

# Trophy Sports Club – Coach’s Plan – Fall Sports - Weeks 2-7

August 7, 2018

Visit coach’s table: Check game schedule for field, home team & ref assignments  
Pick up clipboard, roster, rules, pen, etc.  
Home team coach picks up bag & player vests  
Extra cones & whistle (one per team) available if needed

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

Flag Football drills:

Handoffs, receiving

Patterns: 3 & out, 3 & in, curl (button hook), fly (straight), post (veer toward middle),  
flag (veer toward corner)

Work on one or two plays with multiple options

Soccer drills:

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

Game preparation:

Distribute vests (home team wears vests)

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

Assign positions:

Flag Football: see flag football positions handout

Soccer: offense (right/left/center), defense (right/left/center); goalie volunteer

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 with horn blow)

Halftime: water break, announcements & devotional

Prep for 2<sup>nd</sup> half: Encourage players; give tips; switch positions

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

After game: Give final tips & encouragement; return equipment bag & vests; keep clipboard