



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 5-6

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: SOCCER DRIBBLING AND FOOTWORK SKILLS

Drill Setup

- Create a 10 X 10-yard grid.
- Start a player on two diagonal corners of the grid.
- Each of the two players has a ball.

Drill Instructions

- When the coach yells "GO", the players must dribble around the outside of the grid in an attempt to catch their partner.
- When the coach yells "STOP", the players must stop the ball.
- When the coach yells "TURN", the players must switch the direction around the grid.

Drill Variations

- "LEFT" to use the left foot only
- "RIGHT" to use the right foot only
- "BOTTOM" to use the bottom of the foot only

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: PASSING

<https://www.youtube.com/watch?v=L1bqfJ29ij8>

Soccer Marbles

- Individual competition
- Accuracy of pass
- Weight of pass

Introducing the difference between a kick and a pass. Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.



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DAY OF THE WEEK: WEDNESDAY, MAY 13

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: THURSDAY, MAY 14

FOCUS: PASSING

<https://www.youtube.com/watch?v=rK2u2fIGbF8>

A different version of the triangle drill but by putting pressure on the kicker it requires them to think fast and complete the proper pass.

DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: CONTROL

<https://youtu.be/BilrQwXqqA>

Hit The Ball/Cone

Extra soccer balls or cones are scattered around an area (free space). Each player has his or her own soccer ball. Players try to kick their ball so that it hits one of the stationary balls or cones that have been scattered around the area. They can start from various distances. After they hit one ball or cone, they can try to hit another ball or cone.



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DAY OF THE WEEK: SATURDAY, MAY 16

CONDITIONING

IT'S 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: SUNDAY, MAY 17

CONDITIONING

IT'S LES MILLS TIME!

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

DAY OF THE WEEK: MONDAY, MAY 18

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: TUESDAY, MAY 19

FOCUS: PASSING AND RECEIVING

<https://www.youtube.com/watch?v=B8IQdWnyjc>



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DAY OF THE WEEK: WEDNESDAY, MAY 20

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, MAY 21

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.

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: FUNDAMENTALS OF SHOOTING

<https://www.youtube.com/watch?v=4okLrvBPr6c>

DAY OF THE WEEK: SATURDAY, MAY 23

CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-18-6-7-heroes>

DAY OF THE WEEK: SUNDAY, MAY 24

CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-18-4-5-carpenter-lennox>