

KEARNEY SOCCER CLUB
YOUTH DEVELOPMENT

**U7-U10
BOYS & GIRLS
DEVELOPMENTAL
PROGRAM**



OBJECTIVES

TECHNICAL SKILL DEVELOPMENT

Ball Control

Dribbling

Passing

Receiving

Distribution - U9 & U10

Tackling - U9 & U10

TACTICAL DEVELOPMENT

Vision

Spatial Awareness

Two Player Awareness

Three Player Awareness - U9 & U10

Coaching is not about what you know. It is about what you are willing to learn how to teach.

Volunteer Coaches

It's a commitment, but volunteer coaches are what makes learning accessible to everyone in our community.



The Coaching Mindset

I DON'T HAVE TO KNOW EVERYTHING TO TEACH SOMETHING

Prepare for one practice at a time. Don't be fooled by your experience or lack thereof. Have a set schedule for your preparation.

SET EXPECTATIONS

If you start every practice by briefly setting expectations, players know what to do to succeed. It might not go according to plan, but you give them a better opportunity when you tell them what you expect.

BALANCE PRAISE & CORRECTION

Praise feels good and encourages repeat performances. Correction lets us know that we need to change something to get a different result.

Practice Organization

PARTS 1-5

Each practice is designed with 5 parts to provide a warmup activity, a low-pressure individual learning activity, moderate-pressure learning and finally, a scrimmage environment. Running short of time for your session? Drop activity #4.

ILLUSTRATIONS & LINKS

Page 2 of each practice plan illustrates the key activities for the session and video links are included in each session outline so that you can learn and observe certain types of instruction.

ADDITIONAL HELP

Anytime you want additional help, just ask. Whether you just want to just discuss a topic or want specific help running a practice session with your team, people are available to help you.

Practice 1

BALL CONTROL & AWARENESS OF A TEAMMATE

1. INTRODUCTIONS

Describe your expectations for behavior at practice. Today's theme: How our foot touches the ball controls where it goes and how fast it gets there. Lionel Messi and Tobin Heath are two of the best at ball control. Encourage that they watch these players any chance they get.

2. 4 TO 6 CONE INSIDE FOOT - OUTSIDE FOOT

Set up enough lines of cones so that you can put two players on each line. [Inside Foot](#) (Click link) [Outside Foot](#) (Click link)

3. JUGGLING WITH A PARTNER

Exercise #1 on next page; [Juggling](#) (Click link)

4. VOLLEY GAME

Exercise #3 on next page – Tell them "EYES UP" to locate their partner

5. 4V4 SCRIMMAGE

[4v4 Overview](#) (Click link)

Divide your practice field using cones into 4 parts and use cones or portable goals to mark the goal. Show them the Diamond formation by physically positioning them on the field and showing them the top 1/2, bottom 1/2, right 1/2 and left 1/2 responsibilities. Let them play and only correct them when they move out of their zone.

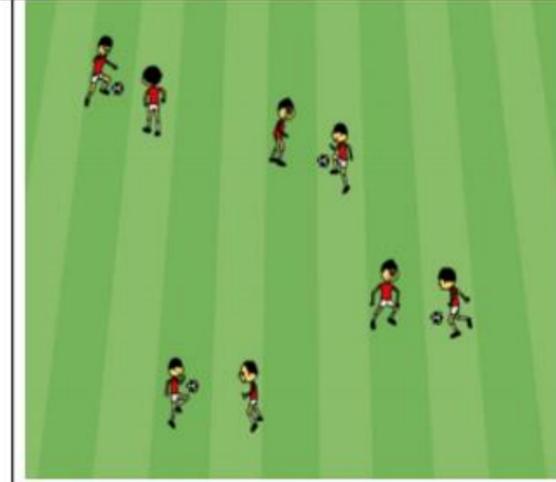
Practice 1

BALL CONTROL & AWARENESS OF A TEAMMATE

1 Juggling with a Partner



Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.

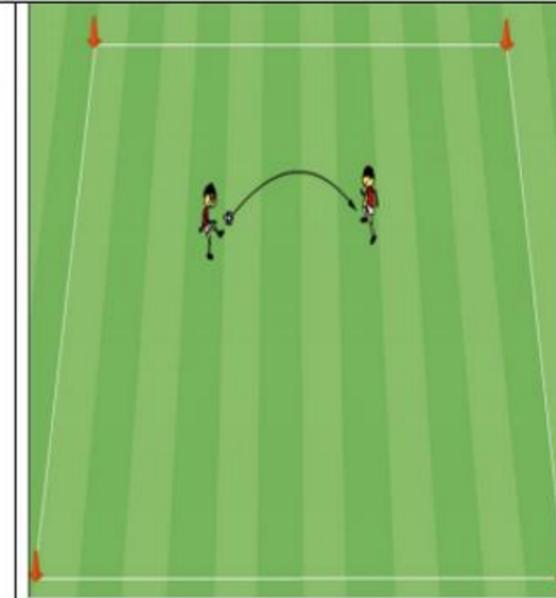


-Move to get behind and in line with ball.
-Select the body surface quickly.
Q.: How can you help your partner juggle well?
A.: Pass him or her the ball when I have good control of it.

