

## TIPS FOR GOOD PRACTICES

1. Kids love playing games & keeping score. In practice, try to use games & not drills.
2. Everyone should stay active & participate. Avoid lines.
3. Maximize "touches" on the ball. At least 100 touches per practice for each player.
4. Teach proper technique and emphasize games that practice technique or simulate play or playing situations.
5. Run games by keeping time (e.g., so they last 1, 3, or 5 minutes) or by keeping score (e.g., first to 3, 12, etc.).
6. Praise hustle, improvement and a good attitude. Measure each player's performance by his or her personal improvement and effort, and not by comparing them to someone else. Try to motivate in a positive way that builds self-esteem.
7. A good game must be easy & quick to set up and should be simple to explain and manage. If you are spending too much time on set up or instruction, simplify it.
8. If it's not fun, it's not a good game.
9. You must have at least one ball per player.
10. Avoid general scrimmaging for more than 10 minutes per hour. In general scrimmages players don't get enough touches on the ball, the weaker players tend to get the fewest touches and bad habits can be reinforced because players tend to do the same things they have always done. If you scrimmage, do so without a goalkeeper.
11. Adopt this philosophy: Keep it simple, keep them active, keep it fun & at least 100 touches per player per practice".