brazilians: (might be more for older kids), but have them work on juggling and touches. Each player teams up with someone else and they toss the ball to them in the air. Work on striking the ball back to the other player with the instep (inside of foot) and the laces. Also have them working on Trapping the ball with their thigh and chest and playing the ball back to the other player out of the air. The older kids (maybe teens only) can also work on Headers. The proper technique for a header is attacking the ball out of the air and hitting the ball with your hair line. Attack the ball, don't let the ball hit you. Def. DO NOT let them strike the ball with the top of their head.
- Proper passing and receiving technique. (strike the ball with the inside of your foot, toe up, thru the middle/top half of the ball. When receiving a pass, turn your foot 90 degrees and cradle it like an egg. Receive the pass into your body.
- Proper dribble. Dribble with 3 areas of the foot, mainly outside of the foot and laces for speed. You can also dribble with the inside of your foot.
- Proper shooting technique. Toe down, strike the ball square with the laces.
- Long ball passing technique. (for older kids) Strike the ball with the area halfway between the laces and the inside of the foot. Toe stays down when you want to get air under the ball.
- Proper defensive position. Feet shoulder width apart, on the balls of your feet. Shuffle with the player that has the ball. As they cut with the ball, the defensive player should pivot.
- Plant foot(s) for all the above. When you shoot, your plant foot should be even with or in front of the ball. Passing should be even with the ball. If you want to pass the ball in the air, plant behind the ball.
- Never kick the ball with your toe.

A few small group training exercises:

Then work in small groups; mainly passing drills w/ some defense and shooting drills.

- 1v2, 2v2, 3v3, 2v1,3v2, 1v1.

- **Gauntlet drill.** Make 3 or 4 square areas in a row with cones, where each player tries to dribble past each "gauntlet" in a 1v1 situation. Once they beat the first defender, they move on to the next "gauntlet" square. If they lose the ball in a gauntlet, they replace the person in the gauntlet and that person goes back in line.

- **Race around cones, 1v1 then shoot.** Start two lines face away from the goal around the 18 yard mark. Place a cone ten yards out in front of each line. The players then race to the cone and do a 180 and sprint back where the coach plays a ball into space and the first person to the ball is on offense/ the shooter. The second player then tries to play defense.

- **Wall passing, low cross and shooting.** For wall passing, two lines, ten yards apart. Player 1 makes a pass to player 2; player two then makes a one touch pass back out into space (in front of player 1). Player one then takes a shot on goal. Alternate left and right foot shooting.

For low cross, use the same lines, have player one play a pass out in front of player 2. (towards the corner flag). Then player two will run onto the ball and play a low cross (pass on the ground) back across the goal towards player one. Make sure player two is playing the ball out in front of player one. (so player two can run onto the ball and shoot). Have player two aim their cross towards the PK spot.

Then finish with larger group games, bacon, scrimmage, sharks n minnow.

Bacon: Separate the kids up into two teams. Give them each a number. The coach then punts or throws a ball out towards midfield. Call out a number and the teams play against each other. Example: I punt the ball out and say #3!. The #3 from each team plays 1v1 against each other. You can also call out multiple number like 2, 4,5. (then it would be 3v3 between the teams) The teams can either start on each sideline of the end line.

Sharks n minnows: The kids try to dribble across the field (side line to side line) without losing their ball to the sharks. If you have 12 kids, start with 10 minnows and 2 sharks. If they lose their ball, they now become a shark as well. This works on dribbling, defense and speed. Play until all the kids have lost their ball and become sharks.

Scrimmage: Exactly what it sounds like. Split them up and let them play the game. Don't be afraid to stop the scrimmage in the middle of the game when you see good coaching moments like; players moving without the ball, getting into position for a pass, not just standing and watching, making a run for a pass, getting open for a shoot.

Just playing the game helps them hone all the skills that they have learned/worked on earlier in practice.

The following links will take you to a great website with multiple drills to use. Including the ones above.

You can sort by type of drill or age group.

<https://www.soccerxpert.com/drills/u6-u8-soccer-drills>

<https://www.soccerxpert.com/drills/u10-u12-soccer-drills>