3 Volley Game | Cooperative – Competitive

Set up 15 x 15 yard grids. Two players and one ball in each grid.

Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.



- Get in "line of flight" quickly.
- Ready, balanced to receive.
- Choose body surface.
- Withdraw surface.
- Scoop/"spoon" ball with foot.
Q.: What part of the ball should you hit?
A.: Just below the equator (midline) of the ball.

Practice 2

BALL CONTROL & VISION

1. 4 TO 6 CONE INSIDE FOOT - OUTSIDE FOOT - SOLE

Did anyone watch a soccer game? Did they get to see a player who demonstrated excellent ball control? Set up enough lines for two players on each line. Through the cones with inside of their foot. Around each cone using outside of each foot and sole of each foot. [Sole](#) (Click link)

2. MULTI-GATE DRIBBLING

Exercise #2

[GATE DRIBBLING](#) (Click Link)

3. MULTI-GATE PASSING

Exercise #3 - "Eyes Up" to locate your partner with your eyes [Passing](#) (Click Link)

4. COMBAT PASS TO PARTNER

Exercise #4. "Win position, then win possession". Encourage "EYES UP" to see their teammate for the pass.

5. 4V4

Teach thrown-in technique. [THROW-INS](#) (click link). Divide the field using cones into 4 parts. "EYES UP" to see their teammate and they have to complete two passes before they can score. Let them play and only correct them when they move out of their zone. [4v4](#).

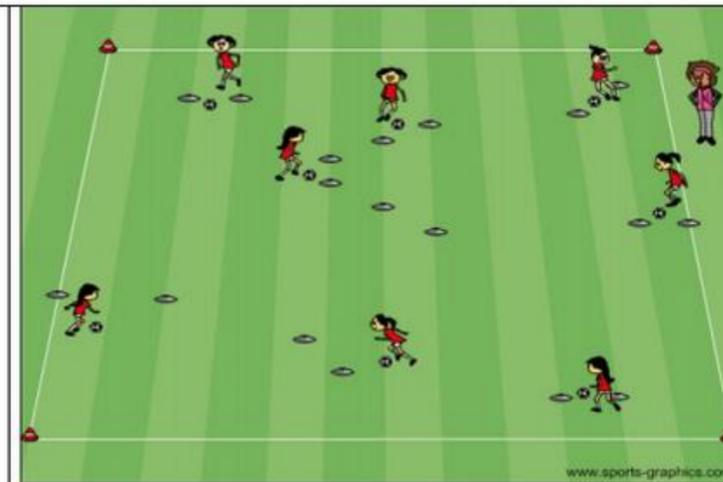
Practice 2

BALL CONTROL & VISION

2 Multi-Gate Dribbling

In an area approximately 25 yards x 30 yards marked with corner flags, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball. Play for 10 minutes.

Timed Multi-Gate Dribbling... players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting...make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts.

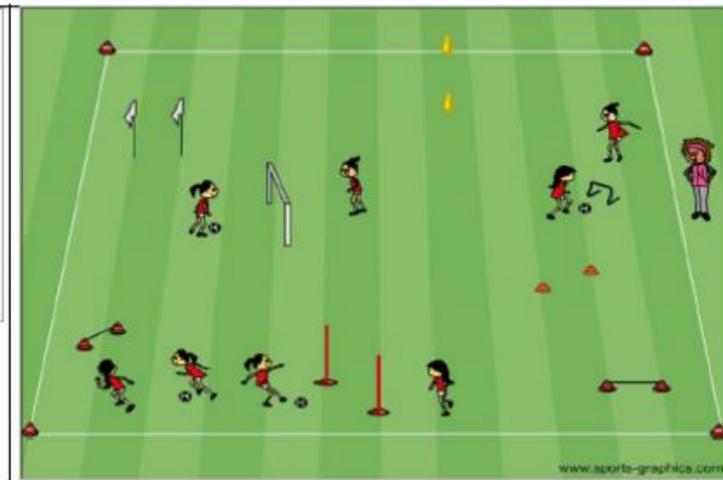


Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, direction making (if one player is occupying a gate, the other players must look for another open gate).
Q.: How can you keep good balance and control of the ball as you go through a gate?
A.: Bend my knees, stay on my toes and get closer to the ball.

3 Multi-Gate Passing

Use the same space and set up as in activity # 2 above. Divide the players into pairs with one ball per pair. Play for 10 minutes.

Two players per ball. Pairs move and pass the ball to their partner through the gates. Use a variety of objects to make gates if possible to give random challenges on the width and height of gates. You can also time this as well as in activity # 2.



Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled passing, looking around (vision), change of pace, change of direction, decision making (if one pair is occupying a gate, the other pairs must look for another open gate).
Q.: How can you see the ball coming to you?
A.: Look over my shoulder as I run around the gate.

