



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: DRIBBLING

<https://www.youtube.com/watch?v=CrHWAT4vcj0>

Red Light/ Green Light

Players with a ball and dribble in a limited space. When "coach" says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", players must dribble very slowly. When coach says "green light", players dribble fast. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.).

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: DRIBBLING

<https://youtu.be/VBnq J2zbcU>

King Kong

Knock Cones Over With The Ball

DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: DRIBBLING

<https://youtu.be/qHYm5ZF x0I>

Bumper Cars



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DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: FUN

<https://youtu.be/GDVbppEnZvE>

NO HANDS-FUN

DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: PASSING

<https://youtu.be/P9AJNANVrRA>

SOCCER BOWLING

DAY OF THE WEEK: SATURDAY, MAY 16

CONDITIONING

IT'S 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: SUNDAY, MAY 17

CONDITIONING

IT'S LES MILLS TIME!

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

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: AGILITY/ BALANCE

<https://youtu.be/5CMYyoGdTfk>

SOCCER OBSTACLE COURSE



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DAY OF THE WEEK: TUESDAY, MAY 19

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

DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: COORDINATION

https://youtu.be/5n6w_71LNFM

Zig Zag Coordination

DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: INDIVIDUAL SKILLS

<https://youtu.be/BilrQwXqgA>

Hit the "Coach"

It is easy, fun and the kids love it. This game teaches tremendous skills - dribbling, kicking the ball while running, looking up while dribbling and kicking the ball, getting used to contact (a very important thing for young players - because they will all be chasing the coach, they will be close together and bumping each other and it will be chaotic, which gets them used to the mental stimulus of games). This game is self-teaching and they learn by playing the game. Dribbling and kicking the ball in a crowd while looking up isn't easy and this is a fun way to learn those skills.

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: DRIBBLING & PASSING

https://www.youtube.com/watch?v=041_Rmr2JvU

SHOOTING STARS



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DAY OF THE WEEK: SATURDAY, MAY 23

CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-marvel-let-s-go>

DAY OF THE WEEK: SUNDAY, MAY 24

CONDITIONING

https://www.youtube.com/watch?v=o8uTdn_zkok

QUICK 20 MINUTE EXERCISE!