**U12 Practice Pier 5 9/10 9:20-10:40a (Seth, Kevin, Tim, Andy, Danny, Warner, Trevor, Brendan, Rod)**

Day 1 tips:

* Arrive 15 minutes early to help kids with equipment if needed
* Wear a nametag (I will bring)
* During warm-up, ask kids if they have a new stick or take note if a stick isn’t throwing right… we may need to test their sticks and make some adjustments… make sure they have names on helmets
* We have enough coaches that you can pull kids aside during drills to review techniques if they aren’t picking them up

1. Warmup: partner passing/100 touches
2. (9:25-9:30a) Intro talk
   1. Welcome/Coach Intro
   2. Objectives for Season
      1. Individual skills
      2. Team skills
         1. Importance of communicating with teammates, supporting your teammates in practice and games (no smack-talking)
      3. Have fun
   3. Select Team
      1. Philosophy and goals
      2. Evaluation process for first two weeks… skills, coachability, commitment
3. Name game / ice breaker—too many kids for this… will have to wait until week 3
4. (9:30-9:35)Footwork agilities / plyometrics warm up—kids start spread out on a horizontal line across field
   1. high knees
   2. heels to butt
   3. skips
   4. karaoke
   5. shuffle sideways
   6. shuffle sideways then drop and run
   7. shuffle back, drop step, open hips and run straight backwards
   8. [run forward then break down to defensive position]
5. (9:35-9:45) Ground Balls on a line—kids start spread out on a horizontal line across field
   1. Progress to speed, alternate hands, incorporate dodge by coach
6. (9:45-9:55) Line drills: right to right, left to left
7. (9:55-10:00) Water Break
8. (10:00-10:30) Stations (10 min each, approx. 10 kids per group)
   1. 1v1, 2v1, (maybe 2v2) ground balls [2/3 of our half of field]
   2. 2v1s, (maybe 2v2s) to goal [one half of our half of field]
   3. Forcing Box [1/3 of our half of field by the endline]
      1. Set up two 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will step into the center of the box, while the remaining players form a single line at one cone. The player in the middle must keep the first player (dodger with ball) in line from getting to the diagonal cone within 5 seconds. Switch defender after all 4 dodgers go.
      2. Progression 1: defender has nubs, no sticks. Progression 2: defender has stick.
9. (10:30-10:40) Conditioning
   1. Relay races (Rod?)