

U4

Practice Plan No. 1

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer! Come up with a team name, too.

Have everyone say their name while everyone else repeats the names at several different times during practice. This is a good way to teach names.

Warm Up:

1. **“Follow The Leader”** (dribbling) – *Curriculum Page 6*

Coach is the leader. (5 – 10 minutes)

Games:

1. **“Carrot Soccer”** (10 minutes) – *pg 2 & 4*
2. **“Animal Soccer”** (10 minutes) – *pg 2 & 4*
3. **“Go Score”** (10 minutes) – *pg 4*
4. **“Driving School”** (10 minutes) – *pg 5*
5. **“Chase The Kid”** (10 minutes) – *pg 6*
6. **“Race”** (10 minutes) – *pg 4*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT’S NOT FUN!. If for some reason all of the team games are going well and everyone’s skills are solid - and you’re ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don’t touch the ball with your hands, EVER!

U4

Practice Plan No. 2

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer! Come up with a team name, too.

Have everyone say their name while everyone else repeats the names at several different times during practice. This is a good way to teach names.

Warm Up:

1. **“Chase The Kid”** (dribbling) – Curriculum Pg 6

Child is the leader/rotate leader. (5 – 10 minutes)

Games:

1. **“Animal Soccer”** (10 minutes) – pg 2 & 4
2. **“The Big Pile”** (10 minutes) - pg 4
3. **“Follow The Leader”** (10 minutes) – pg 6
4. **“Soccer Bees”** (10 minutes) – pg 7
5. **“Race”** (10 minutes) – pg 4
6. **“Hickory Dickory Dock”** (10 minutes) – pg 5

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) - – pg 3, 4 & 7

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. **THAT’S NOT FUN!** If for some reason all of the team games are going well and everyone’s skills are solid - and you’re ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

**Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed
Remember don’t touch the ball with your hands, EVER!**

U4

Practice Plan No. 3

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Carrot Soccer”** (dribbling) – *Curriculum Page 2 & 4*
(5 – 10 minutes)

Games:

1. **“Treasure Hunt”** (10 minutes) – *pg 5*
2. **“Treasure Hunt With Pirates”** (10 minutes) – *pg 5*
3. **“Treasure Island”** (10 minutes) – *pg 5*
4. **“Monster Invasion”** (10 minutes) – *pg 5*
5. **“Hickory Dickory Dock”** (10 minutes) – *pg 5*
6. **“Go Score”** (10 minutes) - *pg 4*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: ***(U6 only)*** *Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT'S NOT FUN!. If for some reason all of the team games are going well and everyone's skills are solid - and you're ready for the World Cup - please go ahead and play a scrimmage.*

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don't touch the ball with your hands, EVER!

U4

Practice Plan No. 4

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Follow The Leader”** (dribbling) - *Curriculum Page 6*

Coach or child is the leader. (5 – 10 minutes)

Games:

1. **“Go Score”** (10 minutes) – *pg 4*
2. **“Driving School”** (10 minutes) – *pg 5*
3. **“Chase The Kid”** (10 minutes) – *pg 6*
4. **“In Step Drive”** (10 minutes) – *pg 6*
5. **“Shoe Lace Kick”** (10 minutes) – *pg 6*
6. **“One-Two Kick”** (10 minutes) – *pg 7*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. **THAT’S NOT FUN!** If for some reason all of the team games are going well and everyone’s skills are solid - and you’re ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don’t touch the ball with your hands, EVER!

U4

Practice Plan No. 5

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Chase The Kid”** (dribbling) - *Curriculum Page 6*
Child is the leader/rotate leader. (5 – 10 minutes)

Games:

1. **“Animal Soccer”** (10 minutes) – *pg 2 & 4*
2. **“The Big Pile”** (10 minutes) - *pg 4*
3. **“Follow The Leader”** (10 minutes) – *pg 6*
4. **“In Step Drive:** (10 minutes) – *pg 6*
5. **Shoe Lace Kick”** (10 minutes) – *pg 6*
6. **“One-Two Kick”** (10 minutes) – *pg 7*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) *Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT'S NOT FUN!. If for some reason all of the team games are going well and everyone's skills are solid - and you're ready for the World Cup - please go ahead and play a scrimmage.*

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don't touch the ball with your hands, EVER!

