

**U4/U5/U6 Game Day Session**  
**Practice Plan(4v4)**

**Warm-up: Soccernastics (5-10min) (Obtain Focus of the players)**

- I can do this can you? (Without a Ball)
  - Hoping on one foot, jumping jacks, etc.
  - Progression (With a Ball)
  - dribbling, juggling, toss/clap/catch, etc.
  - Allow the kids to come up with some

**Activities/Games:(15-25min)**

- #1 –Ball Retrieval (Bring the ball back to the coach)
  - Coach tosses ball away for each player (Players can close their eyes)
  - Players return their ball to the coach w/Hands, feet, head, etc...
  
- #2 –Dribble and stop your ball with different body parts.
  - Follow coach commands)
  - Belly, foot, knee, ear, elbow, etc...
  
- #3–Knee Tag
  - While controlling your ball try and tag someone's knee
  
- #4 –Clean your Room! (Collect targets/pennies-Can assign colors to players)
  - Scatter targets all over the field/Players collect them
  - First without the balls (Players only carry 1 at a time)
  - Coach acts as a laundry shoot

**Additional options:**

- #5- Driving Your Car (Don't crash into each other!)(Beep! Beep) (Dribbling in a box. Speeding up slowing down.)
- #6- Sharks and Minnows (classic)
- #7- Red Light/Green Light (classic)

**Game: 4v4 (Game vs another team)**

- Teach rules
- Let them play

**Cool Down: BodyShapes/Numbers(5min)**

(Can you make these with your body?)