



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

DAY OF THE WEEK: THURSDAY, MARCH 19

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: FRIDAY, MARCH 20

DRIBBLING

<https://youtu.be/JI9eHcBAYK4>

Volcanoes

Dribble through cones without knocking them over.

CONDITINING

LES MILLS TIME!

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



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DAY OF THE WEEK: SATURDAY, MARCH 21

DRIBBLING	
	https://youtu.be/2iyzdN4KQ0o
<ul style="list-style-type: none">• Dribbling	<u>Turtles and Rabbits</u>
	Dribble slow and fast.

DAY OF THE WEEK: SUNDAY, MARCH 22

FUN	
	https://youtu.be/BltvIDQJ_r8
	<u>Coach Says</u>
	Follow directions and incorporate other skills
CONDITIONING	
	LES MILLS TIME!
	https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-18-4-5-vacation



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DAY OF THE WEEK: MONDAY, MARCH 23

DRIBBLING/BALL CONTROL/PASSING/SHOOTING

<https://youtu.be/BilrRqwXqqA>

Hit the "Coach"

It is easy, fun and the kids love it. This game teaches tremendous skills - dribbling, kicking the ball while running, looking up while dribbling and kicking the ball, getting used to contact (a very important thing for young players - because they will all be chasing the coach, they will be close together and bumping each other and it will be chaotic, which gets them used to the mental stimulus of games). This game is self-teaching and they learn by playing the game. Dribbling and kicking the ball in a crowd while looking up isn't easy and this is a fun way to learn those skills.

DAY OF THE WEEK: TUESDAY, MARCH 24

FUN & FITNESS

<https://youtu.be/5CMYyoGdTfk>

Soccer Obstacle Course

DAY OF THE WEEK: WEDNESDAY, MARCH 25

FUN

<https://youtu.be/GDVbppEnZvE>

NO HANDS-FUN

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-15-4-5-magic-lamp>



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DAY OF THE WEEK: THURSDAY, MARCH 26

DRIBBLING & PASSING

<https://youtu.be/VBnq J2zbcU>

King Kong

Knock Cones Over With The Ball

DAY OF THE WEEK: FRIDAY, MARCH 27

DRIBBLING & SHIELDING

<https://youtu.be/6twpNd7anIQ>

Knock Out

Dribble your Ball and try to knock out other balls

DAY OF THE WEEK: SATURDAY, MARCH 28

PASSING

<https://youtu.be/Pz t3jpVPfk>

Soccer Bowling

Knock cones down and score goals- try to be accurate

DAY OF THE WEEK: SUNDAY, MARCH 29

DRIBBLING & SHIELDING

<https://youtu.be/d 4T1DMBy1A>

Sharks & Minnows

Twist on freeze tag. Select a shark (or 2). Give minnows the balls and sharks try to steal. If they steal minnows become sharks