



Practice Breakdown JRH

Each practice should have a focus. Pick one focus and concentrate your practice on it. Then use the scrimmage at the end to evaluate if the focus was learned.

JRH Focuses – Defending, Positions, Passing, Receiving, Shooting and Dribbling

Making your practice activities a competition is a great way to motivate, challenge and encourage your players to do their best and have fun!

Each practice should consist of the Play-Practice-Play Model (PPP).

“PPP” Coaching Technique – Play-Practice-Play is to allow players to experience the game and game-like situations as much as possible. This approach differs from traditional practice that have players standing in lines, running laps and participating in drills that do not resemble the game of soccer. When players arrive to practice, players engage in small-sided games (2v2, 3v3, 4v4) with the primary focus on having fun! To learn more, please visit:

<https://www.ussoccer.com/stories/2018/02/five-things-to-know-about-playpracticeplay>

#1 - Play - Warm Up - 10 Minutes

Each practice should begin with a warm up. A warm up should consist of players playing 2v2, 3v3, 4v4 etc. No need to have the team run laps or sprints; let the game activities you choose provide players physical fitness conditioning. Divide your field into small grids with goals made with cones and get players playing soccer as soon as they arrive to practice. Get their feet on a ball and playing right away!

#2 - Practice - Focused Skill Games - 20 Minutes

Practices should have a clear focus. One skill at a time should be the focus. Pick fun game activities that allow players to focus on the technique of your choosing and help develop the basic skill but also let the kids have a lot of fun. Add competition to your activities when you can to add fun!

#3 - Play - Scrimmage- 20 Minutes

Each practice should end with a scrimmage. Most teams are scheduled on a field with another team. Those two teams should scrimmage each other for the end of the practice. If your team is scheduled on a field alone, scrimmage your team against each other. Treat these scrimmages like a real game (subs, breaks, etc.) but do take the time to address rules or technique with your players. Stop the game and go over a rule if, for example, players keep playing the ball after it goes out of bounds. During the scrimmage, evaluate your coaching to see if the technique you practiced is being used in the scrimmage.