



Week 7 Practice Plan Template & Examples- Ages 4-6- Shooting

Warm up: 10-15 Mins.

Brief, Light Stretching: 5 Mins- At this age, players don't need to stretch much, use this time to engage with the players.

Warm up activity: 5-10 Mins.

Examples of Warm up Activities: **Games that initiate focus, listening and fun**

- **“Follow the leader”**- Players must follow coach's movements (running, skipping, etc.)
- **“Animal Movements”**- Players must move like different animals that coach says, incorporate a ball for “Animal Dribbling”
- **“Traffic Jam”**- Players dribble the ball like different vehicles (cars, airplanes, etc.)
- **“Coach ___ Says”**- Coach plays Simon Says with the soccer ball, kids must listen and follow (ex. “Coach ___ says put foot on top of the ball”)
- **“Body Part Dribbling”**- Players dribble the ball around inside a small area, whatever body part coach says, players must touch the ball with that body part. (ex. “Nose!”)

Activity #1& #2 10 Mins. each activity – 20 Mins.

Examples of shooting activities:

- **“Cat and Mouse”**- “Mice” (Players) line up on one end of the field without the ball. The “Cat” (coach or first kicker) is on the sideline. The mice must try to run to the other side without getting tagged by a ball (under the knee). If a mouse is tagged, they become a cat and try to tag the other mice in the next rounds.
- **“Target Game”** - In a small grid, all players have a soccer ball. Coach is also in the grid, without a soccer ball. The players must dribble their ball towards the coach and try to hit them with the ball below their knee. When coach gets hit, they yell “ouch!” Play 1-minute games and see how many ouches everyone got.
- **“Dribble and Score Tag”** - In a small field with two goals, players dribble their ball around trying to tag each other. When a player is tagged, they must dribble and shoot their ball into a goal, allowing them to re-enter the tagging game.
- **“Monster Shootout”** - Coach is the “monster” playing goalkeeper. Players will be dribbling the ball trying to score past the monster. Encourage kids to dribble past or around the monster to get to the goal.
- **“Cannonball”** - Set up three zones using cones, 1 (closer), 2 (middle), 3 (further). Players will be dribbling their ball, and when Coach yells out a zone, they must quickly dribble to that zone and shoot the ball into the goal. Everyone grabs their ball and continues dribbling.

Scrimmage: ~20-30 Mins

Use Scrimmage time to help players learn rules. (Throw ins, Handballs, Kickoff after a goal is scored, half time, etc.) Check these links for the full rules lists.

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Tips for coach:

Allow time for water breaks

No Lines, No Laps, No Lectures

Kids at this age need to be moving, especially with the ball, as much as possible. It is highly recommended not to have players standing in lines.

Kids at this age do not need to work on getting fit. Do not waste time on laps, when that time can be used for the ball.

Kids at this age have a very short attention span. Keep coaching points brief, positive, and specific.

Have Fun! If you have fun, the kids will too!