U4

Practice Plan No. 6

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Carrot Soccer”** (dribbling) - *Curriculum Page 2 & 4*
(5 – 10 minutes)

Games:

1. **“Treasure Hunt”** (10 minutes) – *pg 5*
2. **“Monster Invasion”** (10 minutes) - *pg 5*
3. **“Hickory Dickory Dock”** (10 minutes) – *pg 5*
4. **“Monster Kick”** (10 minutes) – *pg 7*
5. **“Through The Hoop”** (10 minutes) – *pg 7*
6. **“Hit The Coach”** (10 minutes) – *pg 7*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT’S NOT FUN!. If for some reason all of the team games are going well and everyone’s skills are solid - and you’re ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don’t touch the ball with your hands, EVER!

U4

Practice Plan No. 7

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Driving School”** (dribbling) - *Curriculum Page 5*
Coach is the leader. (5 – 10 minutes)

Games:

1. **“Treasure Hunt”** (10 minutes) – *pg 5*
2. **“Treasure Hunt With Pirates”** (10 minutes) – *pg 5*
3. **“Hickory Dickory Dock”** (10 minutes) – *pg 5*
4. **“Monster Invasion”** (10 minutes) – *pg 5*
5. **“Snow Ball Fight or Splat”** (10 minutes) – *pg 8*
6. **“Ring Around The Parent”** (10 minutes) – *pg 8*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. **THAT’S NOT FUN!** If for some reason all of the team games are going well and everyone’s skills are solid - and you’re ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don’t touch the ball with your hands, EVER!

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Practice Plan No. 8

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Chase The Kid”** (dribbling) - *Curriculum Page 6*
Child is the leader/rotate leader. (5 – 10 minutes)

Games:

1. **“Go Score”** (10 minutes) – *pg 4*
2. **“The Big Pile”** (10 minutes) – *pg 4*
3. **“Race”** (10 minutes) – *pg 4*
4. **“Driving School”** (10 minutes) – *pg 5*
5. **“Inside A Foot Turn”** (10 minutes) – *pg 8*
6. **“Turn Around Game”** (10 minutes) – *pg 8*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) *Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT'S NOT FUN!. If for some reason all of the team games are going well and everyone's skills are solid - and you're ready for the World Cup - please go ahead and play a scrimmage.*

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don't touch the ball with your hands, EVER!

U4

Practice Plan No. 9

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Monster Invasion”** (dribbling) - *Curriculum Page 5*
(5 – 10 minutes)

Games:

1. **“Hickory Dickory Dock”** (10 minutes) – *pg 5*
2. **“Follow The Leader”** (10 minutes) – *pg 6*
3. **“Hit The Coach”** (10 minutes) – *pg 7*
4. **“Everybody Against The Coach”** (10 minutes) – *pg 11*
5. **“Sharks And Minnows”** (10 minutes) – *pg 11*
6. **“Go Score”** (10 minutes) – *pg 4*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) *Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. THAT'S NOT FUN!. If for some reason all of the team games are going well and everyone's skills are solid - and you're ready for the World Cup - please go ahead and play a scrimmage.*

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don't touch the ball with your hands, EVER!

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Practice Plan No. 10

(For a 60-minute practice assume 45 minutes of actual practice time. **It is VERY important to have a ball for each child.**)

Always start with a team cheer!

Warm Up:

1. **“Driving School”** (dribbling) - *Curriculum Page 5*

Coach or child is the leader. (5 – 10 minutes)

Games:

1. **“Chase The Kid”** (10 minutes) – *pg 6*
2. **“Shoe Lace Kick”** (10 minutes) – *pg 6*
3. **“Through The Hoop”** (10 minutes) – *pg 7*
4. **“Hit The Coach”** (10 minutes) – *pg 7*
5. **“Everybody Against The Coach”** (10 minutes) – *pg 11*
6. **“Sharks And Minnows”** (10 minutes) – *pg 11*

Finish Practice With:

1. **“Balls In The Bag”** (2 minutes) – *pg 3, 4 & 7*

Extra Time: (U6 only) Incorporate a scrimmage for the last ten minutes. We would prefer that you play games and do not scrimmage. With a scrimmage, only one ball is in play and a child might control the ball, leaving the others bored. **THAT'S NOT FUN!** If for some reason all of the team games are going well and everyone's skills are solid - and you're ready for the World Cup - please go ahead and play a scrimmage.

Always end practice with a team cheer!

Please break for water whenever necessary. And, of course, a child should always be able to break for water when needed.

Remember don't touch the ball with your hands, EVER!