



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 5-6

DAILY WARMUP

- Hopping (like a bunny rabbit) (to the other side and back)
- Skipping (to the other side and back)
- Running (to the other side and back)
- High knees (to the other side and back)
- Lunges (lung half court, then run and back)

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: SOCCER DRIBBLING AND FOOTWORK SKILLS

Drill Setup

- Create a 10 X 10-yard grid.
- Start a player on two diagonal corners of the grid.
- Each of the two players has a ball.

Drill Instructions

- When the coach yells "GO", the players must dribble around the outside of the grid in an attempt to catch their partner.
- When the coach yells "STOP", the players must stop the ball.
- When the coach yells "TURN", the players must switch the direction around the grid.

Drill Variations

- "LEFT" to use the left foot only
- "RIGHT" to use the right foot only
- "BOTTOM" to use the bottom of the foot only



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DAY OF THE WEEK: TUESDAY, MARCH 31

FOCUS: WALL PASSING

1. Stand facing the wall with your ball at your feet. You can vary up your distances depending on the skill you're working on.
2. For one-touch passes, you should only be about 5 feet away or closer.
3. For practice with longer passes, you can extend that distance to 10-15 feet
4. Pass the ball to the wall, and practice kicking the ball back and forth up against the wall on your first touch

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/new-workouts-this-month/videos/born-to-move-19-4-5-my-reflection>

DAY OF THE WEEK: WEDNESDAY, APRIL 1

FOCUS: SOFT TOUCHES ON THE BALL

Toe touches

1. Place the ball directly in front of your feet
2. Start with your dominant foot on the ball (toes and upper part of foot)
3. Next, take your dominant foot off the ball and place other foot on it. Do so repeatedly and gain a rhythm. The ball should not be moving in between touches.

Inside Touches

1. Place the ball between your feet.
2. Use the inside part of one foot (let's say the right one) to tap it slightly to the left foot.
3. The ball should stay on the same lateral plane.
4. From the left foot, play the ball back to the right foot.
5. Get a rhythm and try and keep your legs hip-width apart.
6. Once you improve, try keeping your head up and doing the drill without looking at the ball.



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DAY OF THE WEEK: THURSDAY, APRIL 2

FOCUS: DRIBBLING SKILLS

<https://www.youtube.com/watch?v=s5a9q1aHmQ>

DAY OF THE WEEK: FRIDAY, APRIL 3

FOCUS: CONTROL

25's Dribbling

25's dribbling will both condition and improve your dribbling skills. This cone drill includes lining up about six to 10 cones five yards apart. Then, weave the ball through the cones using the inside of your feet. Repeat this drill by alternating between the outside and inside of your feet. Circle right, then left, around the cones.

Or, if you are looking for a more simple approach, you will start at cone one, sprint to cone two with the ball, turn back and sprint to cone one, then to cone three, then to one, then to four, and so on. Take a minute of rest before beginning your next set.

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/new-workouts-this-month/videos/born-to-move-19-4-5-going-to-australia>



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DAY OF THE WEEK: SATURDAY, APRIL 4

FOCUS: ONE TOUCH SHOOTING

One touch shooting will allow you to get rid of the element of hesitation. Hesitation is what often will cause shots to be failed or missed, and practicing this will allow you to drive through with the shot in just one touch.

As one of the best soccer drills you can practice at home, you will practice completing a shot with just one touch. You must adjust not only your body, but your head and feet to manage this shot, and perfect it.

<https://www.youtube.com/watch?v=3x4NMcJ7vtA>

DAY OF THE WEEK: SUNDAY, APRIL 5

FOCUS: SHOOTING, PASSING & ACCURACY

<https://www.youtube.com/watch?v=fs7hq4DRdcY>

DAY OF THE WEEK: MONDAY, APRIL 6

FOCUS: STAMINA AND BALANCE

Stair Stepping

This drill is designed to improve stamina and balance. It involves putting the ball in front of you and jumping on and off the ball without allowing it to roll backward. This is one of those drills that sounds easy, and looks easy, but is actually quite hard to master.

With your kicking foot on the ball, jump and place your other foot on the ball while removing the kicking foot. The key to this drill to work quickly and work on your stamina while also challenging your balance and control.



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DAY OF THE WEEK: TUESDAY, APRIL 7

CONDITIONING

LES MILLS TIME!

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

DAY OF THE WEEK: WEDNESDAY, APRIL 8

FOCUS: PASSING

<https://www.youtube.com/watch?v=rK2u2fIGbF8>

A different version of the triangle drill but by putting pressure on the kicker it requires them to think fast and complete the proper pass.

DAY OF THE WEEK: THURSDAY, APRIL 9

FOCUS: JUGGLING

Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. Use the same space as used in the last two activities.

DAY OF THE WEEK: FRIDAY, APRIL 10

CONDITIONING

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-18-6-7-heroes>



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DAY OF THE WEEK: SATURDAY, APRIL 11

FOCUS: EASTER EGG HUNT

Place a small net on one side of your yard. If you don't have a goal "basket" you could use a cardboard box or anything that has an opening. Lay out a few balls in the yard in different locations. Each ball is an "Easter egg". The mission is to get all the "Easter eggs" in the basket before time runs out. Set the time for different intervals starting at 3 minutes and lessen the time each round. You want to be faster each time.

DAY OF THE WEEK: SUNDAY, APRIL 12

HAPPY EASTER!

Take the family outside after dinner and play a small game to show off your new skills.