



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

# VIRTUAL PRACTICE PLAN

## SOCCER AGES 5-6

**DAY OF THE WEEK: MONDAY, APRIL 27**

### **FOCUS: SOCCER DRIBBLING AND FOOTWORK SKILLS**

#### **Crocs in a River**

In your grid, all players have a ball and are on one end. The coach(es) stand(s) in the middle. When the coach says 'go,' all players (the swimmers) try to dribble from one end of the grid to the other without getting their ball stolen by the coach (the crocodile). If a player gets their ball stolen, they must perform a special activity for the croc to spit them out (ex: touching the top of the ball with the bottom of their feet alternating eight times, or passing the ball between their feet eight times). Players cannot become a croc with the coach - we want them to keep dribbling their soccer ball! Be goofy! Make lots of silly noises!

#### **COACHING POINTS**

Ask players to think about the length of their touches, and how they can use the different parts of their feet to manipulate the direction of the ball. When do we use big touches, and when should they be smaller? Show players how to deceive the crocs by leaning one way and then dribbling the other. What body parts can we use to deceive someone? (hips, eyes, shoulders, legs). Ask them to be creative!



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**DAY OF THE WEEK: TUESDAY, APRIL 28**

**FOCUS: PASSING**

**Soccer Marbles**

Players are in pairs with one ball each (so, everyone has a ball). Game starts with partners facing each other about 3yds apart from each other. Decide which partner gets to go first. The first person kicks their ball and tries to hit the other person's "marble." If contact is made, that person gets a point. If they miss, then they don't. Both players must wait until both balls stop moving before it is the next person's turn. No stopping your ball! Players only get one touch on the ball for a turn. They cannot move their ball after it stops rolling to set up a better angle. Switch partners after each round and play again.

**Progression:** Challenge players to only use their non-dominant foot.

**CONDITIONING**

**LES MILLS TIME!**

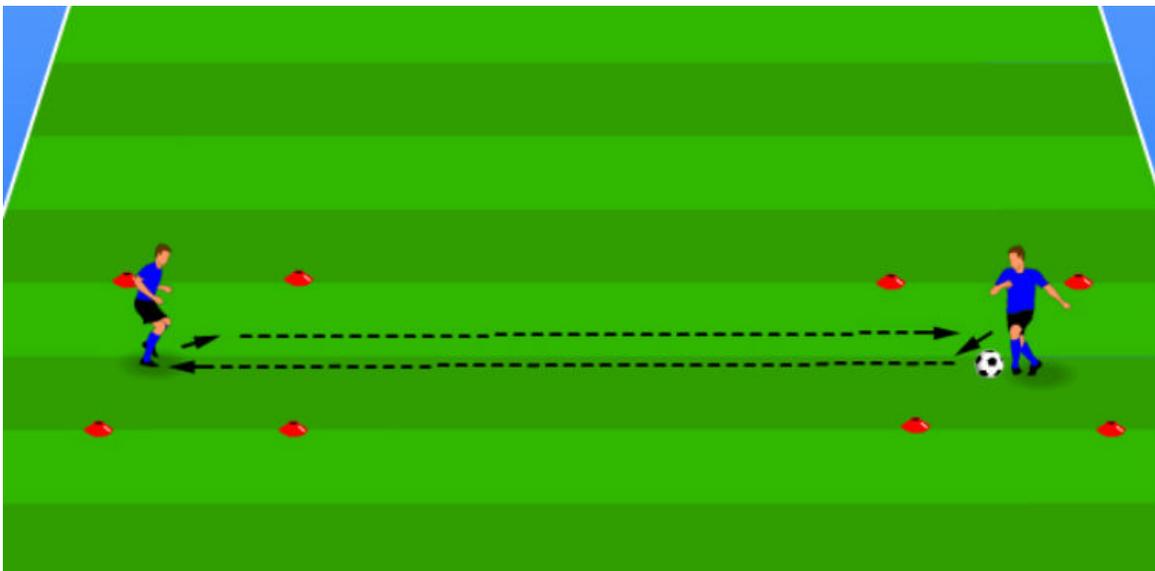
<https://watch.lesmillsondemand.com/new-workouts-this-month/videos/born-to-move-19-4-5-my-reflection>

**DAY OF THE WEEK: WEDNESDAY, APRIL 29**

**FOCUS: SOFT TOUCHES ON THE BALL**

1. One partner begins with the soccer ball and attempts to pass the ball into their partner's square.
2. The partner attempts to receive the pass, inside their square, in one touch. The object is to receive the ball and keep it inside the grid.
3. After receiving the pass, the player then attempts to pass the ball back to their partner inside their partner's square where they will attempt to receive the ball and keep it inside their square. This process is continued for the duration of the game.

