

Preparing Practice & Drills for Team Success



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Pre-Practice



❖ Have a purpose

- Big picture (long term)
 - ✓ Calendar
 - ✓ Time of year
- Small picture (short term)
 - ✓ Daily plan

Pre-Practice

❖ Planning Practice

- Best way to Learn “The Game”
 - ✓ Unsettled
 - ✓ Small Sided
- Be Creative
 - ✓ Change drills
 - ✓ Different roles
- Change the Picture
 - ✓ Half field
 - ✓ Full field
- Make it Competitive
 - ✓ Points
 - ✓ Winners & Losers
 - ✓ Make a point

Pre-Practice



❖ Template

- Consistent Form
- Visible
 - ✓ Coaches
 - ✓ Players
 - ✓ Trainers

Practice

A blue decorative graphic consisting of a jagged, torn-edge shape that tapers from left to right, positioned below the title.

- ✓ Warm-up / Skills: 30 minutes
- ✓ Half field uneven: 10 minutes
- ✓ Full field uneven: 10 minutes
- ✓ Half field even: 10 minutes
- ✓ Special Situations: 15 minutes
- ✓ Half field even: 10 minutes
- ✓ Full field even: 10 minutes
- ✓ Game Situations: 15 minutes
- ✓ Flex session (fine tune, skill, conditioning) 10 minutes

Live Drills



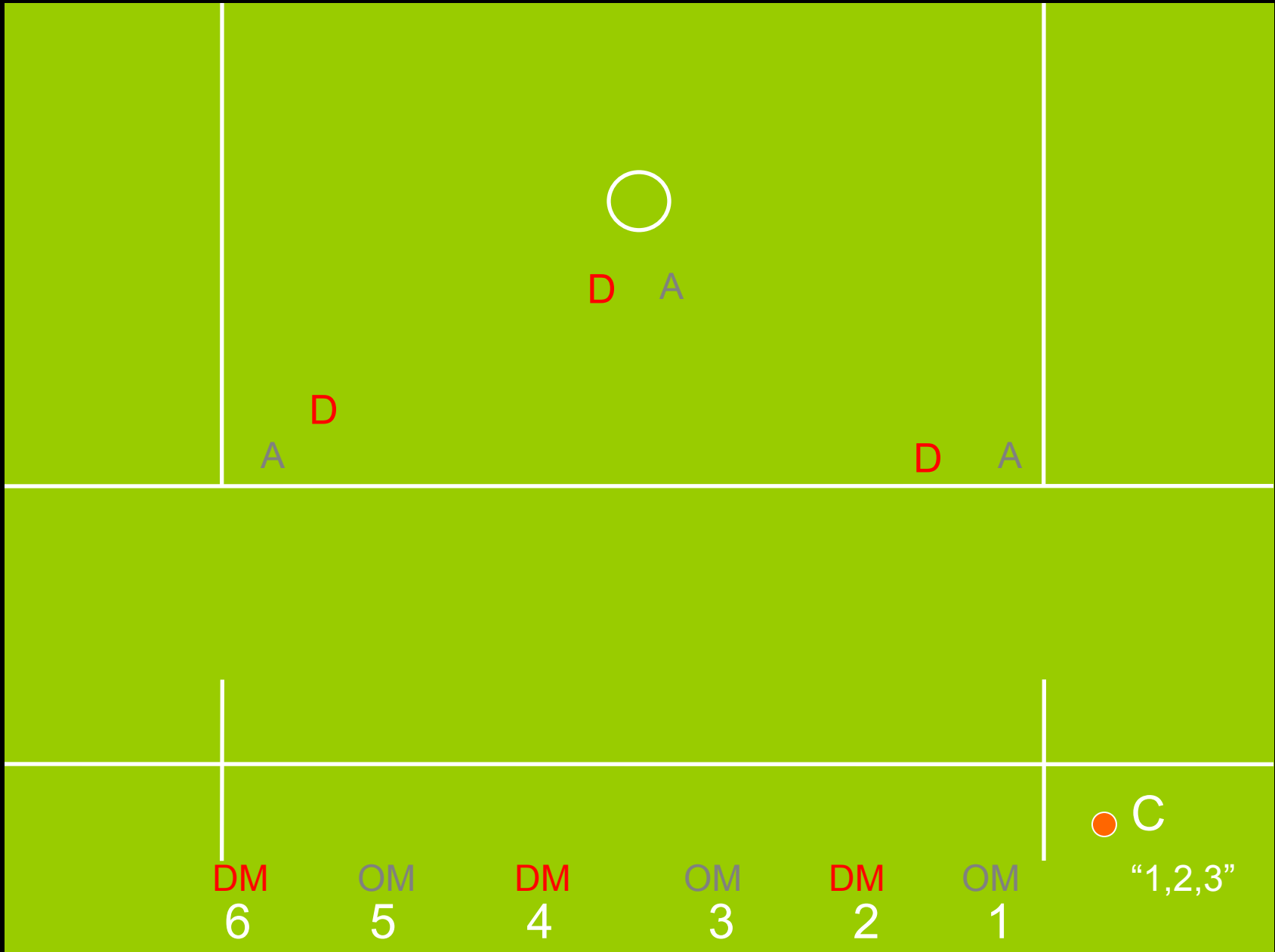
1. Uneven: “Y” Drill
2. Even: “4 v 4”
3. Uneven: “Cheetah Drill”
4. Even: “5 v 5; early slide to 6 v 6”
5. Uneven: “Make it; Take it”

