

First-15 Initiative

For years we have not had a solution for normalizing how we approach the game and the skill sets we address.

As a parent put it: “The lack of fundamentals is downright astonishing. They cannot control the ball on simple first touches (this is really bad), pass accurately, maintain possession—with or without any pressure—and lack an understanding of the simple fundamentals.”

To start to address this, we will introduce the “First 15” initiative where every team from G2 to G10 starts practice with the same exercises:

- 5 minutes of a warm up game as kids arrive
 1. Small sided, keep adding kids as they come. Ok to be unbalanced. Make field bigger to accommodate # of kids

- 5 minutes of **Ball skills**:

1. **Ball skill** - Inside-to-inside
2. **Ball skill** - Pull Push
3. **Ball skill** - Toe Taps
4. **Ball skill** - Inside-to-outside
5. **Ball skill** - Sole Roll

Mention “Weil Coerver” videos

<https://www.youtube.com/watch?v=RwsUBXrq9UQ>

<https://www.youtube.com/watch?v=leMYh7roBjk>

- 5 minutes of **Pass/receive skills**

1. **Pass/receive skill** - Partner, close (5 yards) 2 touch
2. **Pass/receive skill** - Partner, close 1 touch

<https://www.youtube.com/watch?v=tWmolbznHac>

These get progressively harder but start with just the first couple of examples.

- Expectation is that each and every practice you start with this. Can go longer, but never shorter. And it’s good to start with games... it’s the kids favorite part.