

Practice is organized into three blocks: Warm-up, main part and scrimmage or free play.

Practices per week	1-2	
Duration of practice	60-90 min	
Warm Up	10 min	Fun & dynamic games, passing & possession exercises, stretching & dynamic movement
Physical	15 min	Exercises based on agility, speed, coordination & balance
Technical	20 min	Unopposed exercises to develop quality. Opposed exercises to develop competitiveness
Tactical	15 min	Games based on basic understanding of the game (attacking, possession, combination play, playing out from the back & finishing
Scrimmage	25 min	Games based on position specific, quick movement of the ball and distribution of space

PREPARATION, PRE, DURING, POST SESSION

Preparation

- **Session Plan:** In order to be efficient during training sessions, all coaches must prepare a plan. Regardless of experience, preparation prior to training is essential to a dynamic and rewarding practice
- **Time:** The coach has to plan and manage time during the session. For effective management, the coach should indicate the time spent on each exercise in the plan
- **Key Points:** Each exercise should have 4-5 key, coaching points gathered in the session plan

Pre-Practice

- **Equipment:** Have all necessary materials prepared- goals, balls, cones and colored pennies
- **Initial Set Up:** Make sure that you have the spaces organized and plan for a smooth transition from one exercise to another
 - Minimize the number of cones that you have to pick up or reset
- **Review:** Take a few minutes just before the practice to review the plan and the coaching points

During the Session

- **Position During the Practice:** Coaches should occupy a central but sideline position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details
- **Flexible:** A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task
- **Coaching Points:** Coaches should cover necessary coaching points in the session plan depending on player's performance and adaptation

After the Session

- **Discussion with the Players:** Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session
- **Review Your Session:** Review the plan at the end of the practice and note what worked well and what needs to improve
- **Evaluate Yourself:** Don't be ashamed to ask for constructive feedback from assistant coaches