



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: THURSDAY, MARCH 19

WEEK ONE WELCOME TO SOCCER

https://www.youtube.com/watch?v=Yr_AqMLGD4s

DAY OF THE WEEK: FRIDAY, MARCH 20

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.

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/lmod-born-to-move-14-4-5yrs-i-call-my-friend-13min>

DAY OF THE WEEK: SATURDAY, MARCH 21

RANDOM CONES AGILITY

Body Control Dribbling

Weave in and out of the cones. First without the ball Ø Second with the ball – dribbling



Body Part Dribbling

In a 15 x 20 yd area, each player has a ball. The players dribble freely in the area.

When the coach says "NOW", the players must stop the ball with any body part. Keep it going. **Variation:** After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SUNDAY, MARCH 22

PASSING & RECEIVING THE BALL

<https://www.youtube.com/watch?v=B8IQxdWnyjc>

DAY OF THE WEEK: MONDAY, MARCH 23

CONTROL

<https://youtu.be/BilrRqwXqgA>

Hit The Ball/Cone

Extra soccer balls or cones are scattered around an area (free space). Each player has his or her own soccer ball. Players try to kick their ball so that it hits one of the stationary balls or cones that have been scattered around the area. They can start from various distances. After they hit one ball or cone, they can try to hit another ball or cone.

CONDITIONING

LES MILLS TIME!

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, MARCH 24

PASSING

<https://www.youtube.com/watch?v=L1bqfJ29ij8>

Soccer Marbles

- Individual competition
- Accuracy of pass
- Weight of pass

Introducing the difference between a kick and a pass. Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.

DAY OF THE WEEK: WEDNESDAY, MARCH 25

SHOOTING, PASSING & ACCURACY

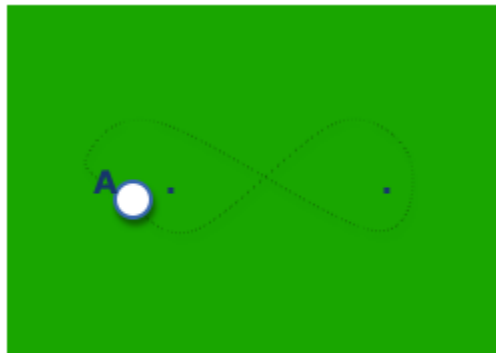
https://www.youtube.com/watch?v=Pz_t3jpVPfk

DAY OF THE WEEK: THURSDAY, MARCH 26

DRIBBLING

Figure Eight Dribbling

1 player, 2 cones- 1 ball





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, MARCH 27

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-4-5-conductor-notrowskij>

DAY OF THE WEEK: SATURDAY, MARCH 28

PASSING

<https://www.youtube.com/watch?v=P9AJNANVrRA>

Soccer Pac Man

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: SUNDAY, MARCH 29

FUNDAMENTALS OF SHOOTING

<https://www.youtube.com/watch?v=4okLrvBPr6c>