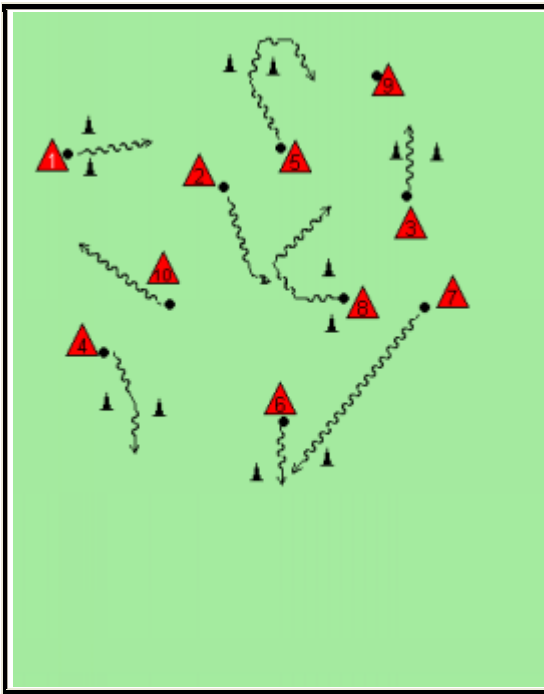


## Preparing as a Coach

1. **KEEP IT FUN** Picture yourself at the bank and your the last person in a 12 person line. Any fun? Same thing for the kids. Avoid using lines in your drills or activities will do the same.. As a coach join in the drills when suitable. If they see your having fun they

### GAME #1

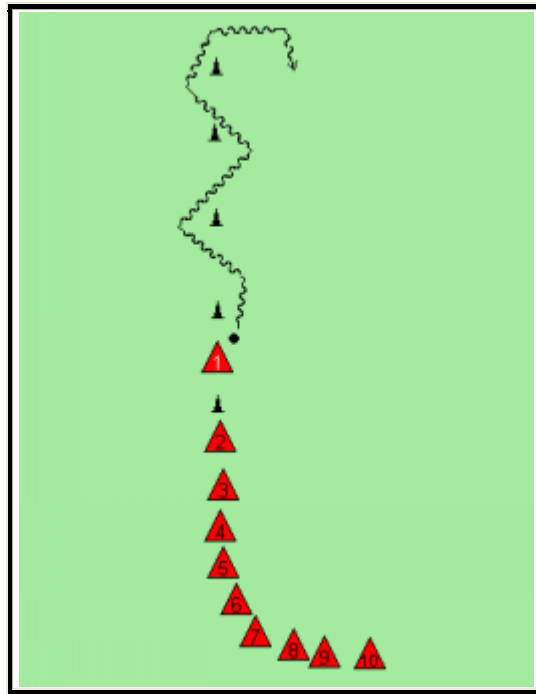
**The Game-** 10 players with soccer balls try to dribble through as many gates as possible in 5 minutes. If two players balls touch, those players have to do five push ups and then continue dribbling.



**This game Player #8 dribbles soccer ball for all of the 5 minute activity.**

### GAME #2

**The Game-** 10 players each take turns dribbling through the cones. The coach uses stop watch to keep track of times.



**This game Player #8 dribbles soccer ball for about 30 seconds.**

another good practice tip is not to have elimination games in which a player sits if he loses. Chances are good that if he lost, he needs to practice and not be sitting.

2. **HAVE A PLAN** Prepare your practice before you arrive. Keep your session plan on you for quick access. It is hard to explain a drill to 12 kids when you just came up with be prepared to explain in detail what your trying to achieve
3. **ARRIVE EARLY.** Have all your cones laid out for two or three activities. No down time in between drills. No time for kids to get into mischief. HAHA