



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

DAY OF THE WEEK: MONDAY MARCH 30

FOCUS: DRIBBLING

<https://youtu.be/nn3QdJesL4I>

Follow the Leader

The leader dribbles the ball around the field while the players follow them

DAY OF THE WEEK: TUESDAY MARCH 31

FOCUS: DRIBBLING

<https://youtu.be/zQOJ6EQsAaq>

Changing Speed and Direction

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-marvel-let-s-go>

DAY OF THE WEEK: WEDNESDAY APRIL 1

FOCUS: DRIBBLING

https://youtu.be/qHYm5ZF_x0I

Bumper Cars

DAY OF THE WEEK: THURSDAY APRIL 2

FOCUS: FUN

<https://youtu.be/Us8ISH1BtDI>

Reflex Drill

Follow directions and have fun!

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-18-4-5-vacation>



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DAY OF THE WEEK: FRIDAY APRIL 3

FOCUS: BALANCE & COORDINATION
https://youtu.be/-jdwesUb5oo <u>Messy Monkeys</u>

DAY OF THE WEEK: SATURDAY APRIL 4

FOCUS: PASSING
https://youtu.be/P9AJNANVrRA <u>PacMan</u>

DAY OF THE WEEK: SUNDAY APRIL 5

FOCUS: FUN
https://youtu.be/GDVbppEnZvE NO HANDS-FUN
CONDITIONING
LES MILLS TIME!
https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-15-4-5-magic-lamp

DAY OF THE WEEK: MONDAY APRIL 6

FOCUS: AGILITY/ BALANCE
https://youtu.be/5CMYyoGdTfk <u>SOCCER OBSTACLE COURSE</u>

DAY OF THE WEEK: TUESDAY APRIL 7

FOCUS: DRIBBLING & SHIELDING
https://youtu.be/6twpNd7anIQ <u>Knock Out</u> Dribble your Ball and try to knock out other balls



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DAY OF THE WEEK: WEDNESDAY APRIL 8

FOCUS: COORDINATION

https://youtu.be/5n6w_71LNFM

Zig Zag Coordination

DAY OF THE WEEK: THURSDAY APRIL 9

FOCUS: INDIVIDUAL SKILLS

<https://youtu.be/kAmRa3v2RfA>

Soccer Dance

DAY OF THE WEEK: FRIDAY APRIL 10

FOCUS: DRIBBLING & PASSING

https://youtu.be/VBnq_J2zbcU

King Kong

Knock Cones Over With The Ball

DAY OF THE WEEK: SATURDAY APRIL 11

FOCUS: DRIBBLING

<https://www.youtube.com/watch?v=CrHWAT4vcj0>

Red Light/ Green Light

Players with a ball and dribble in a limited space. When "coach" says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

DAY OF THE WEEK: SUNDAY APRIL 12

FOCUS: DRIBBLING & SHIELDING

https://youtu.be/d_4T1DMBy1A

Sharks & Minnows

Twist on freeze tag. Select a shark (or2). Give minnows the balls and sharks try to steal. If they steal minnows become sharks