4 Combat (Pass to Partner)

Open area (no boundaries). Players divided into two teams. Each team lines up single file on opposite sides of the coach facing the open area. There should be no more than 5 players in a line. If there are more than 10 players on the team, simply have another coach or parent work with half of the players. 1-2 balls. Play for 10 minutes.

The coach kicks the ball out into the open area. The first player from each line chases after the ball while a teammate goes with them outside of the box to receive a pass. The first player to the ball attempts to possess it while the other player tries to steal it from him/her. They play 1v1. Whoever passes the ball to their teammate's feet gets a point. When the ball is returned to the coach's feet, he/she immediately kicks the ball out again for the next 2 players.



Quickness, speed, dribbling for possession (shielding), vision (finding target = coach), passing.
Q.: What could be a cue that you could dribble past the defender?
A.: I could go if the defender was flat footed or off balance.

Practice 3

DRIBBLING & SPATIAL AWARENESS

1. 4 TO 6 CONE INSIDE - OUTSIDE - SOLE - PULLBACK TURN

Set up enough lines for two players on each line. Through the cones with inside, outside, and sole of each foot. Next, show them Pullback Turns.

2. GROUP 1V1

Pair up and play Group 1v1. Each player gets an attack with the ball, then switch partners. Really encourage them to keep the ball close and find ways to "explode" past the defender to open space.

3. KNOCKOUT

Exercise #4 - Dribble to space to keep from losing your ball.

4. PAC-MAN

Exercise #3. Slight variation on this video which gives the key points and a different way to run the game. When you don't have a ball, move to space to make yourself harder to hit.

5. U7/U8 - 4V4 U9/U10 - 7V7 (2-3-1)

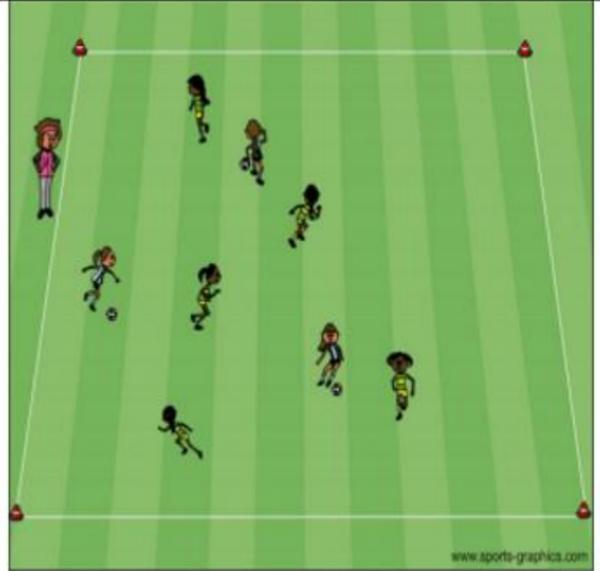
Start by showing them the Penalty Box and briefly explaining its purpose. Tell your players that when they are the Keeper, they can quickly get to the edge of the box and throw the ball to a teammate.

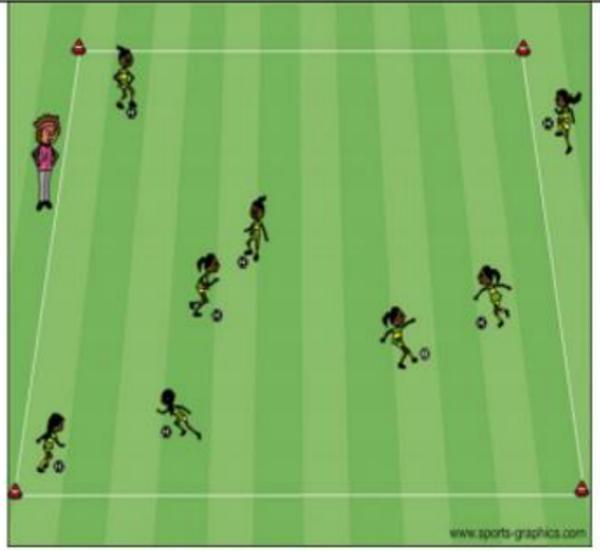
-U7/U8 continue playing 4v4 on a cone divided field.

-U9/U10 partner with the team sharing your field, cone the entire field into 4 quadrants and show them 2 Defenders (support); 3 Midfielders (width); and 1 forward (penetration).

