



Week 1 Practice Plan Template & Examples- Ages 4-6- Dribbling

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 dribbling activities:

- **“Crab Game”**- The “Fishies” (players) start on one side of field, trying to dribble their ball to the other side. The “Crab” (coach) is crawling like a crab trying to take and “eat” the soccer ball. If the Crab gets a Fishies’ ball, they turn into a crab and join the coach. Restart when there is only one player left.
- **“Duck Tails”**- All “Ducks” (Players) have a tail (pinnie tucked into shorts), and a ball. Players must try to grab the other Ducks tails, while dribbling and protecting their tail. If their tail is taken, they must do five toe taps, they can then return to play.
- **“Red Light, Green Light”**- All players have a ball. While players are dribbling around the field, the coach yells out different light colors (red, yellow, green), players must stop on red, slow down on yellow, and go fast on green. Add colors if players need a challenge.
- **“Dribble Freeze”**- Players dribble around inside the field, when Coach says “Freeze!” All players must put their foot on top of the ball. If a player fails to do so, they must do 5 toe taps.
- **“Dribble Through Gates”**- Set up gates using cones inside the field. Players must attempt to dribble through as many gates as they can. Ask players at the end of each round how many gates they got.

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 this link for the full rules list.

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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!