



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

DAY OF THE WEEK: MONDAY APRIL 13

FOCUS: DRIBBLING

Volcanoes

You will want to set a bunch of cones semi-close together in random formation. The kids have to dribble the ball through the cone maze and come out on the other side without hitting any of the volcanoes (cones). I make an exploding noise if they are hit. They start out slow. We do it a few times, and I encourage them to speed up each time. I also encourage them to see if we, as a whole team can avoid knocking over any volcanoes. This is a great game to teach dribbling skills.

<https://www.youtube.com/watch?v=Jl9eHcBAYK4&list=PLB5C7BF9FF7945A12>

DAY OF THE WEEK: TUESDAY APRIL 14

FOCUS: DRIBBLING

Little Little Big

The kids start on one side of the field and then race to the other side. As they go, they are suppose to do a little kick, a little kick and then one big kick. As they go, they yell, "Little, little, big" to match their kicks. Encourage them to yell loud. This keeps them really moving along and work on the different kinds of kicks they'll utilize in a game.

FUN & CONDITINING

LES MILLS TIME!

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



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DAY OF THE WEEK: WEDNESDAY APRIL 15

FOCUS: DRIBBLING

The Tunnel

The Tunnel is a game to teach kids to kick with the inside of their foot. The coach creates a tunnel by spreading his/her legs wide. The kids get in line and, one at a time, try and kick the ball through the tunnel by using the inside of their foot. They can then run to the other side and retrieve the ball. With my kids, I found I had to explain what the inside of the foot means. Many of them couldn't translate what I was demonstrating to their own feet and tried to use the outside. I had to go down to their feet and touch the inside

<https://www.youtube.com/watch?v=klmKUWtfwKY&list=PLB5C7BF9FF7945A12>

DAY OF THE WEEK: THURSDAY APRIL 16

FOCUS: FUN

Monster Soccer

Tell the players that a Monster is coming to try to steal their pet ball and that they must keep it away from the Monster by dribbling it around the field (tell them they must stay inside the field). The Coach or a parent is the monster. Ideas: drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun.

CONDITIONING

LES MILLS TIME!

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



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DAY OF THE WEEK: FRIDAY APRIL 17

FOCUS: DRIBBLING/BALL CONTROL/PASSING/SHOOTING

Shooting Stars!

<https://www.youtube.com/watch?v=041Rmr2JvU>

DAY OF THE WEEK: SATURDAY APRIL 18

FUN & FITNESS

Soccer Obstacle Course

<https://www.youtube.com/watch?v=9oyNUipJAX4>

DAY OF THE WEEK: SUNDAY APRIL 19

FOCUS: FUN

Alien Tag

1. Have the spaceships hold either end of the noodle to create the front of their spaceship. Their goal is to avoid the aliens who are kicking space rocks (soccer balls) at them.
2. Aliens have a ball, and the coach should have a few spare balls if the "space rocks" are hurled into space.
3. If an alien hits the spaceship (any part of the player) with the ball, the spaceship must spin out of control and crash to the ground.
4. For the first iteration, let the spaceships get back into the game after some minor repairs (5 jumping jacks or something like that).

CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-4-5-recycling>



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DAY OF THE WEEK: MONDAY APRIL 20

FOCUS: TOUCHES & CONTROL

Touches and Passing

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

DAY OF THE WEEK: TUESDAY APRIL 21

FOCUS: DRIBBLING & SHIELDING

Soccer Pac Man

<https://www.youtube.com/watch?v=P9AJNANVrRA&t=103s>

DAY OF THE WEEK: WEDNESDAY APRIL 22

FOCUS: PASSING

Soccer Bowling

Knock cones down and score goals- try to be accurate

https://youtu.be/Pz_t3jpVPfk

DAY OF THE WEEK: THURSDAY APRIL 23

FOCUS: 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



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DAY OF THE WEEK: FRIDAY APRIL 24

FOCUS: DRIBBLING & SHIELDING

Walking The Dog

Tell your players their ball is a dog. Now ask them to give their dog a name. Have some fun with this! Who can think of the silliest name for a dog? Now it's time to take the "dogs" for a walk. Tell your players the white cones are lamp posts and the green cones are trees. To begin with, the dogs want to sniff every lamp post. This means players have to run with the ball and pause beside every white cone. Then: "It's raining! Get your dog under the 'trees!'"
Now the players run with their ball to the green cones.

DAY OF THE WEEK: SATURDAY APRIL 25

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-13-4-5yrs-40min-lmod-1>

DAY OF THE WEEK: SUNDAY APRIL 26

FOCUS: DRIBBLING & SHIELDING

Beep Beep

Begin the game by telling your players to move in different ways around the playing area – forwards, with little steps, big steps, hop, move sideways, go backwards, etc. Encourage your players to keep their heads up and avoid crashing their car. Tell them to use their horn and go "beep, beep" if another "car" comes too close. Progress the game by giving the players a ball each. Now they dribble their ball around in the grid, again trying to avoid "crashing" into another player.