

5-7 Year Old Boys

PRACTICE: #5 (PAGE 1 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Parent Catching	Each child is paired with one adult . The adult will underhand toss the ball to the child in the "box" area, encouraging them to catch the ball by their ear. The child rolls the ball back to the adult.	Gives players an opportunity to catch more "passes" in a shorter time.	1 adult per child 3-4 balls per child	05:00
Parent Scooping	Each child is paired with one adult . The adult will roll the ball towards the child, encouraging them to drag both knuckles along the grass. The child rolls the ball back to the adult with their stick.	Gives players an opportunity to scoop more balls in a shorter time.	1 adult per child 3-4 balls per child	05:00
Dynamic Warm-Up	Coach leads players through a 4-5 exercise dynamic warm-up. <ul style="list-style-type: none"> • Hop on two feet • Hop on one foot • Carioca • Skips • Head, Shoulders, Knees and Toes 	Developing agility, balance, and coordination	Use lines on the field to organize the players into rows where you can see all kids and provide feedback.	05:00
Pass it Down	Players are divided into two teams. Each team spreads out evenly along one side of the field. The coach places an equal amount of balls on the ground at the first person in each line, starting at opposite ends of the field. On the whistle, the players will begin passing a ball down the line of their teammates, with the last player in line shooting it into the goal at their end. The first team to get all of their balls into their goal is the winner.	Passing Catching Shooting Scooping	2 Goals Parents to help gather missed passes.	05:00

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Drill Name	Description	Objective(s)	Tools	Duration
Freeze Catch	Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.	Agility Coordination Passing Catching Off Ball Movement Finding Space	Cones or other implements to mark the box. 1 ball per team.	07:30
Cone Smashers	The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed the split dodge. The players will be divided up into groups of no more than 3 players per set of cones and will go through the footwork pattern, smashing the cones as they go. Make it a relay race by having the players complete the right and left handed dodges before the next player in their line can start.	Agility Balance Coordination Dodging Stick Protection	1 stick per player Cones Parents stationed at the cones to help with footwork patterns.	05:30
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	12:00