Post-Practice

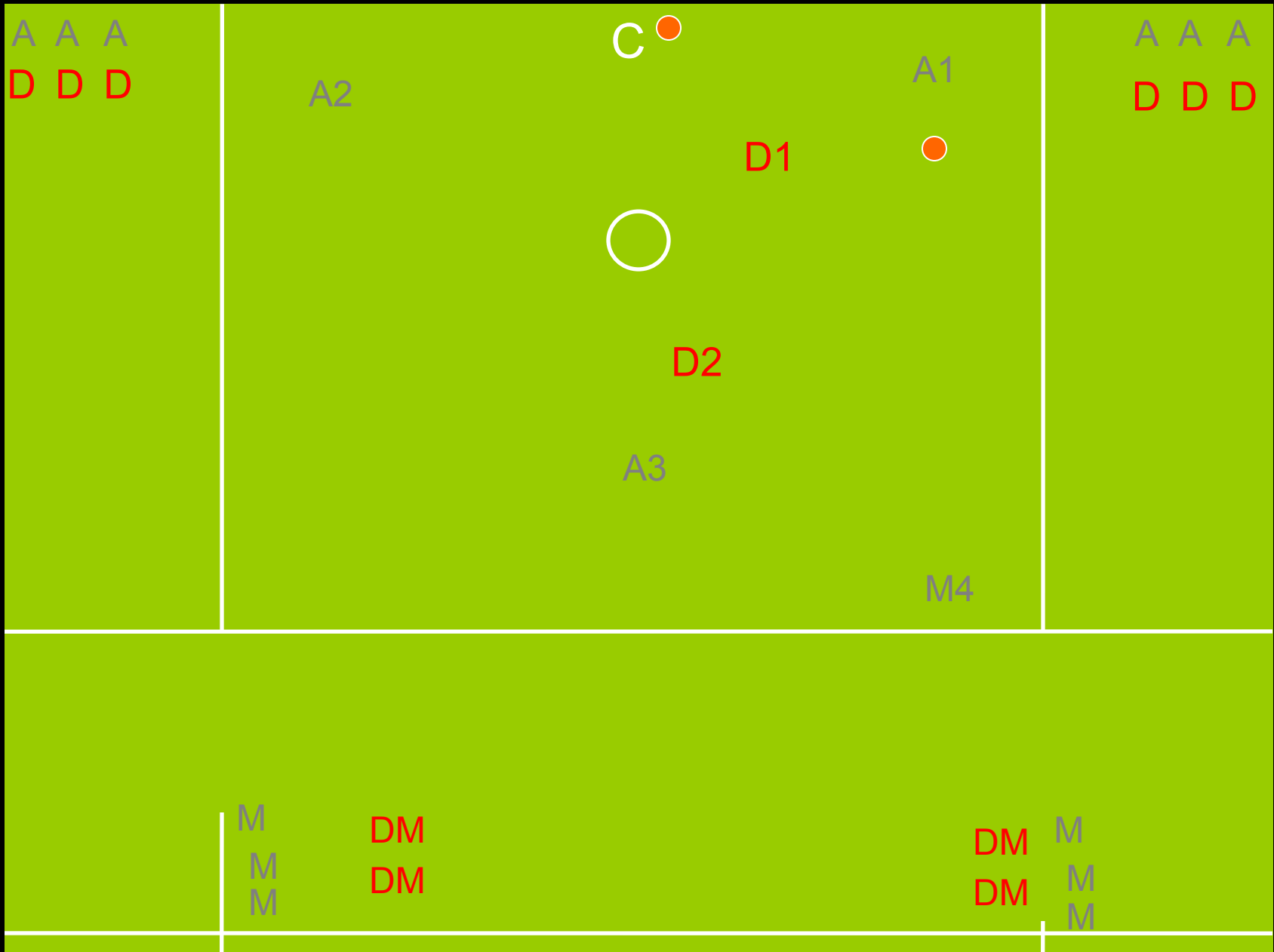


- ❖ Meetings
 - Player(s)
 - Coaches
- ❖ Look Back; evaluate
- ❖ Look Ahead; next day