4. If the receiving player fails to keep their receiving touch inside their square, then the passer gets one point.
5. If the passer passes the ball outside of their partner's square, then the player receiving the missed pass, gets one point.
6. No points are awarded if both the pass and receiving touch are good.
7. Players are allowed to move outside of their squares, but they are encouraged to control and pass the ball inside their squares.
8. The game continues for a set period of time and the partner with the most points at the end of that round, wins the round.





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

### **FOCUS: DRIBBLING SKILLS**

#### **Body Part Double**

Spread a series of "gates" around the inside of grid (gates are two cones about a yard apart). Every player has a ball. Have players dribble through gates trying to get as many goals as they can! Coach yells a body part (ex: knee!) and players have to all stop their ball using only that body part. After all balls stopped, ask players to try and score more goals than they just did. Repeat. Progress to the coach just touching a body part and see which players can stop the quickest using that body part. After a few rounds, ask a player to step in as the coach and choose what the body parts are and when the players stop.

#### **COACHING POINTS**

Encourage kids to use peripheral vision while dribbling. See the ball with the bottom on your eyes, so you can still see what's around! In order to move the ball fast, players need to take big touches on the ball (show them what it looks like). If we want to stop quicker, we need the ball closer to us, so we need to take little touches (show them). Praise players who can stop quickly by keeping their ball close!



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

**FOCUS: CONTROL**

**Volcano Drill**

You can work on the 5-year-olds' understanding of changing direction and feints with the Volcano Drill, suggested by Maryland-based youth coach Jim Garland. Mark a grid 20 by 20 yards with plastic cones and scatter plastic disks or "volcanoes," one per player, randomly within. Tell your players to run around the grid on your signal. As they approach a volcano, they must quickly change directions to avoid being burned by the lava. Demonstrate how they should flex one leg slightly to change directions quickly and push off the inside of that foot. Show your players how to exaggerate their change of direction and how to fake one way and then go another.

**CONDITIONING**

**LES MILLS TIME!**

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

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

**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>



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

#### **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: MONDAY, MAY 4**

#### **FOCUS: SHOOTING, PASSING & ACCURACY**

1. On the coach's signal, the first player in each line starts dribbling as fast as possible towards their cone in front of their goal.
2. The players dribble around their cones and then shoot on goal, attempting to score before their opponent.
3. Players are free to shoot as soon, or as late, as they want after dribbling around their cone. Players can shoot from distance or dribble closer to the goal for an easier finish.
4. The player who scores first is awarded two points for their team. If a player scores, but does not score before their opponent, then they are awarded one point for their team. No points are awarded to teams if players do not score.
5. After the first two players complete their turn, they retrieve their soccer balls and go to the back of their team lines.
6. The next players in each line prepare to repeat the process on the coach's signal.

7. After each player has competed once, tally up the team score and declare a winner for the round. Have the teams gather any extra soccer balls and then have the teams switch goals. Repeat for as many rounds as needed.



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

**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: WEDNESDAY, MAY 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.

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

**FOCUS: PASSING**

**Circle Drill**

This drill will improve a player's passing abilities and accuracy. Create a circle out of cones with a 5- to 6-yard radius. From here, put eight cones in the middle of the circle. Have several players on the team pair on opposite sides of the circle. Have one player kick the ball to the other, trying to knock down a cone while doing so. If the ball does not reach the other player, have him retrieve the ball and bring it back outside the circle. Have the players kick the ball back and forth until all the cones are knocked down.



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

**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>

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

**FOCUS: CONDITIONING**

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

[https://www.youtube.com/watch?time\\_continue=7&v=5uunQWKL6qU&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6qU&feature=emb_logo)