



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 5-6

DAY OF THE WEEK: MONDAY, MAY 25

FOCUS: ACCURACY & PASSING

Soccer Bowling

Set up cones as pins and have players kick their ball toward the pins to see how many they can knock over.

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: DRIBBLING

25's Dribbling

25's dribbling will both condition and improve your dribbling skills. This cone drill includes lining up about six to 10 cones five yards apart. Then, weave the ball through the cones using the inside of your feet. Repeat this drill by alternating between the outside and inside of your feet. Circle right, then left, around the cones.

Or, if you are looking for a more simple approach, you will start at cone one, sprint to cone two with the ball, turn back and sprint to cone one, then to cone three, then to one, then to four, and so on. Take a minute of rest before beginning your next set

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: RANDOM CONES AGILITY

Body Control Dribbling

Weave in and out of the cones. First without the ball Ø Second with the ball – dribbling



Body Part Dribbling

In a 15 x 20 yd area, each player has a ball. The players dribble freely in the area. When the coach says "NOW", the players must stop the ball with any body part. Keep it going. **Variation:** After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.



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DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: 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!

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: CONTROL

What Time is it Mr. Wolf?

Summary: Similar to childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set-up: Each player has a ball. Mark off an appropriate sized area to play.

The Game: Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out "what time is it Mr. Wolf" and take that many steps while dribbling the ball. When coach yells "It's dinner time!" players quickly turn and dribble back to their starting line.

DAY OF THE WEEK: SATURDAY, MAY 30

FOCUS: CONDITIONING

LES MILLS TIME!

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



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DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: REST DAY/ KID YOGA

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

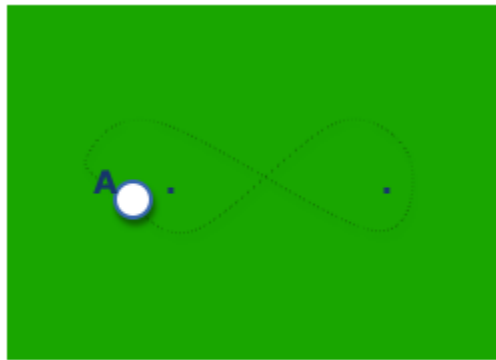
<https://www.youtube.com/watch?v=X655B4ISakg&t=126s>

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: DRIBBLING

Figure Eight Dribbling

1 player, 2 cones- 1 ball



DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: FUN!

Don't Crash The Car!

Summary: A simple, fun game that teaches many basic skills. Easy setup and everyone is involved at all times.

Teaches: Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using bottom of foot to stop.

Set-up: Each player has a ball

The Game: Coach uses a ball to demonstrate what each of the instructions mean: i. 'Green Light' – Start dribbling, keep head up and ball close to feet. ii. 'Red Light' – Use bottom of foot to stop the ball, and remain still iii. 'Honk the Horn' – Just for fun but the kids love it. Players stop the ball sit on it and honk their imaginary car horns!!



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DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: PASSING

<https://www.youtube.com/watch?v=P9AJNANVrRA>

Soccer Pac Man

DAY OF THE WEEK: THURSDAY, JUNE 4

FOCUS: DRIBBLING

Soccer Bees

Summary: Players buzz like bees and kick the ball at the "giants" to try to "sting" them

Teaches: Familiarity with using feet to dribble and kick a ball

Set-up: Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate) Each player has a ball.

The Game: 1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive". 2nd, after a few minutes, have the parents go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it. Don't keep score.

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: BASIC SKILLS

Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart). After a couple minutes of this exercise, split them up into groups of 3, have them space out in form of a triangle and pass the ball amongst the 3 players.

Shooting on net: Bring kids up to the soccer net and have them take turns shooting on net. Work on this for 3 mins.



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DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-4-5-conductor-notrowskij>

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: CONDITIONING

LES MILLS TIME!

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