# Virtual Practice Plan

## Soccer Ages 3–4

### Day of the Week: Monday, May 25

<table>
<thead>
<tr>
<th>MEMORIAL DAY FUN!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Scrimmage!</td>
</tr>
<tr>
<td>Show everyone your new skills by playing a family game of soccer!</td>
</tr>
</tbody>
</table>

### Day of the Week: Tuesday, May 26

<table>
<thead>
<tr>
<th>FOCUS: DRIBBLING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the Leader</td>
</tr>
<tr>
<td>The leader dribbles the ball around the field while the players follow them</td>
</tr>
</tbody>
</table>

### Day of the Week: Wednesday, May 27

<table>
<thead>
<tr>
<th>FOCUS: DRIBBLING</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://youtu.be/zQOJ6EQsAag">Link</a></td>
</tr>
<tr>
<td>Changing Speed and Direction</td>
</tr>
</tbody>
</table>

### Day of the Week: Thursday, May 28

<table>
<thead>
<tr>
<th>FOCUS: FUN</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://youtu.be/Us8iSH1BtDI">Link</a></td>
</tr>
<tr>
<td>Reflex Drill</td>
</tr>
<tr>
<td>Follow directions and have fun!</td>
</tr>
</tbody>
</table>
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=X655B4ISakq&t=126s

DAY OF THE WEEK: SUNDAY, MAY 31

**FOCUS: CONDITIONING**

**LES MILLS TIME!**


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/6twpNd7anlQ

Knock Out

Dribble your Ball and try to knock out other balls
### DAY OF THE WEEK: WEDNESDAY, JUNE 3

**FOCUS: COORDINATION**

[https://youtu.be/2iyzdN4KQ0o](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 supposed 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=k1mKUWtfwKY&list=PLB5C7BF9FF7945A12](https://www.youtube.com/watch?v=k1mKUWtfwKY&list=PLB5C7BF9FF7945A12)
### 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=4ZpkRAcqws4

### DAY OF THE WEEK: SUNDAY, JUNE 7

**FOCUS: CONDITIONING**

**LES MILLS TIME!**