Practice 3

DRIBBLING & SPATIAL AWARENESS

3			
Pac-Man	<ul style="list-style-type: none">- two or three players are "it" to start, and have balls- if you are "it", try to dribble and hit others with passes below the knees- players who are not "it" may run and jump to avoid being hit- if you are hit with a pass, you become "it" too		<ul style="list-style-type: none">- keep ball rolling- eyes up to find space and who is "it"- change direction and speed- fake passes

4			
Knockout	<ul style="list-style-type: none">- every player dribbling a ball- try to kick other players' balls off the fieldif your ball is stops rolling or is kicked out, then - you must do two juggles before you return to the game		<ul style="list-style-type: none">- keep ball rolling- body between ball and other players- see ball through the bottom of your eyes

Practice 4

U7/U8 PASSING & TEAMMATE AWARENESS

1. JUGGLING WITH A PARTNER

Exercise #1 on next page; [Juggling](#) (Click link)

2. VOLLEY GAME

Exercise #3 on next page – Tell them "EYES UP" to locate their partner

3. PAC-MAN

Exercise #3. Slight variation on [this video](#) which gives the key points and a different way to run the game. When you don't have a ball, move to space to make yourself harder to hit.

4. CORNER KICKS

Corner kicks are great chances to score goals. Explain when corner kicks are awarded. [This Video](#) shows a nice way to introduce corner kicks. Do not have balls stacked near the corner...have the balls stationed where the player taking the corner has to run quickly to get a ball, take it to the corner, then deliver the kick.

5. U7/U8 - 4V4

U7/U8 start playing 4v4 on a cone divided field then remove the cones. You've played game 1, now based on what you observed in that game, repeat the need to take care of their assigned space. If possible, remove the cones.

Practice 4

U7/U8 PASSING & TEAMMATE AWARENESS

1 Juggling with a Partner



Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.



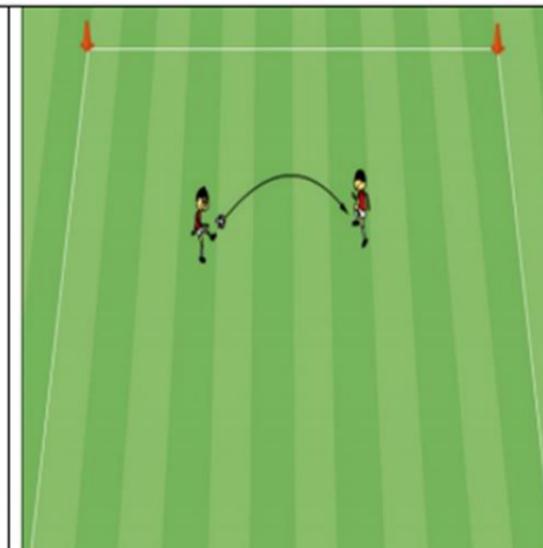
- Move to get behind and in line with ball.
- Select the body surface quickly.

Q.: How can you help your partner juggle well?
A.: Pass him or her the ball when I have good control of it.

3 Volley Game | Cooperative – Competitive

Set up 15 x 15 yard grids. Two players and one ball in each grid.

Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.



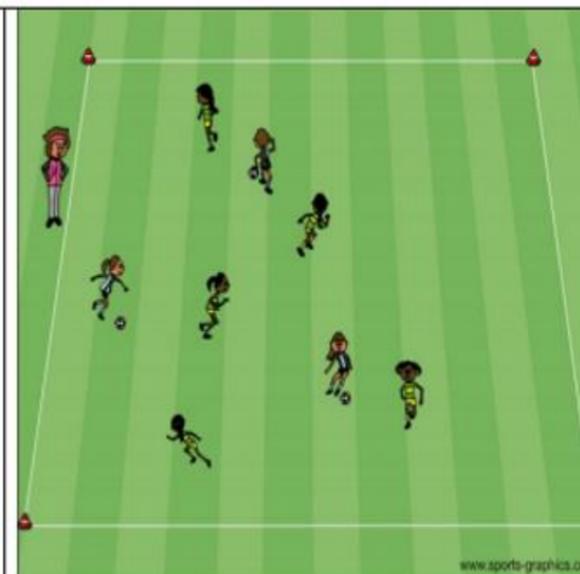
- Get in "line of flight" quickly.
- Ready, balanced to receive.
- Choose body surface.
- Withdraw surface.
- Scoop/"spoon" ball with foot.

Q.: What part of the ball should you hit?
A.: Just below the equator (midline) of the ball.

3

Pac-Man

- two or three players are "it" to start, and have balls
- if you are "it", try to dribble and hit others with passes below the knees
- players who are not "it" may run and jump to avoid being hit
- if you are hit with a pass, you become "it" too



- keep ball rolling
- eyes up to find space and who is "it"
- change direction and speed fake passes

Practice 4

U9/U10 PASSING & TEAMMATE AWARENESS

Do the Right Thing in the Right Place at the Right Time.

We teach technical skills so that players have the ability to do the Right Thing...small touches to control the ball or an accurate pass for example. We train tactics so they can be in the Right Place at the Right Time.

Stay patient. Set high standards. Teach one thing at a time. Soccer is both physically and mentally demanding. If it was easy, they would have called it Track & Field.

