

Sample Rec Practice Session #1:

3:00 – 3:10 – Be at your field assignment sporting your team shirt. The first day you will be meeting everyone. Try to have parents sign up for snack for a certain practice date. It can get hectic so don't stress the timeline.

3:10 – 3:15 - Warmup – Get your team together on a line. Start with 10 jumping jacks. Do them with the team so they can see the proper form but don't worry about their form. I like to end with something fun or funny like "Super Jacks" (spring up and flail out arms and legs), and then use that every practice.

3:15:3:30 The Practice – Here are some suggested games for Day 1: It will take some time to get the games organized and they might not always be perfect. It is better to give the kids a few chances at a particular game than trying to do one round of three games. Also kids will get better at certain games with practice so you can use the same game several times during the season and slightly increasing the skill level each time.

Relay Race – Break your group into two or more teams and have them on a start line. Put one cone for each group across the field from the starting line. Have races dribbling down to the cone, going around it and back to the start, then the next person goes. You can run a few races. For kids who have played you can have them stop halfway on the way back and pass to the next teammate.

Soccer Snake – Get your group to follow you in a line, each with a ball at their feet. They follow you through turns and make a snake around the field. For kids who have played you can have the snake stop (stop the ball) and restart or have a player lead the snake. It is fun at certain points to say "Soccer Snake score a goal" and let each kid dribble over to a goal and score. Then they can jump around and cheer. Then you can start up the snake again.

Race Cars – Use cones to mark out a race track. Get kids to tell you what kind of race cars they are going to be. Have the race cars go around the track by dribbling their ball. Call out commands like Race Cars drive slow, medium, fast. Demonstrate by "driving" around the course yourself. Some other good commands are race cars stop and race cars reverse. (stop and reverse direction – demonstrate a drag back). Race cars can be easily substituted with airplanes, cats, dogs, dinosaurs or motor boats.

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 – Since this is the first week try to bring snack. I usually go for some water bottles, a box of graham crackers and some fruit snacks. Kids seem to like it and it doesn't take any preparation but I am not known for my snack creativity.