

2019 Practice Outline

U13/15

WEEK #							
1	WARM UP (7-15 min) - start with 1 run around the full field forwards, one length sideways left, one length sideways right, one length backwards, one length splitting single leg jumps. Get the kids down to do high knees standing, mountain climbers and planks with side kicks.	DRIBBLING - using cones, to move the ball around. Changing directions, using both feet (whistle to signal the change.) THROW INS - no twisting/both feet must be on the ground/ball must start behind the head	PASSING - focus on where the foot hits the ball and where you plant the other foot. Short and long passes - 1 touch - 2 touches	SHOOTING - focus on ways to connect with the ball. Try shooting with side of foot as well as the top of foot. Give targets, not only the "net". Do 1 timers and 2 touch shots	GOALIE PRACTICE - How to position, how to pick up the ball, how to throw the ball, how to do big kicks, how to deflect the ball, RULES!!!! - RETREAT LINE	BALL CONTROL - Throwing in air to each other, using different techniques to kick the ball back to the person throwing (1 time,, 2 times) Heading!	FOCUS ON: 1) HOW TO START THE GAME - The strategy in the first pass - can go over the line, everyone has to be out of the "circle", no trying to get the ball until the ball is kicked from the center. 2) WHEN THE BALL GOES OUT, how to get it back in - only throw ins from the side - goalie kicks the ball when it goes out the end of the field, strategy is to never have goalie pass the ball back to the players in the middle of the field, try to pass to the sides.
2	WARM UP (7-15 min) - run around field, line up on lines have the kids run forward to middle of field forward, run backwards back. Have the kids do 20 or more "skaters" and 20 or more jumping lunges alternating.	CLEAR THE ROOM - Everyone has a ball and the key is to try and get everyone else's ball out of the circle	THROW INS/GIVE AND GO - Talk about technique, strategy to try and throw where you want the player to be (ideally down the line) & that they can pass it back to the thrower & then run up.	DEFENCE/OFFENCE - talk about being between ball/player like a wall. Then do 2 kids, roll ball down the field, first to it is trying to score, the second has to defend.	BALL CONTROL - Ball control exercises, keep up with feet and walking with knees, controlling the ball from a height (trapping), using your chest, and heading the ball.	CORNER KICKS - How to position yourself if on defence and if on offence - strategies (running in to slough off other team/ short passes etc)	FOCUS ON: 1) GIVE AND GO - when you have the ball, pass to someone then sprint up the field to be ready for the pass back. 2) TO THE SIDE AND DOWN THE LINE - When on defence and we get the ball back,, getting the ball to the side and running it or passing it UP THE LINE!
3	WARM UP (7-15 min) - whatever you want	CONTROL - Everyone in a circle in partners - try to out run them (no ball) - No partners, everyone with a ball try to kick the others balls out of the circle, take half the balls away, and do it again.	SHOOTING - dead ball, and from a moving ball from the side one timing), short shots (using inside of foot), long shots (using toe)	GOALIE PRACTICE - How to position, how to pick up the ball, how to throw the ball, how to do big kicks, how to deflect the ball	COMMUNICATION - "man on", "up the line", "take a shot", "in the middle"		FOCUS ON: 1) GRAB AND GO - when the ball goes out the side line - having defence ideally grabbing the ball for the throw in. You don't need to wait for the ref to say "go" unless there is a substitution. 2) EYE ON THE PLAY - when the ball goes out, always watch what is going on as it could be a quick throw in. YOU DON'T WANT TO GIVE THE OTHER TEAM TIME TO SET UP!!
4	WARM UP (7-15 min) - whatever you want	TRIANGLES - learning about how to always make a triangle on the field to offer 2 options to pass - use square-move to open spot.	COMMUNICATION - "man on", "up the line", "on your left/right", "hard up the field", "take a shot", "in the middle"	DEFENCE - staying between the ball and the goalie (coming back and sticking to your man)	GOALIE PRACTICE - How to position, how to pick up the ball, how to throw the ball, how to do big kicks, how to deflect the ball	WEAVING - OR FOLLOWING THE BALL ONCE PASSED - The kids should practice to pass the ball and fill the "void" space.	TALK ABOUT THE POSITIONS DEPENDING ON WHERE THE BALL IS - how far up to go if on defence,, how to cover an empty position, being aware on the field, who does throw ins depending where we are on the field.
5	WARM UP (7-15 min) - whatever you want	COMMUNICATION - "man on", "up the line", "on your left/right", "hard up the field", "take a shot", "in the middle" - RUN THE KIDS AROUND THE FIELD WHILE DOING THESE SCENARIOS	FAST FEET - quick moves around pylons, blocking the ball by putting yourself between player and ball and how to deak them out! Tick Tocks.	PASSING - short quick one time passes, short 2 touch passes, other ways to take a pass and keep moving.	CORNER KICKS - How to position yourself if on defence and if on offence - strategies (running in to slough off other team/ short passes etc)		3 on 2 DEFENCE - rotate kids through only using half of the field - remind them of communication.
6	WARM UP (7-15 min) - whatever you want	BIG KICKS -Free kicks, corner kicks, goalie kicks - how to do them and practice	BALL CONTROL - heading, absorbing with chest, trapping a high ball with your foot, lifting a ball and using your knees.	SHOOTING - on the fly,, shooting moving balls from different angles, one timers.	COMMUNICATION - "man on", "up the line", "on your left/right", "hard up the field", "take a shot", "in the middle"		SHORT GAME - 6 V 6 - use half of the field. Point is to practice those quick passes and being aware of space
7	WARM UP (7-15 min) - whatever you want	PASSING - short quick one time passes, short 2 touch passes, other ways to take a pass and keep moving.	WEAVING - or TRIANGLES - learning to pass and follow your pass, person receiving moving to open spot while passer finds opening.	DEFENCE/OFFENCE - do one on one, roll ball between two players, first one is offence, second one has to defend.	LEFT FOOT ONLY PLEASE - yup, passing left and shooting left (or weak foot) - shake out the awkwardness.	THROW INS/GIVE AND GO - Talk about technique, strategy to try and throw where you want the player to be (ideally down the line) & that they can pass it back to the thrower & then run up.	
8	WARM UP (7-15 min) - whatever you want	RELAYS - SPLIT KIDS UP INTO 3 OR 4 TEAMS - make up relays,, running as fast as they can to pylon and back with only left foot etc. Last team does burpees lol	BALL CONTROL - heading, absorbing with chest, trapping a high ball with your foot, lifting a ball and using your knees.	THREE WAY PASSING - 2 teams of 3 - trying to keep the ball away, but in a designated area (ball must stay in)	CORNER KICKS - How to position yourself if on defence and if on offence - strategies (running in to slough off other team/ short passes etc)	GOALIE PRACTICE - How to position, how to pick up the ball, how to throw the ball, how to do big kicks, how to deflect the ball - shots on the goalie from all angles,, with short shots, long shots.	