

COACHES: KEYS TO A SUCCESSFUL PRACTICE



Welcome to the [SoccerHomework.com](https://www.SoccerHomework.com) Coach guide - Keys to a Successful Practice. These high level pointers are simple and will help you take the kids through practice in an efficient and effective way.

Show up with a Plan!

Do not, let me repeat that, do not show up and try to wing it. Have a plan. Have a theme or a topic to work on. Your practice should be built before you get there!

Get them Started!

As soon as they get there, get them started. Don't allow any mulling or wandering around. Get them going with your "Immediate Drill." This is the drill you have set up for them to start immediately, as soon as they get there.

Bring the Energy!

If you are lame and slow, they will be too. Set the tone with excitement and energy. Set expectations by explaining what you want from them and do it in an enthusiastic way. Kids and bees smell fear...

Remind them where they are.

They are not at the zoo. They are not at school. They are not at the comedy club. They are at soccer practice and that means there is a specific way they should act. They are there to learn how to win!

Keep them moving!

Execute your practice plan. Your practice plan should keep them moving from one progression to the next. Idle hands... If they are waiting on you they will surely invent something to do and you might not like it.

Adjustments.

You will want AND need to make adjustments to your plan. That is good. Make adjustments to keep the kids on track and working. If the drill is bad, isn't working, or they just aren't getting it move on. Don't stay in a bad drill, it doesn't help anyone.

Timing.

Don't spend too long on a drill. Introduce the idea and repeat it and then move on to the next progression.

Long Term Success within the Game.

Avoid coaching that only satisfy immediate success. Success in soccer is a marathon of practices played out over time. It is not a sprint just to get a trophy.

The Game is the Perfect Teacher.

As much as possible make them play. The game is a great teacher. Get your coaching in and then let them play! The Practice is NOT About the Coach. Don't make the practice a coach show. The practice is for the kids. Keep it that way. Keep your coaching points short and get them playing again as quickly as possible. Don't constantly stop the play. Set a timer if needed where you say nothing and let the play develop.

Every Kid MUST Have a Ball.

Every single kid should bring a ball to practice. It's part of taking ownership. I'm not a huge fan of this but bring a couple extra balls just in case.

Limit Drills with Lines.

Limit Drills with lines where players are standing and waiting for their turn. Open a new lane or add another ball if needed. Each and every players should be working the entire practice.

Be Prepared.

Have all your cones, bibs, and goals laid out and ready to start on time.

Start On Time and End on Time.

Be respectful of everyone's time and they will be respectful of yours.