1. JUGGLING WITH A PARTNER

Exercise #1 on previous page; [Juggling](#) (Click link)

2. TWO-TOUCH PASSING

[2-touch Passing](#): First touch to space, 2nd touch is a pass to teammate

3. ROTATION PASSING

In a large grid (20x30; adjust the size to the number of players) create teams of three players (4 if needed). Each player is numbered 1, 2, 3 (4). Player 1 passes to 2, 2 passes to 3, 3 passes to 1. [2-touch Passing](#). The player receiving the pass needs to run into space where they can receive when it's their turn. How many passes can each team complete in 1 minute? Keep your focus on two-touch passing and running into space to receive a pass.

4. 3v3v3

[3v3v3](#) (Click Link)

5. 7v7 2-3-1

Scrimmage your partner team and show [GOAL KICKS](#).

Practice 5

RECEIVING & FINDING SPACE

1. JUGGLING WITH A PARTNER

Exercise #1 on next page; [Juggling](#) (Click link)

2. TAKING BALLS OUT OF THE AIR

RECEIVING CIRCLES - (Watch this video). Start players in pairs with each partner giving tosses to their partner. First, work on inside foot touch. Second, work on thigh touch. Third, work on chest touch. Set up a 5-yard circle inside of a 10-yard circle and work on the game demonstrated in this video.

3. COACH TOSS 4v4

Exercise #5 on following page. 4v4 teams where coach tosses ball into play to differing players. Win position, then win possession with a good first touch, then dribble into space.

4. CORNER KICKS

Corner kicks are great chances to score goals. Explain when corner kicks are awarded. [This Video](#) shows a nice way to introduce corner kicks. Do not have balls stacked near the corner...have the balls stationed where the player taking the corner has to run quickly to get a ball, take it to the corner, then deliver the kick.

5. U7/U8 - 4V4 U9/U10 - 7V7 (2-3-1)

-U7/U8 try playing 4v4 without a cone divided field; add them in if necessary.

-U9/U10 scrimmage your partner team sharing your field, cone the field if necessary.

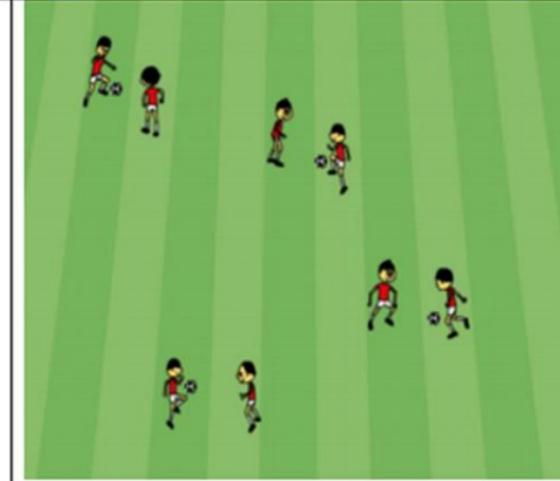
Practice 5

RECEIVING & FINDING SPACE

1 Juggling with a Partner



Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.



-Move to get behind and in line with ball.
-Select the body surface quickly.
Q.: How can you help your partner juggle well?
A.: Pass him or her the ball when I have good control of it.

5 THE GAME

4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.

The coach is the 'Boss of the Balls'; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.



- Look.
- Move to open space.
- Choose surface quickly.

Practice 6

RECEIVING & FINDING A TEAMMATE

1. JUGGLING WITH A PARTNER

Exercise #1 on next page; [Juggling](#) (Click link)

2. TAKING BALLS OUT OF THE AIR

RECEIVING CIRCLES - (Watch this video). Start players in THREES with Player 1 tossing to Player 2...this week Player 2 is making the touch to Player 3. Player 3 then makes the toos to Player 2 who makes the touch to Player 1. First, work on inside foot touch. Second, work on thigh touch. Third, work on chest touch. Set up a 5-yard circle inside of a 10-yard circle and work on the game demonstrated in this video.

3. COACH TOSS 4v4

Exercise #5 on following page. 4v4 teams where coach tosses ball into play to differing players. Win position, then win possession with a good first touch, then play to a teammate in space.

4. U7/U8 - 4V4 U9/U10 - 7V7 (2-3-1)

-U7/U8 try playing 4v4 without a cone divided field; add them in if necessary.

-U9/U10 scrimmage your partner team sharing your field, cone the field if necessary.

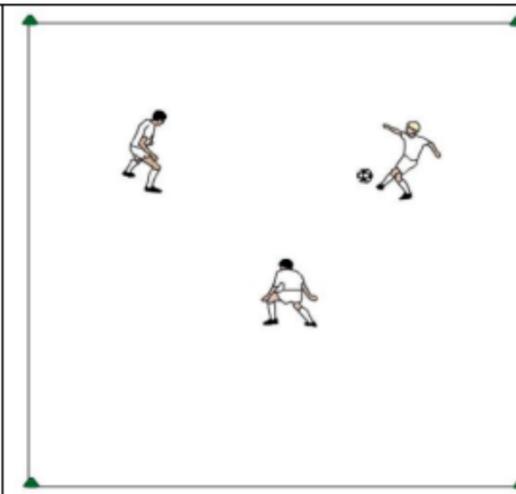
Practice 6

RECEIVING & FINDING A TEAMMATE

2 Technical Emphasis – receiving air balls

Have a player hand pass (or foot if capable) to a second player who must receive the ball and touch it to the third player.

