

January 2008 Practices

A significant and important change is taking place in the mosaic that is American and Canadian Soccer. Finally, everyone is beginning to realize that 2, 3, even 4 team practices a week is not going to be enough for the development of individual skills.

So this month we are suggesting practices that a player can do on their own or with a friend.

If North American kids are going to be the equal of European, African and South American players the basic skills of passing, control, dribbling and such have to be honed to a much greater extent and that requires multiple repetitions.

For our older players, finding any rebound surface will provide the perfect environment for practice. Just be careful you don't upset Mum and Dad if the side of your house is not concrete or brick and it should be windowless, too.

Look around your neighborhood for school walls, warehouses, etc. There is bound to be something that is suitable.

Coaches: You can suggest some fun homework for your players and even set targets for accomplishment.

For younger players, a piece of flat ground – backyard, park, school – and a few marker disks and/or cones will work wonders.

Rather than practicing on their own, it is better if two practice together. And that can be a friend or Mum and Dad.

Kicking (shooting/passing) and controlling the ball with both feet will help any player enormously in becoming a significantly better player.

Practices for the Younger Player(s)

Practices for the Older Player(s)