

Rec Practice K and 1-2 Division Basic Timeline

3:00-3:10: Kids get on the field, if you can be on the field a head of time that is great. Go to your field spot with your colored shirt on so that your team can gravitate to you.

3:10-3:15: Try to get things going, perhaps do a warm up like some jumping jacks or stretching. These kids don't really have to "loosen up" but it is more to get them going in a group.

3: 3:15 – 3:30: The Practice – Run through a couple of practice drills or games. Keep your energy level high and the kids will have a lot of fun. Look at the Mass Youth curriculum for game ideas.

3:30 – 4:00: The Game – Find your opponents field. Have a little team huddle and cheer. Play a 3 x 3 game and try to encourage players on both teams. Do whatever you have to do to keep the game fair. It is a little hectic but try to substitute players on a regular basis instead of just playing everyone. It is better to have a 3 v 3 game with quick substitutions than a 5 v 5 game because kids can spread out a little and get more touches in the smaller game. Don't get hung up on the score or winning or losing. At the end of the game you can have them shake hands and say "Good Game". You can also do a team cheer to end the game. Kids like that.

4:00 – 4:15: The Snack – One parent on your team will bring a snack each week. Try to keep the field free of litter.