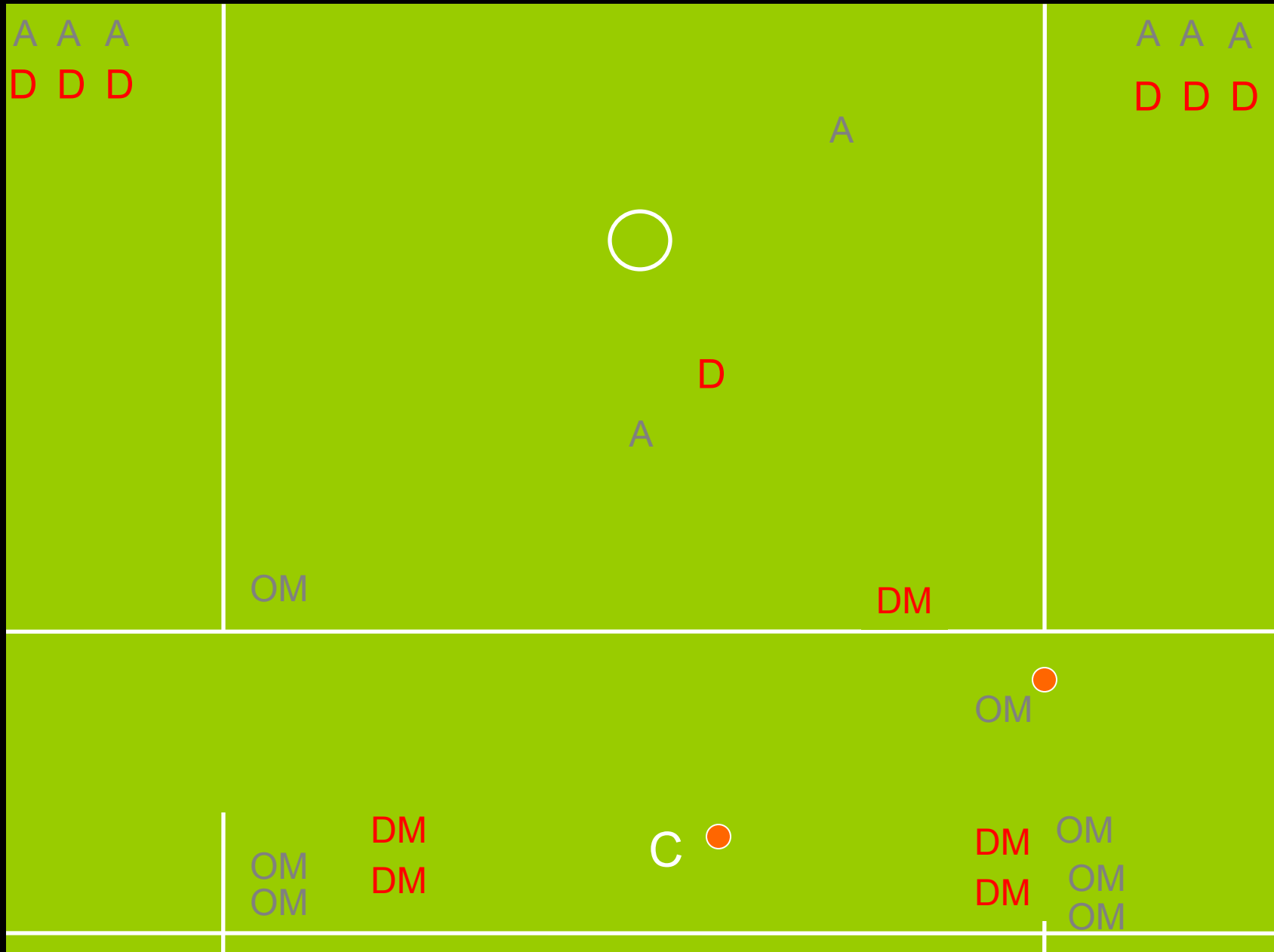
CHEETAH DRILL



