

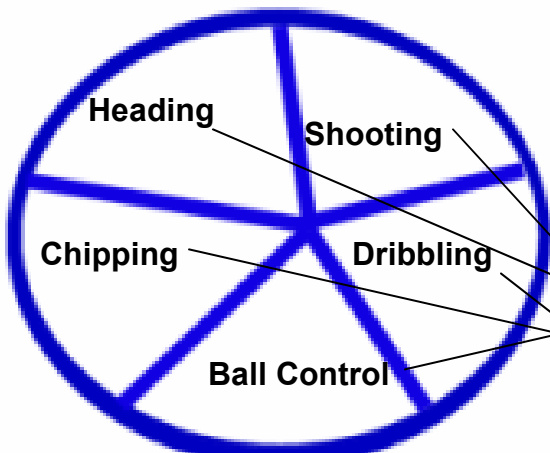
Multiple Theme Practices

Establishing a Highest Common Denominator

Rationale: Soccer is broken into a manageable number of parts, and multiple parts are strengthened in one practice—using a fun, competitive game for each part. Each part can then be strengthened more often, and players can improve more rapidly—even if the coach is new to soccer. A *highest common denominator* is thereby established. Players begin improving immediately, and their coaches “buy time” to pursue other coaching methods.

Einstein’s Formula for Developing Soccer Players: $I = W \times F$
 (Improvement equals **What** players practice times how **Frequently** they practice)

Individual Skills



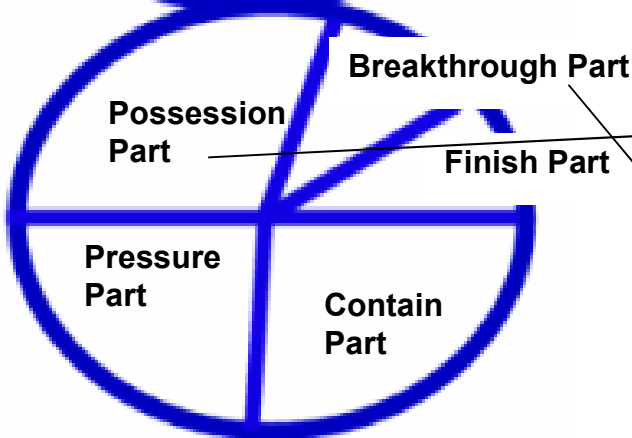
A Typical Multiple Theme Practice

First Half: Individual Skills

- Soccer Volley (10 minutes)
- Heading Game (5 minutes)
- Alligator River or Air Control (10 min.)
- Three different shots (15 min.)
- Run the Gauntlet (10 min.)

Second Half: Teamwork Skills

- Three and a Drop Scrimmage (10 min.)
- Side to Side Scrimmage (10 min.)
- One Time Scrimmage (10 min.)
- Space Cowboy (10 min.)



Teamwork Skills

A Picture and a Method: You need a clear picture of what you’re after, and a method to get you there. Your picture can include individual skills and teamwork skills. Your method can include multiple theme practices. Your picture and method will then be closely integrated.