

# HFC Fall IM 2023

## U8 Practice Team (CC-11)

and

## Bownet Teams (CC-10)

**\*\* Please note if rain-outs occur, we may adjust schedules \*\***

### Important Note for the Teams (on CC-10 – Bownet)

Each week, the Coaches of the teams assigned to CC-10 should pick up the TWO portable BowNets & Carrying Case for your team (from CC-3). They will already be assembled by the U10 Team.

At the conclusion of the session Parent Volunteers/Coaches should help pack the nets up and return to the HFC Equipment Shed.

***YOU WILL FOLLOW THE SAME FORMAT & TIMELINE as the other GAME TEAMS.***

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### Important Note for the “Practice Team” (on CC-11)

Each week, the Coaches of the team assigned as the Practice Team (on CC-11) should pick up the Pugg Nets in the Shed marked “**U8 Practice Team**” for your team. (It will be one bag which can be found in the Blue Equipment Shed).

Coaches/Parents can set the nets up at the start of the session and **return the nets to the shed at the conclusion of the session.**

### Adjusted Timeline for Practice Team:

Time:	Activity:	Description:
<b>10:35 – 10:45 AM</b>	Coach	<ul style="list-style-type: none"> <li>● Coach Arrival</li> <li>● Material/Equipment Set-up</li> <li>● Practice team picks up a pugg net from the shed (Labeled U8 PRACTICE TEAM). You will be able to use the pinnies in your coach’s bag.</li> </ul>
<b>10:45 – 11:15 AM</b>	TEAM PRACTICE	<ul style="list-style-type: none"> <li>● Welcome Players &amp; Check for shin guards</li> <li>● Complete THREE drill activities (each 10-15 minutes in length)</li> <li>● Water breaks between activities</li> </ul>
<b>11:15 – 11:20 AM</b>	Game Prep	<ul style="list-style-type: none"> <li>● Players return their soccer ball to parents</li> <li>● Assign GAME TEAMS (pinnies vs jerseys). Set up teams to be as “balanced as possible.”</li> </ul>
	<b>GAME</b> <b>First Half:</b> 11:20-11:35 AM <b>Half Time:</b> 11:35-11:40 AM <b>Second Half:</b> 11:40-11:55 AM <b>Wrap-Up:</b> 11:55 AM – 12:00 PM	<ul style="list-style-type: none"> <li>● Game Format Dependent on the number of players present – can be 3 v 3 OR 4 v 4</li> <li>● Two Fifteen-minute halves (5 minute half-time)</li> <li>● Substitutions (if applicable) can be made every few minutes at stoppages to rotate players in/out of play.</li> <li>● Be sure to provide players equal playing time.</li> <li>● Be sure to implement</li> <li>● Please take your pugg nets down and return them to the shed.</li> </ul>