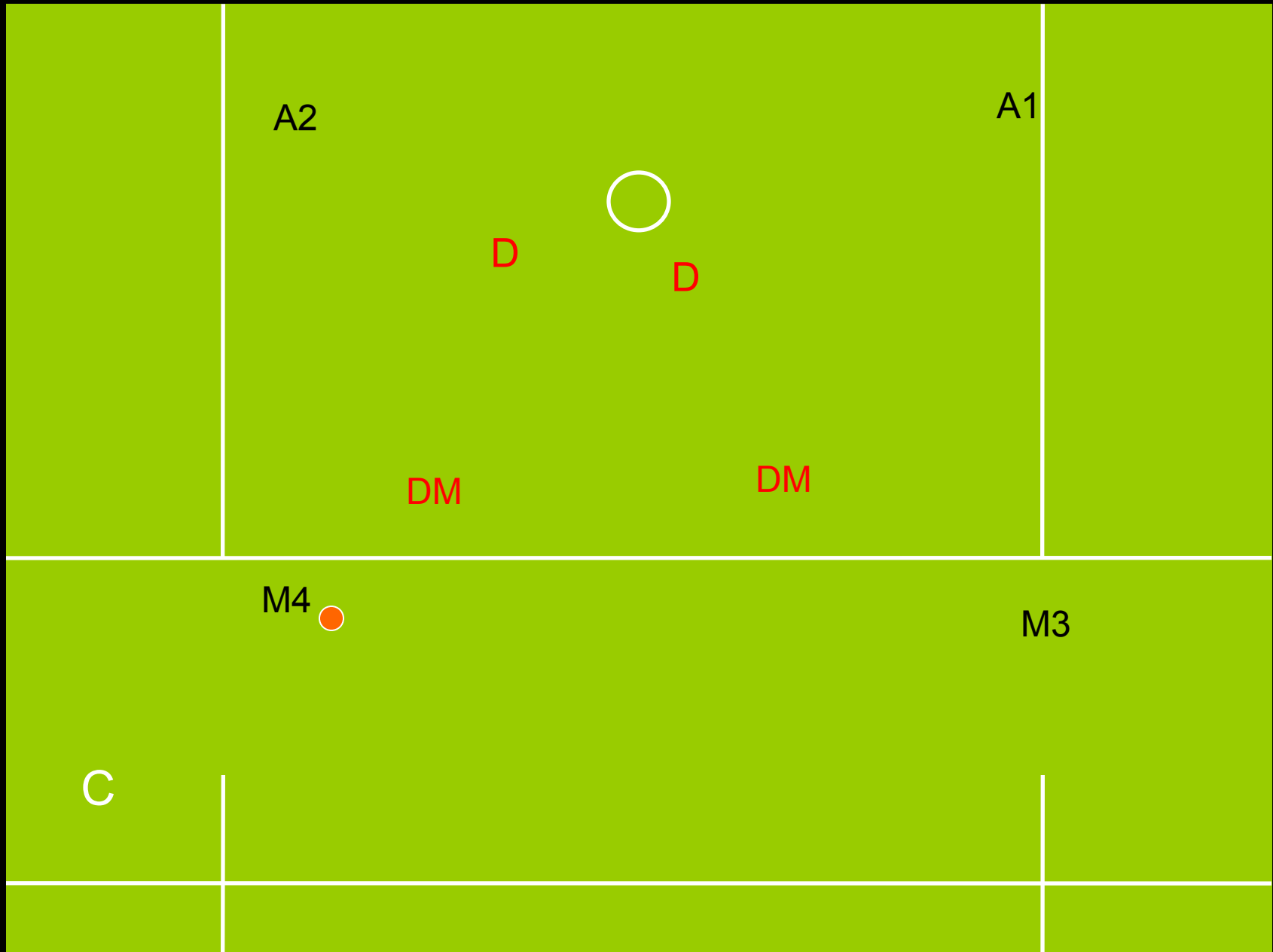
Y DRILL (start with attack)



