TeamSnap ONE Practice Plans

A QUICK GUIDE FOR PORT MOODY SC COACHES

TeamSnap ONE includes age-appropriate soccer practice plans with drills, videos, coaching tips and an equipment checklist. Use the plans to choose a session that supports your team's current development needs.

How to select a practice plan

1. **Open TeamSnap ONE:** Use the TeamSnap ONE mobile app and sign in to the account connected to your PMSC team.
2. **Choose your team and practice:** Open your team's Schedule, then select an existing practice. If the practice is not yet scheduled, add a new Practice event first.
3. **Open the plan library:** For an existing event, select Add a Practice Plan. When creating a new practice, select Browse Practice Plans when prompted.
4. **Confirm the age group:** Check that your team's age is correct at the top of the screen so the suggested content is appropriate for your players.
5. **Choose the focus:** Browse All Plans or select a Practice Plan Track/topic that matches what your team needs—for example, passing and receiving, dribbling, defending, attacking or finishing.
6. **Review and use the plan:** Open a plan to review its activities, setup, coaching points, videos, equipment and timing. Select Use this Practice Plan to attach it to the practice event.

Before you step onto the field

✓ **Review the full session and each activity video in advance.**

- Confirm the equipment list and adjust quantities for your roster.
- Check the flow, field setup and key coaching points.
- Adjust the time assigned to each activity so the total fits your practice.
- Adapt the difficulty, space and numbers to suit your players. Keep activities active, inclusive and aligned with the PMSC way of play.