

U-4/5 or U-6/7 Practice

WARM UP EXERCISES (5-10 Minutes)

- Kick to a team member

GROUP HUDDLE (3-5 Minutes)

- Introductions (if first practice)
- FOCUS FOR TODAY (Having Fun, Working on Kicking, Passing, etc)

WARM UP EXERCISE (3-5 Minutes)

- Jog Forward, Backwards, Sideways
- Stretch (Optional for this age, and probably more beneficial for the coach 😊)
- Play Quick game of tag the coach (expel the initial hyper energy)

FIRST ACTIVITY (10 Minutes)

- Red Light/Green Light w/ Change in direction (Call out team name or say "Turn Around")
- Octopus and Seaweed

WATER BREAK (1-2 Minutes)

SECOND ACTIVITY (5-10 Minutes)

- Go Score (Move Net)

WATER BREAK (1-2 Minutes)

THIRD ACTIVITY (5-10 Minutes)

- Sharks and Finding Nemo/Hit Coach/Not in my backyard (You can let team decide)

WATER BREAK (1-2 Minutes)

FOURTH ACTIVITY (5-10 Minutes)

- War (Start with 1 on 1, then expand to 2 on 2)

WATER BREAK (1-2 Minutes)

CLOSING ACTIVITY (5-10 Minutes)

- Scrimmage (3 passes before shot on goal allowed)

GROUP HUDDLE (3-5 Minutes)

- Team Chant "<Insert Team Name>"
- Remind team the next practice or game is @ <Insert Date/Time/Location>