



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

## DAY OF THE WEEK: MONDAY, APRIL 27

### FOCUS: DRIBBLING

#### 4 Corner Soccer

Create a large playing area with one hoop at each of the four corners. Place a group - each armed with a soccer ball — at each of these corners as well. At the whistle, the players run to a different hoop, take a ball and dribble it to their home corner. The object is to visit as many hoops and take as many balls within the allotted time.

## DAY OF THE WEEK: TUESDAY, APRIL 28

### FOCUS: DRIBBLING

#### Triangle Soccer Skills

Split into groups of three before providing each with a soccer ball. Set up each group so the three kids form a triangle with about 5 to 10 paces separating them. They should take turns passing the ball to their team mates and trapping the ball when it comes to them. Reiterate the importance of passing to each member of the group.

For the kick and score portion of this game, have two player face each other with the third in between them. The object is to gently pass the ball back and forth to each other so that it rolls through the legs of one player in the middle.

## DAY OF THE WEEK: WEDNESDAY, APRIL 29

### FOCUS: DRIBBLING

#### Monkey in the Middle

All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.



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**DAY OF THE WEEK: THURSDAY, APRIL 30**

**FOCUS: FUN**

**Pirate (or Monster)**

A keep away game. Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (center circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now, the two players are Pirates and go after the others.....then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

**CONDITIONING**

**LES MILLS TIME!**

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

**DAY OF THE WEEK: FRIDAY, MAY 1**

**FOCUS: BALANCE & COORDINATION**

**INDOOR HOPSCOTCH**

This is one of the most beloved balance games for toddlers. Use tape to create nine squares for the hopscotch course on the floor surface and get a coin or stone handy.

The first player will throw the coin in to the first square without allowing it to touch the lines or bounce outside the box. If successful, they will hop one foot on the squares until they reach the top box. On the way back, the player must pick up the coin. The game continues until you've reached the final square.

**DAY OF THE WEEK: SATURDAY, MAY 2**

**FOCUS: CONDITIONING**

**JOIN US FOR Y LIVE KID FIT WITH WHITNEY!**

[https://www.youtube.com/watch?time\\_continue=3&v=nJf4AdNVBmA&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=nJf4AdNVBmA&feature=emb_logo)



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**DAY OF THE WEEK: SUNDAY, MAY 3**

**FOCUS: REST DAY/ KID YOGA**

Great Job This Week! Stretch it out with some Kids Yoga!

<https://www.youtube.com/watch?v=X655B4ISakg&t=126s>

**DAY OF THE WEEK: MONDAY, MAY 4**

**FOCUS: PASSING**

**Wall Ball**

As the name suggests, this game requires a ball and a wall. Your little one kicks the ball against the wall and traps it with one foot. Then players alternate feet, counting each trapped ball as one point. Older kids can mix it up and trap with their feet, knees and chest. Game's over at 25 points.

**DAY OF THE WEEK: TUESDAY, MAY 5**

**FOCUS: FUN**

**Pirates of the Caribbean**

To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island. The kids will need to go one at a time and pick up one piece of treasure (cone/pinney) and bring it back to the pirate ship.

1. To get the young 3 and 4 year olds to understand this game, play the first round without soccer balls.
2. The second time they should kick a soccer ball down with them.

**CONDITIONING**

**LES MILLS TIME!**

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



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## **DAY OF THE WEEK: WEDNESDAY, MAY 6**

### **FOCUS: AGILITY/ BALANCE**

#### **Simon Says**

This is a great way to have fun while practicing listening skills and learning body awareness. Each player gets a ball to dribble and must listen for instructions from "Simon". In this case, the coach will be Simon. Examples of things you can say can range. Popular choices include:

- Change direction
- Stop the ball
- Put your foot on the ball
- And more!

It's also fun to add some random tricks and commands such as skipping, jumping, clapping or kicking the ball as far as they can. This will greatly improve listening skills and promote body awareness in kids.

## **DAY OF THE WEEK: THURSDAY, MAY 7**

### **FOCUS: DRIBBLING & SHIELDING**

#### **Sharks and Minnows**

Another fun game that instills fundamentals in the young soccer player, sharks and minnows require a grid of about 20x25 yards. Each player gets a soccer ball except two "sharks". The sharks must try and kick the minnow's balls' out of the grid as the minnows dribble the balls away from the sharks. If a minnow's ball is kicked out, the minnow must run one lap of the grid before being allowed back in. Each minnow gets two chances before being out for good. The last two minnows that haven't been eliminated take the place of the sharks for the next round.

## **DAY OF THE WEEK: FRIDAY, MAY 8**

### **FOCUS: COORDINATION**

#### **Toe-tops**

Place the bottom of their foot on top of the ball and alternate feet doing this faster and faster.

#### **Tick-Tock**

Place the ball between their feet and have them knock the ball back and forth between their feet. THEY WILL HAVE TROUBLE WITH THIS....IT'S OKAY. LET THEM KNOW THAT IT IS HARD AND SHOW THEM YOU HAVE TROUBLE TOO!



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**DAY OF THE WEEK: SATURDAY, MAY 9**

**FOCUS: CONDITIONING**

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

[https://www.youtube.com/watch?time\\_continue=7&v=5uunQWKL6gU&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6gU&feature=emb_logo)

**DAY OF THE WEEK: SUNDAY, MAY 10**

**FOCUS: RELAX & KID YOGA**

Great Job this Week! Join us for some kids yoga to relax those muscles!

<https://www.youtube.com/watch?v=4ZpkRACgws4>