After a series of successful executions, have the third player move so the receiving player must first find him and then pass. At no time may the ball touch the ground.



⚡ If the first touch has proper cushion, then success is likely.

⚡ Look for the player without the ball anticipating the play.

⚡ Observe the touch and especially the timing of the off player. The object should be to keep the ball off the ground.

5 THE GAME

4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.

The coach is the 'Boss of the Balls'; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.



- Look.
- Move to open space.
- Choose surface quickly.

Practice 7

U7/U8 SMALL GROUP PLAY

1. FREE DRIBBLING

Exercise #1 on next page. Working on the ability to change direction.

2. PAC-MAN

Exercise #3. Slight variation on [this video](#) which gives the key points and a different way to run the game. When you don't have a ball, move to space to make yourself harder to hit.

3. COACH TOSS 4v4 to SHOT

Exercise #5 on following page. 4v4 teams where coach tosses ball into play to differing players. Win position, then win possession with a good first touch, then try to shoot at goal with 6 seconds. Non-possession team is trying to win the ball in 6 seconds.

4. U7/U8 - 4V4

-U7/U8 try playing 4v4 without a cone divided field; add them in if necessary.

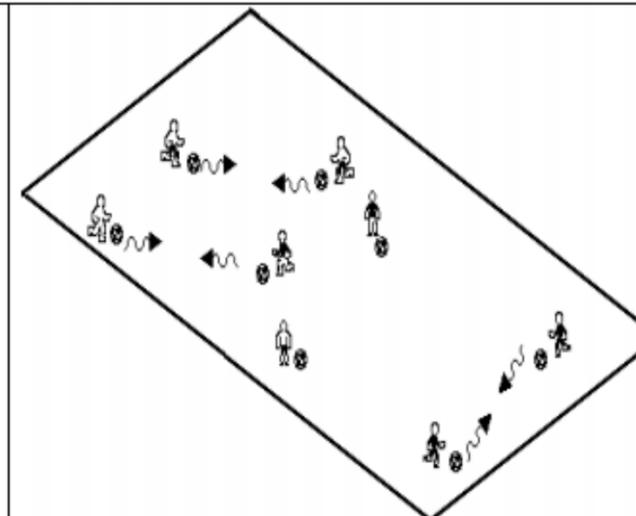
Practice 7

U7/U8 SMALL GROUP PLAY

1 Free Dribble; Stop and Go; Change Direction

In a 15 yd x 20 yd grid, each player has a ball.

Players dribble freely in various directions. On the coach's command (whistle, "NOW", etc.), the players "stop and go" quickly, continuing to dribble the ball. When the coach says "change", the players change direction while dribbling.



Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.

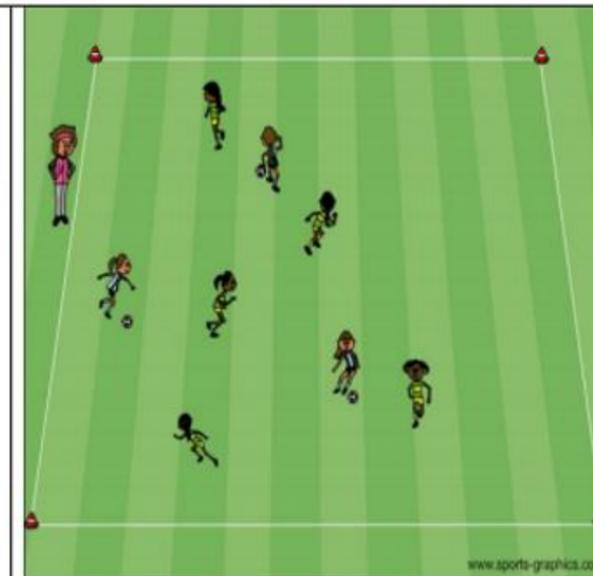
Q.: How could being able to stop quickly with the ball under your control help you in a match?

A.: Maybe then I could lose a defender or shoot or pass or dribble somewhere else.

3

Pac-Man

- two or three players are "it" to start, and have balls
- if you are "it", try to dribble and hit others with passes below the knees
- players who are not "it" may run and jump to avoid being hit
- if you are hit with a pass, you become "it" too



- keep ball rolling
- eyes up to find space and who is "it"
- change direction and speed
- fake passes

5 THE GAME

4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.

The coach is the 'Boss of the Balls'; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.



- Look.
- Move to open space.
- Choose surface quickly.

Practice 7

U9/U10 DISTRIBUTION & TEAMMATE AWARENESS

1. FREE DRIBBLING

Exercise #1 on next page. Working on the ability to change direction.

2. PAC-MAN

Exercise #3. Slight variation on [this video](#) which gives the key points and a different way to run the game. When you don't have a ball, move to space to make yourself harder to hit.

