

U5-6

Practice Plan

Practice 01 - U5

Ice Breaker - Explanation: All ages

Name & Favorite Ice Cream: This is an ice breaker exercise. Bring the team together and ask the players to introduce themselves to the group. They should state their name and their favorite ice cream flavor. You can engage the kids by seeing which flavor is most popular or which is your favorite, etc...

Ice Breaker - Write Your Name: Make sure you have a Sharpie-like pen with you. Have all the players stand near each other holding their balls over their heads. They should take turns in shouting out their name. Then have them hold their ball in front of them and look to see if their name is on the ball. If not, give them the pen and let them write their name on the ball.

Coordination - Start and Stop: Create an area with cones that is approximately 20yds by 20yds. Have all players inside the area. When the coach says "go", all players run around within the area. When the coach says "stop", all players stop where they are and put their hands on their hips.

Boundaries - Inbounds/Out of bounds: Create an area with cones that is approximately 10yds by 20yds. Each player should have a ball and stand within the area. Explain that this is "In-Bounds". Now have the players dribble the ball out of the coned-in area. Explain that this is "Out-of-Bounds". Have all the players dribble the ball back In-Bounds.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - w/Parents to Goal: Have kids find one of their parents and bring that parent onto the field. Split the parents into two groups, one next to each goal. The parents should dribble the ball down the field and take a shot on goal. Encourage the kids to cheer their parents on.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 02 - U5

Ice Breaker - Name and Favorite Food: Have players go up to another player they do not know, shake hands, introduce themselves by telling them their name and favorite food.

Simon Says: Play a regular game of Simon Says but with a CATZ twist using exercises. Example – Simon says get in a push-up position. Simon says pick up your right hand. Simon says pick up your left foot. Do a push up.

Coordination - Start and Stop: Create an area with cones that is approximately 20yds by 20yds. Have all players inside the area. When the coach says "go", all players run around within the area. When the coach says "stop", all players stop where they are and put their hands on their hips.

Boundaries - Inbounds/Out of bounds: Create an area with cones that is approximately 10yds by 20yds. Each player should have a ball and stand within the area. Explain that this is "In-Bounds". Now have the players dribble the ball out of the coned-in area. Explain that this is "Out-of-Bounds". Have all the players dribble the ball back In-Bounds.

Numbers Game_1: Have players move around a 20 x 20 yard grid (skipping, jogging, side-shuffling, etc.). Call out a number and the players need to group together in that number.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - w/Parents to Goal: Have kids find one of their parents and bring that parent onto the field. Split the parents into two groups, one next to each goal. The parents should dribble the ball down the field and take a shot on goal. Encourage the kids to cheer their parents on.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

U5-6

Practice Plan

Practice 03 - U5

Chain Tag: Mark an area with four cones. Two players are "it" and will hold hands. Together they will try to tag the other players. When a player is tagged, they will join the chain by holding hands and will continue to chase the remaining players.

Simon Says: Play a regular game of Simon Says but with a CATZ twist using exercises. Example – Simon says get in a push-up position. Simon says pick up your right hand. Simon says pick up your left foot. Do a push up.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - w/Parents to Goal: Have kids find one of their parents and bring that parent onto the field. Split the parents into two groups, one next to each goal. The parents should dribble the ball down the field and take a shot on goal. Encourage the kids to cheer their parents on.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 04 - U5

Numbers Game: Have players move around a 20 x 20 yard grid (skipping, jogging, side-shuffling, etc.). Call out a number and the players need to group together in that number.

Simon Says: Play a regular game of Simon Says but with a CATZ twist using exercises. Example – Simon says get in a push-up position. Simon says pick up your right hand. Simon says pick up your left foot. Do a push up.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - w/Parents to Goal: Have kids find one of their parents and bring that parent onto the field. Split the parents into two groups, one next to each goal. The parents should dribble the ball down the field and take a shot on goal. Encourage the kids to cheer their parents on.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

U5-6

Practice Plan

Practice 05 - U5

Chain Tag: Mark an area with four cones. Two players are "it" and will hold hands. Together they will try to tag the other players. When a player is tagged, they will join the chain by holding hands and will continue to chase the remaining players.

Coordination - Warm-up 1: Warm-up exercises including jogging, galloping, and skipping.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 06 - U5

Numbers Game: Have players move around a 20 x 20 yard grid (skipping, jogging, side-shuffling, etc.). Call out a number and the players need to group together in that number.

Coordination - Warm-up 1: Warm-up exercises including jogging, galloping, and skipping.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

U5-6

Practice Plan

Practice 07 - U5

Cups & Cones: Place cones randomly on field. Players start at one end and have to run out and turn the cones over to create cups. Once completed, they can play again turning the cups back over into cones. They can race against the clock or each other.

Coordination - Warm-up 1: Warm-up exercises including jogging, galloping, and skipping.