Y DRILL (start with midfielder)



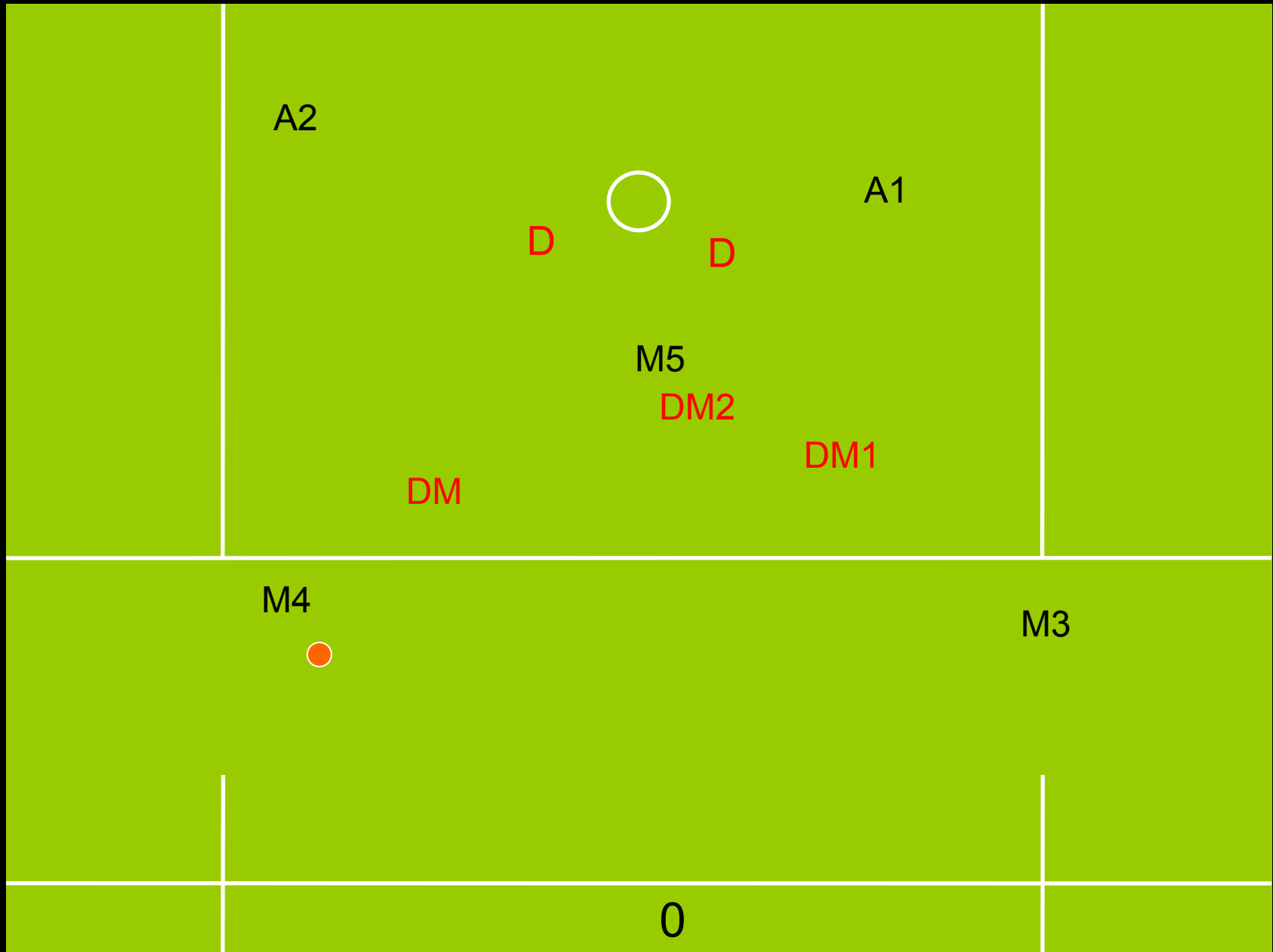
DRILL: 4 V 4 (midfield dodge)



