



Minis Technical Development

End of season goals:

- Understanding of not touching the ball with their HANDS for any reason
- Players love the game enough to return next season
- Understand which direction to go score, no scoring in the wrong goal

Practice Guide:

- Keep training sessions 45 min to 1 hour max
- Keep players moving as much as possible, avoid standing in line
- Every player should have a ball on their foot as much as possible
- Activities must be fun in nature, and incorporate some level of pressure (Pressure in an activity can be an opponent, obstacle, time, etc.)
- Players should never pick up ball with their hands once at the field, use feet all the time

Sample Activities:

Warm Up:

- Toe Taps, Tic Tocks, EVERY practice

Primary Activities - examples are:

- Coach is an animal (dribbling and kicking)
- Squirrel and the nuts (running, dribbling, shielding, passing, tackling)
- Sharks and minnows (dribbling, shielding, tackling)
- Treasure hunt (dribbling, stop/starts)
- Red light Green light (dribbling, stop/starts)
- Clean the House (kicking for power, kicking for placement)
- Steal the bacon (running, dribbling, shielding, tackling)
- Junkyard (kicking, receiving)
- Fox & Hound (running, speed & agility...great change of pace activity)