

Trophy Sports Club – Coach's Plan – Fall Soccer - Weeks 2-7

Visit coach's table: Check game schedule for field, home team & ref assignments
Pick up roster, rules, pen, etc.

Equipment: Bag at field should have balls, player vests, and ref vest
Extra cones are available by the coach's table
Whistles (one per team & one per ref) are available at the coach's table

Before the hour begins: Have players pass with teammates; adjust field size if needed

First 20 minutes (10-10:20 or 11:10-11:30): Brief practice

- Gather the team together for stretching; count together

 - Stretch hamstring: nose to knees; hold it

 - Stretch groin: right foot out, hold it; then left foot out, hold it

 - Stretch thigh: left leg behind you, reach & hold; then right leg behind you; reach & hold

- Dribbling drill (set up cones in straight line or M, dribble in & out)

- Passing drill (2 lines, one from each line runs toward goal, pass back & forth, then shoot)

- Throw-in Drill: Two lines; pair up with partner; take turns throwing in

- Shooting & Goal-tending: Goalie volunteer; players line up; coach rolls ball; shoot

- Any other drills as time permits

- Distribute vests (home team wears vests)

Game preparation:

- If short-handed, a player can be loaned (if player is willing)

 - or a coach/sibling can play middle defense/sweeper (gently)

- Decide positions: offense (right/left/center), defense (right/left/center); goalie volunteer

- Home team coach (or delegate) prays

- If no ref assigned (see game schedule), then a coach or parent/sibling needs to cover

First half (roughly 12 minutes; begin when ready; ends w/ horn blow)

Halftime: water break, announcements & devotional

Switch positions (offense plays defense & vice versa, goalie volunteer)

Second half (rest of period; begin when ready; ends with horn blow)

After game: Give final tips & encouragement; place equipment/vests back in bag