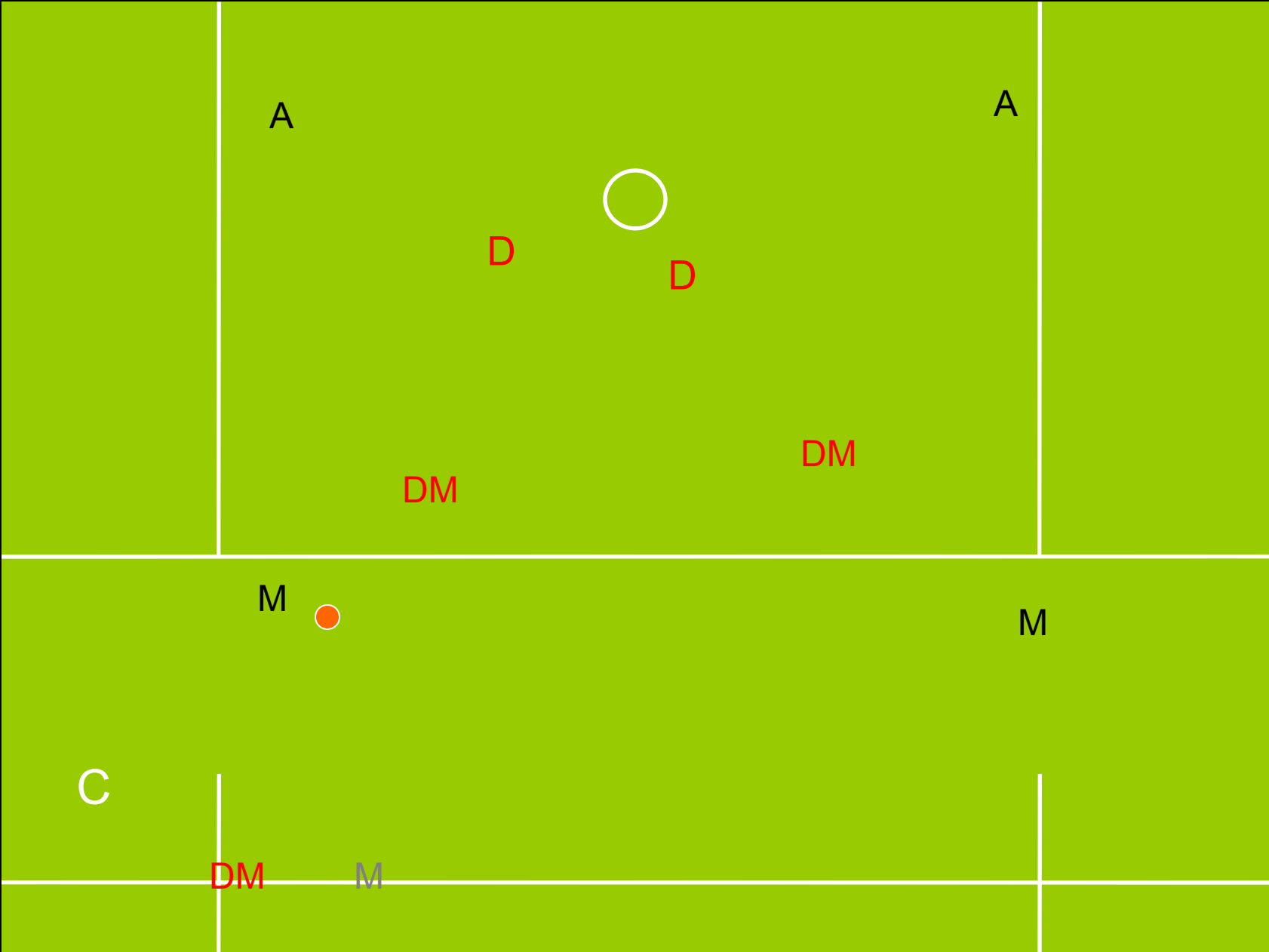
DRILL: 4 V 4 (attack dodge)



