

15.

2020 SYSA PRACTICE PLAN

Thank you for volunteering to coach. Our goal this year for the Grade 2, 3, 4, 5, and 6 girls and boys is to prioritize playing the game with a basic warm-up based on two areas; rondo and touches on the ball.

Practice Night Schedule:

10 minutes - Rondo warm up

10 minutes - Technical development

40 minutes - Scrimmage

Preparing the Field:

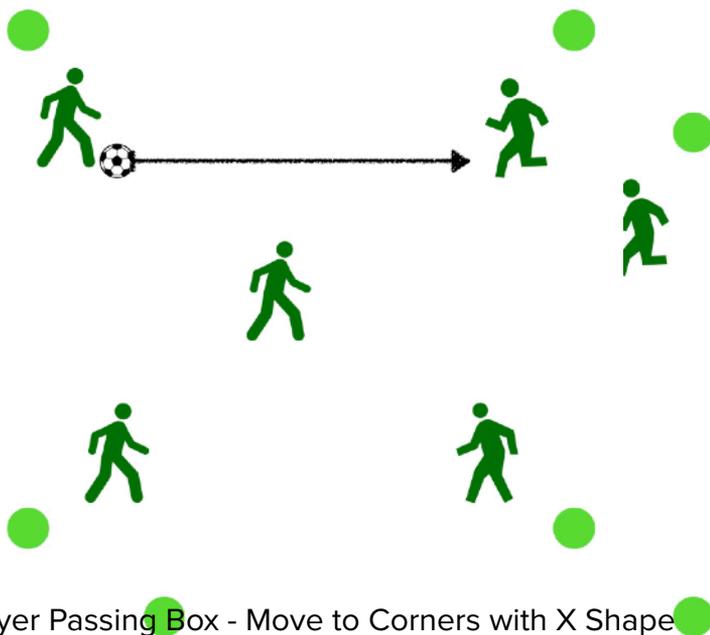
If your team has 10 players, make two groups of 5 for rondo sessions. With a different number, you can adapt to 4 player passing to start and progress to 3v1 rondo.

Each square uses four cones in a 15x15 yard square (10x10 for younger teams if you like).

Set up cones for each player on the sideline with six feet of spacing. This is home base for them when they are not on the field.

Player arrival:

Welcome each player by name and ask them to place their bag on the sideline cone and bring their ball to the playing area. The coach can start passing with the first player or two and then eventually you'll have the 4-5 player passing square in action. As more players arrive, repeat this until you have both running. If your player total is not 8, 10, 12, you can pass with the few extra players and then swap them into the rondo.



5 Player Rondo

All the touches are good progress. Run this for the first 5-10 minutes.

The five players begin by passing to each other and moving to different corners with each pass. The ideal “shape” is an “X” to stretch the defenders as far as possible and form passing triangles. After a few minutes of successful passing, switch to a 3 attacker and 2 defender. This is essentially “keep-away” with three players moving inside the square to prevent the remaining two players from gaining control of the ball or deflecting it

In section three of the ebook, technical skill development is covered. The first “ball skills” I recommend are toe taps and shuffles to build their comfort with the ball and to learn how they can manipulate it. These are featured in the Ball Mastery section. There are also dribbling, juggling, and turns covered.

These are all essential technical skills to play the game efficiently and effectively.

Scrimmage:

If you have two teams of the same age practicing, you can arrange for team scrimmages. If you prefer, you can set up a small-sided scrimmage (5v5) with just your team. To save time, establish this with the other coach before your players arrive if possible.

During the scrimmage, reinforce the principles of rondo and the technical development. You shouldn't expect mastery in the first few sessions. Kids are amazing in their ability to learn with repetition and patience in their coaches. Stay true to your plan and they'll benefit from it.

In these activities, you can coach the following ideas:

Rondo:

- Move to open space
- Pass away from pressure
- Communicate with your teammates

Technical:

- Pass with a purpose - not kickball
- Maintain control of the ball if you have no pressure on you
- Find a good shot within your shooting range

You'll be the hero when they are playing and they see the lessons applied. It makes the game more fun.

When in doubt, reach out.
We'll help you figure it out.

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