3. CROSSING

Match-Related Exercise #3 on following page. Central player plays ball wide to a crosser. Crosser makes long passes into the box to two players who try to score while the Keeper defends.

4. U9/U10 - 7V7 (3-1-2)

-U9/U10 scrimmage your partner team sharing your field, cone the field if necessary.

-Change up the system to 3-1-2 do introduce the concept that different coaches will use different systems

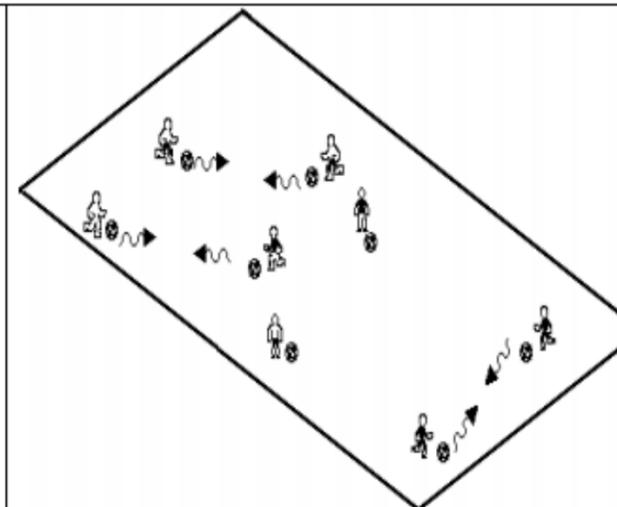
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Players dribble freely in various directions. On the coach's command (whistle, "NOW", etc.), the players "stop and go" quickly, continuing to dribble the ball. When the coach says "change", the players change direction while dribbling.



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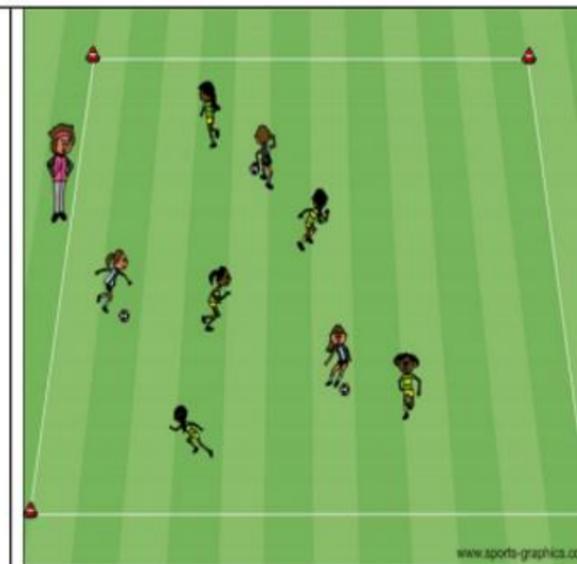
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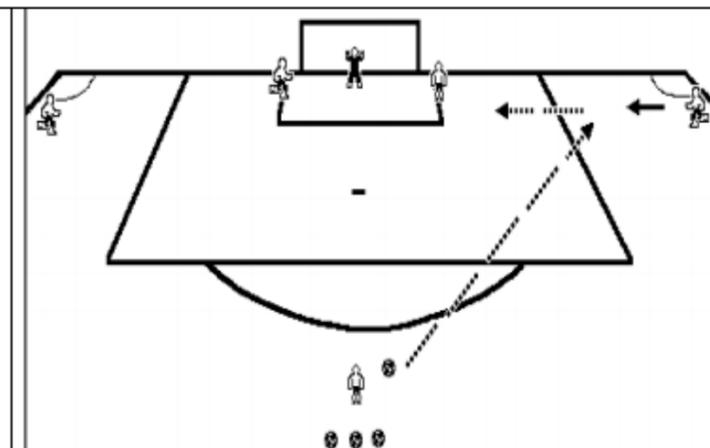


- keep ball rolling
- eyes up to find space and who is "it"
- change direction and speed
- fake passes

3 Match Related

Use the defensive third of the field.

Keeper in the goal, five field players, two players on each post to challenge the keeper and try to score, two wingers on the touch lines to send in crosses of varied height. The keeper saves the cross or shot and then distributes to the wingers or center half, who passes out to the wings and repeat for twenty minutes.



Focus on the accuracy of the distribution.

Be sure the ball arrives to the field player in a manner easy to control.

Q.: Where do you want the ball to land when you throw it?

A.: At or near my teammates feet.

Practice 8

U7/U8 PASSING IN PAIRS

You're eight practices and the season is pretty much done. Focus on fun and creativity. Encourage players to try new things and "Catch them Doing Things Right" rather than making corrections.

1. PASS AROUND

Exercise #1 on next page. Working on the ability to move right or left to deliver an accurate pass.

2. 2v2

Exercise #3. When you don't have a ball, move to space. Can teach "Pressure" on the ball to the defending players but keep in mind that the main topic is to work on pairs passing and teaching moving both with and without the ball.