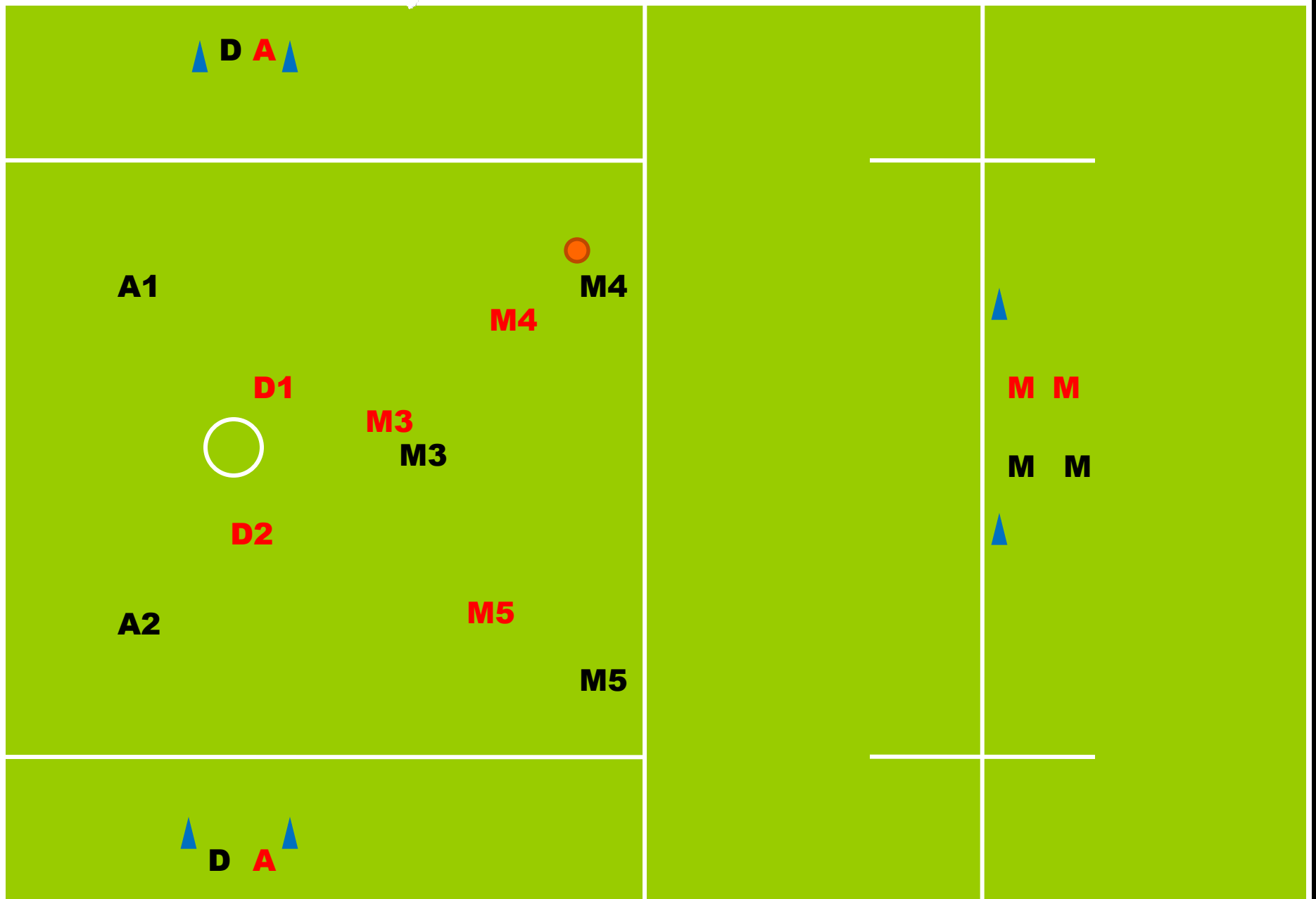
DRILL: 5 v 5 early slide



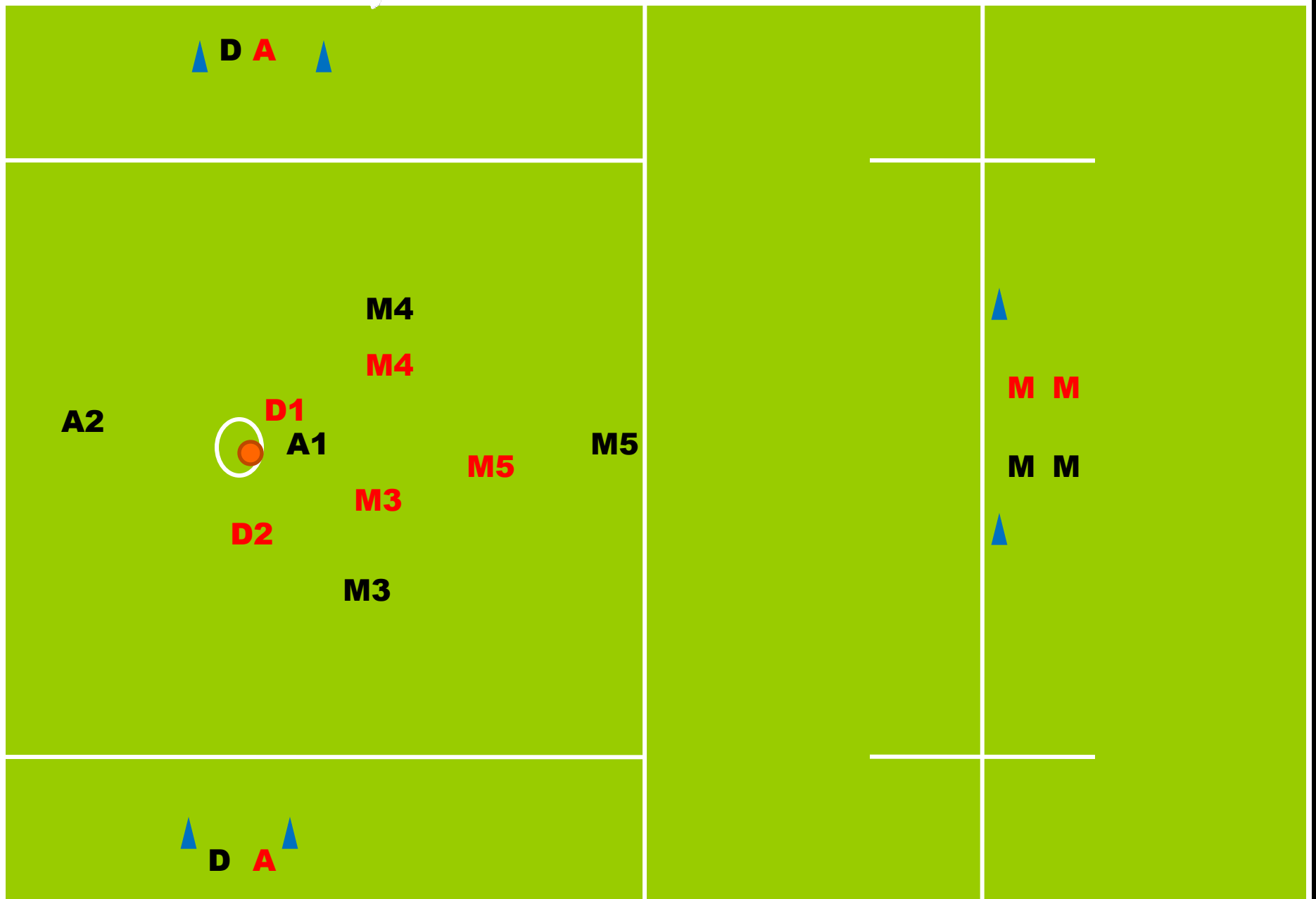
DRILL: 4 V 4



“Make it, Take it” – Attack Phase



“Make it, Take it” – Break out Phase



“Make it, Take it” – Transition Phase

