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# FUNDAMENTAL SOCCER

*with Coach Karl*

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## HOW TO: 9 Step Practice Routine

### Section 1: Beginning Practice

- Practice as rehearsal for the game
- Fun games related to the theme of the practice
- Developing a "Routine"
- Demonstration/explanation of the theme
- The goal of the theme and more

### Section 2: Warm Up

- Figure 8 Stretch
- Dribbling
- Laying down the cones
- Doing the Figure 8
- Stretching within the Figure 8
- Players set up the grid
- Teach players to create the "buzz" word
- Teach the players when to stretch
- How to stretch the ankles
- Stretch the calves
- Stretch the groin
- The quad stretch
- The curl
- Neck strengthening
- Figure 8 variety
- Teach the players to teach themselves and more

### Section Three: One One

- Cooperative play
- Laying out the one one field
- The "serve"
- Push Peak Pass
- Coaching the receiver
- Look, Move, Bring the ball under control
- Attaching themes and techniques
- The "Magic Hop"
- Defending techniques
- The "ready" stance
- Stoppages and corrections
- Working together for improving basic skills and more

### Section 4: One vs One

- Competitive play
- Have players play against all members of the team
- Teach how to play one vs one without verbal instruction

- Teach players how to start games with the serve
- Stop games with the "buzz" word
- How to rotate players
- Teach players how to rotate on their own
- Why it's important to play stronger players against weaker players and vice versa
- How to help players make their own decisions
- When to make rules with one vs one
- What to do during breaks and more

#### Section 5: Half-Time Routine

- How to set up the half-time routine
- How long is the half-time technique
- Rehydrating the players and more

#### Section 6: Small Side Games

- Formula for how many on a side
- How many touches per player
- When to use even sided games
- When to use odd sided games
- Cooperative small sided games
- Competitive small sided games
- Teaching players how and when to stop
- When to coach and when to be silent
- Formula for deciding distance between goals
- When to make the field wider
- When to make the field narrower and more ...

#### Section 7: Scrimmage

- Applying the theme in the scrimmage
- Cooperative scrimmage
- Competitive scrimmage
- How long to scrimmage and more ...

#### Section 8: Cool Down

- Which stretches to do
- The most important stretch to never leave out
- Should players run to cool down and more ...

#### Section 9: Ending Practice

- Psychological cool down
- Compliments and review
- Assigning soccer homework
- How to get players to want to come back
- Making hard work seem like fun and more ...

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