3. U7/U8 - 4V4

-U7/U8 try playing 4v4 without a cone divided field; add them in if necessary.

Practice 8

U7/U8 PASSING IN PAIRS

1 Technical Warm-up

Use 1/3 of the field

Four players stand in the grid with feet apart. The remaining players get into pairs. The pairs pass around & through the stationary players' legs when they can. Players switch roles each minute.

Variation: 1. Players not in possession take giant steps around the grid. The pairs pass between the strides.
2. Pairs without a ball use a training bib to be a moving goal for the pairs with a ball to pass/shoot through.



Variation:



Tech: 1. Quality of passes

Q.: How do you decide the part of the foot to use for your pass?
A.: Based on my distance & angle to the receiver.

Tact: Partner moves to get into the field of vision of the passer. The support player does the hard work.

Q.: How does your run to where your partner can see you make the pass easier for both of you?

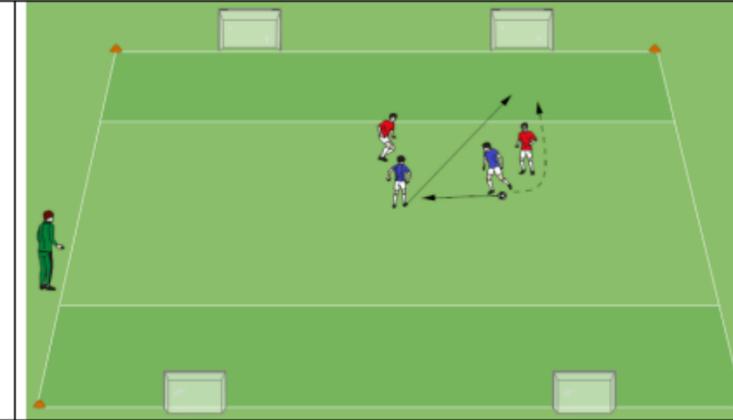
A.: Passer can make quicker & cleaner passes. Receiver can control a good pass easier.

3 Expanded Small-Sided Activity

4 Goal Game

Grid = 20 yards long x 30 yards wide. Use small goals or cones or coaching sticks or corner flags. Four players per grid; make several grids. At least one team needs to wear training bibs to designate teams.

Play 2 vs. 2. Switch sides after 2 minutes. Switch opponents after four minutes – one pair from each grid moves clockwise.



Tech: Game situation choices of passing to keep possession & then penetrate.

Q.: How hard should you pass the ball?

A.: It depends on how far away my partner is.

Tact: Support

Q.: How do you know when to pass forward?

A.: When there's space or my partner gets open.

Practice 8

U9/U10 DEFENDING

1. 1v1 REHEARSEL

Exercise #1 on next page. Working on the technique of tackling.

2. 1v1 FACED UP

Exercise #2. Creating a more active environment to practice tackling

3. 2v2

Exercise #3. When you don't have a ball, move to space. Teach "Pressure and Cover" on the ball to the defending players.

4. U9/U10 - 7V7 (Coaches Choice)

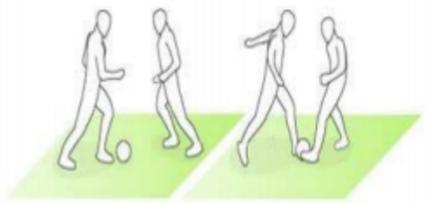
-U9/U10 scrimmage your partner team sharing your field, cone the field if necessary.

-Change up the system to 3-1-2 or use the 2-3-1 whichever one you want to coach in today.

Practice 8

U9/U10 DEFENDING

You're eight practices and the season is pretty much done. Focus on fun and creativity. Encourage players to try new things and "Catch them Doing Things Right" rather than making corrections.

<p>1</p> <p>"Rehearsal"</p>	<ul style="list-style-type: none"> • Have 2 players stand 2-3 steps on either side of the ball. • On command both players should squarely step to address and block the ball. 		<ul style="list-style-type: none"> • Players rehearse safely a "block" tackle. • Inside of foot to ball. • Get weight into the tackle. • Do not stretch or go to ground. • Which way should you try to force the ball carrier?
<p>2</p> <p>1 vs. 1 "Faced Up"</p>	<ul style="list-style-type: none"> • 1 vs. 1 to goal in a 12 x 10 yard grid. • Coach serves ball to slightly favor one player. • If you have 10+ players use 2 grids. 		<ul style="list-style-type: none"> • Close to the ball. • Maintain a good distance to tackle and recover. • Get body behind tackle. • Tackle without crossing feet. • What helps you decide to force the ball carrier one way or the other?
<p>4</p> <p>2 vs. 2 "Decisions"</p>	<ul style="list-style-type: none"> • 2 vs. 2 to goal in a 20 x 15 yard grid. • Restarts are passed in. • Play 3-4 minute sets with good rest. 		<ul style="list-style-type: none"> • Defender not on ball must be ready to close. • Close as ball is traveling. • Ensure proper tackling technique. • If you tackle and are really close to the opponent what might be a problem?

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