

BYSA Soccer Clinic
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Things to do every practice:

- Have a “plan” written down...but remember it’s a guide
- Think about the equipment, space and number of people you’ll need for that plan
- Set up the space ahead of time, if possible
- Have a main point or two max for each practice...less is more
- Tell the players before you start the “plan” for the practice AND why
- Keep things moving...talk less
- Be positive
- Have a “routine” to end practice e.g. team cheer, one person shares something, etc
- Have FUN! As B & J are famous for asking, “If it’s not fun, why do it?”

Things to AVOID every practice:

- Running laps to warm-up...incorporate your warm-up with a ball and skill work
- Running as “punishment”...if there’s misbehavior, “time outs” work best
- Stretching...you only have 60-90 minutes, don’t waste time stretching...kids don’t need it
- Long lines...if a drill has kids in line, can you do the same thing with “multiple” lines?

Things to remember:

- Even numbers e.g. 1v1, 5v5, etc favor the defense ...If you’re trying to work on something “offensive” they need to have more players e.g. 3v1, 5v2, 6v4 etc.
- TWO main components of the game: Techniques: i.e. “skills” e.g. dribbling, passing, receiving, shooting etc and Tactics: e.g. What to do?
- Without “technique” there is no “tactics”...they may have a great idea of “what” to do with the ball, but without the skill to get the ball there, it doesn’t matter!
- When teaching “skills” follow the following format:
 - Introduce/demonstrate the skill...IF you can’t do it, find someone who can...could be a player
 - Have people work on it by themselves...slow at first and then faster
 - Have people work against someone providing “token” pressure...let them have success
 - Use the skill in a “real” environment...not THE game, but a game that emphasized the skill
 - Encourage the skill in a “real” game e.g. 5v5 or 11v11, whatever you play
- When teaching “tactics” follow a similar format:
 - Discuss what the tactic is and how/when it is used e.g. 2v1 passes or near-post v far-post runs
 - Demonstrate the tactic
 - Need to break down the tactic into 1) person with the ball and 2) person “off” ball
 - Practice with no pressure...just do the movement...slow and then faster
 - Practice in a “game related” situation e.g. Do a 2v1 and then “do something” with it e.g. take a shot.
 - Tactics is about making a “decision”...do I pass, shoot or dribble the ball OR do I stand here or run over there?
 - People need practice making decisions, just like practicing “skills”
 - Start with small numbers AND limited options (decisions) and add numbers/options as they become more comfortable
 - Encourage the tactic in a “real” game e.g. 5v5 or 11v11
- ALL technical skills AND tactical decisions take YEARS/THOUSANDS of repetitions to MASTER

“Typical” practice plan (1 ½ hr practice):

- **Warm-up:** 15 - 20 minutes
 - Ball skills, individual moves, juggling, dribbling skills, etc
 - Best if everyone has a ball...can be done in pairs...add passing to the plan

- **Break/transition time:** 5 minutes...Depending on age may not need now
 - They rest/get water...you get ready for next activity
- **Main Focus #1:** 20 minutes
 - What's something your team needs to work on? e.g. attacking & shooting or using width
 - Break it down into parts
 - Work on some "attacking" moves...HOW do you get by a defender?
 - Demo a move or two...they work by themselves on move
 - Then with a partner...take turns attacking the other
 - Then work on "shooting"...with partner...technical teaching...HOW to strike ball
 - Then put it all together...work with a partner to attack and shoot on a "goal"...multiple goals
 - Then play small-sided games with attacking and shooting as a focus
- **Break/transition time:** 5 minutes
 - They rest/get water...you get ready for next activity
- **Main Focus #2:** 20 minutes (May not have a 2nd...depends on age/time available) ...using width
 - What "skill" is needed to use width? Long (side to side) and short (thru middle) passing
 - Teach/review the skill of "short" passing
 - Basic inside of foot with partner over distance required
 - Straight approach, toe up, ankle locked, knee snap, top half of ball
 - NOBODY can ever get too good for this skill practice
 - If somebody is good, challenge them...more distance, accuracy, pace
 - Work with partner...combine with "receiving" the ball properly & turning...1st touch
 - Remember the focus is on the passing...if receiving is an issue...different day/focus
 - Teach/review the skill of "long" passing
 - Instep drive...different than the "shot" they just worked on...more lofted, usually
 - Angled approach, toe down, ankle locked, knee snap
 - KEY point...plant foot "distance" from the ball allows flighted ball
 - Work with partner...don't worry about quality of "receiving"...catching is okay
 - If receiving air balls is an issue, do that another day...different focus
 - Play a game going to goal with field split into "thirds" (left, middle, right)...ball must get into each section/channel before the team can go to goal and attempt to score
- **Break/transition time:** 5 minutes
 - They rest/get water...you get ready for next activity
- **"Real" game:** 15 – 20 minutes
 - Doesn't mean 11 v 11
 - Smaller is better...2 games of 5 v 5 is usually better than 1 game of 10 v 10 for skill work
 - ENCOURAGE your "focus" of the day
 - Near the goal...attack a player and shoot
 - Away from the goal...use the width of the field
 - Neither of these focuses require an 11 v 11 game
 - You can "weight" the behavior you want to see
 - A player that beats someone 1v1 and scores gets 2 pts
 - A goal that results from a ball being passed from the left side to the right side is 2 pts
- **End practice:**
 - Be on time
 - Have everyone help collect equipment
 - Gather everyone together
 - Review focuses...ASK the players what they were...they "should" know
 - Review any KEY points?
 - Keep it short/simple
 - Reminder of next practice, game, meeting, etc...
 - Team cheer or whatever your FINAL thing is