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 08 - U5

Chain Tag: Mark an area with four cones. Two players are "it" and will hold hands. Together they will try to tag the other players. When a player is tagged, they will join the chain by holding hands and will continue to chase the remaining players.

Coordination - Warm-up 2: General warm-up exercises - side shuffle, backwards walk, backwards run, 360 degree turn, 180 degree turn, hop and sprints

Dribbling - Step-On, Bells, Verbal Cue: Have players find some space and slowly step lightly on top of their ball with each foot. Then have players jog in place behind their ball and call out "Toe Taps". Each player should immediately begin toe taps. If the coach says "beside the ball" each player should move to the side of the ball and do 10 jumps, straight up and down. If the coach says "in front of the ball", each player should move to the front of the ball and do 5 jumping jacks. "Behind the ball" means more Toe Taps.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal: Split the players in half with one group next to one small goal and the other group next to the opposite goal. Have the players dribble all the way down the field and take a shot on the opposing goal. They should go at the same time so they learn to keep their heads up and not run into each other.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

U5-6

Practice Plan

Practice 09 - U5

Cups & Cones: Place cones randomly on field. Players start at one end and have to run out and turn the cones over to create cups. Once completed, they can play again turning the cups back over into cones. They can race against the clock or each other.

Speed - Various Sprints: Start athletes along line from various positions (sitting, kneeling, lying down) and have them get up and sprint on visual or verbal command. You can also have each player lead the sprint with the others reacting to him/her.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

1v1 - U6: Split the team up into two groups of equal numbers. Half of the players should be next to one small goal and the other half should stand next to the opposite goal. All the balls should be at the first goal. A player dribbles the ball to the opposite goal and tries to score. The opposing player tries to take the ball away and score on the other goal. Rotate players so they each have a chance to start with the ball.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 10 - U5

Numbers Game: Have players move around a 20 x 20 yard grid (skipping, jogging, side-shuffling, etc.). Call out a number and the players need to group together in that number.

Coordination - Warm-up 2: General warm-up exercises - side shuffle, backwards walk, backwards run, 360 degree turn, 180 degree turn, hop and sprints

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

1v1 - U6: Split the team up into two groups of equal numbers. Half of the players should be next to one small goal and the other half should stand next to the opposite goal. All the balls should be at the first goal. A player dribbles the ball to the opposite goal and tries to score. The opposing player tries to take the ball away and score on the other goal. Rotate players so they each have a chance to start with the ball.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

U5-6

Practice Plan

Practice 11 - U5

Cups & Cones: Place cones randomly on field. Players start at one end and have to run out and turn the cones over to create cups. Once completed, they can play again turning the cups back over into cones. They can race against the clock or each other.

Speed - Various Sprints: Start athletes along line from various positions (sitting, kneeling, lying down) and have them get up and sprint on visual or verbal command. You can also have each player lead the sprint with the others reacting to him/her.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

1v1 - U6: Split the team up into two groups of equal numbers. Half of the players should be next to one small goal and the other half should stand next to the opposite goal. All the balls should be at the first goal. A player dribbles the ball to the opposite goal and tries to score. The opposing player tries to take the ball away and score on the other goal. Rotate players so they each have a chance to start with the ball.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.

Practice 12 - U5

Chain Tag: Mark an area with four cones. Two players are "it" and will hold hands. Together they will try to tag the other players. When a player is tagged, they will join the chain by holding hands and will continue to chase the remaining players.

Speed - Various Sprints: Start athletes along line from various positions (sitting, kneeling, lying down) and have them get up and sprint on visual or verbal command. You can also have each player lead the sprint with the others reacting to him/her.

Dribbling - Body Part: Create an area with four cones. Each player has a ball. Coach calls out an action (dribble fast, dribble slowly, bells, scissors, etc...). The players perform the action until the coach calls out a body part (nose, ear, elbow, etc...). The players need to immediately stop and put that body part on the ball.

Dribbling - To Goal Around Defender: This is another opportunity to involve parents. Split the players in half with one group in front of one small goal and the other group next to the opposite goal. Ask each parent to stand about 5 yards in front of a goal when it is their kids' turn. Have the players start at the mid-field and dribble around their parent before taking a shot on goal.

1v1 - U6: Split the team up into two groups of equal numbers. Half of the players should be next to one small goal and the other half should stand next to the opposite goal. All the balls should be at the first goal. A player dribbles the ball to the opposite goal and tries to score. The opposing player tries to take the ball away and score on the other goal. Rotate players so they each have a chance to start with the ball.

Scrimmage - U5/U6: Break up the players into two teams. Have the kids play soccer, get lots of touches, and begin to figure things out. At this age, there is no goalkeeper. Encourage the kids to use their feet. Keep it light and fun.

Cheer - U6: Bring players together and create a cheer.