



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, APRIL 13

FOCUS: ACCURACY & PASSING

Soccer Bowling

Set up cones as pins and have players kick their ball toward the pins to see how many they can knock over.

DAY OF THE WEEK: TUESDAY, APRIL 14

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.

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-6-7-baila-with-me>

DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: SOCCER

Crab Soccer

Designate players as crabs to “walk” around on their hands and feet. Other players with ball try to dribble from one side of the grid to the other without getting caught by the crabs. Crabs may touch players or their balls with their hands or feet. Players who are touched become crabs. Be very diligent to ensure that young players are not going to get their hands stepped on.

DAY OF THE WEEK: THURSDAY, APRIL 16

OBSTACLE COURSE





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DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: CONTROL

What Time is it Mr. Wolf?

Summary: Similar to childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set-up: Each player has a ball. Mark off an appropriate sized area to play.

The Game: Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out "what time is it Mr. Wolf" and take that many steps while dribbling the ball. When coach yells "It's dinner time!" players quickly turn and dribble back to their starting line.

DAY OF THE WEEK: SATURDAY, APRIL 18

FOCUS: BASIC SKILLS

Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart). After a couple minutes of this exercise, split them up into groups of 3, have them space out in form of a triangle and pass the ball amongst the 3 players.

Shooting on net: Bring kids up to the soccer net and have them take turns shooting on net. Work on this for 3 mins.

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<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-4-5-the-wizard>



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DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: SHOOTING, PASSING & ACCURACY

Coach Says

Summary: Simple fun game for U5. Similar to “Simon says”, but instead with soccer related activities.

Teaches: Control dribbling, kicking/shooting the ball, stopping and changing directions.

Set-up: Each player has a ball. Mark off an appropriate sized area to play.

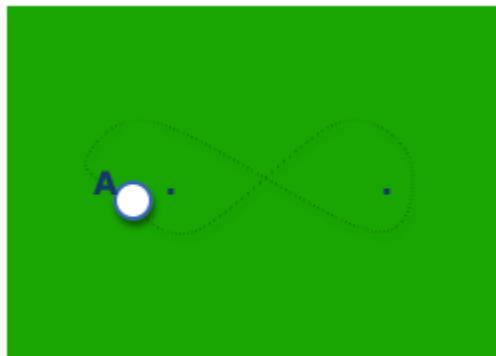
The Game: Players spread out and coach stands in the middle among them. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.). Every time “coach says” is used, the players must perform the task. If “coach says” is not used, players must stand with their foot on top of the ball or continue doing the previous task.

DAY OF THE WEEK: MONDAY, APRIL 20

FOCUS: DRIBBLING

Figure Eight Dribbling

1 player, 2 cones- 1 ball . Try increasing the number of rotations each time. Time each figure 8 and beat that time.





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DAY OF THE WEEK: TUESDAY, APRIL 21

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-4-5-the-wizard>

DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: PASSING

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

Soccer Pac Man

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: DRIBBLING

Soccer Bees

Summary: Players buzz like bees and kick the ball at the "giants" to try to "sting" them

Teaches: Familiarity with using feet to dribble and kick a ball

Set-up: Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate) Each player has a ball.

The Game: 1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive". 2nd, after a few minutes, have the parents go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it. Don't keep score



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DAY OF THE WEEK: FRIDAY, APRIL 24

FOCUS: FUNDAMENTALS OF SHOOTING

Treasure Hunt

Summary: Coach drops about 20 “treasures” around the field (2 or 3 per player). Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

Teaches: Control dribbling, stopping turning with ball.

Set-up: Use cones to make a square within which the treasures will be found (or use half the field). Choose treasures and scatter around the square. Each player has a ball and starts in the center of the square.

The Game: On “GO”, players dribble and collect their appropriate amount of treasures.

DAY OF THE WEEK: SATURDAY, APRIL 25

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>



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DAY OF THE WEEK: SUNDAY, APRIL 26

FUN!

Don't Crash The Car!

Summary: A simple, fun game that teaches many basic skills. Easy setup and everyone is involved at all times.

Teaches: Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using bottom of foot to stop.

Set-up: Each player has a ball

The Game: Coach uses a ball to demonstrate what each of the instructions mean:

- i. 'Green Light' – Start dribbling, keep head up and ball close to feet.
- ii. 'Red Light' – Use bottom of foot to stop the ball, and remain still
- iii. 'Honk the Horn' – Just for fun but the kids love it. Players stop the ball sit on it and honk their imaginary car horns!!