



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 3-4

DAY OF THE WEEK: MONDAY, MAY 25

MEMORIAL DAY FUN!

Family Scrimmage!
Show everyone your news skills by playing a family game of soccer!

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: DRIBBLING

<https://youtu.be/nn3QdJesL4I>

Follow the Leader

The leader dribbles the ball around the field while the players follow them

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: DRIBBLING

<https://youtu.be/zQOJ6EQsAaq>

Changing Speed and Direction

DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: FUN

<https://youtu.be/Us8ISH1BtDI>

Reflex Drill

Follow directions and have fun!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: BALANCE & COORDINATION

<https://youtu.be/-jdwesUb5oo>

Messy Monkeys

DAY OF THE WEEK: SATURDAY, MAY 30

FOCUS: CONDITIONING

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

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

DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move16-4-5-recycling>

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: AGILITY/ BALANCE

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.

DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: DRIBBLING & SHIELDING

<https://youtu.be/6twpNd7anIQ>

Knock Out

Dribble your Ball and try to knock out other balls



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: COORDINATION

<https://youtu.be/2iyzdN4KQ0o>

Turtles and Rabbits

Dribble slow and fast.

DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: INDIVIDUAL SKILLS

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.

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: DRIBBLING & PASSING

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>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: RELAX & KID YOGA

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

<https://www.youtube.com/watch?v=4ZpkRAcqw54>

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: CONDITIONING

LES MILLS TIME!

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