

5-7 Year Old Boys

PRACTICE: #2 (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
Under the Bridge	Multiple sets of parents walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the parents and must scoop it by passing under the noodle.	Coordination Carrying the ball Scooping Rolling the ball	1 ball per child Pool Noodles Parents to assist	05:00
Hula Hoop Passing	Review Scarecrow throwing technique using a stick. Divide team up into 2 teams and partner the players. Parents will walk around the field carrying a hula hoop or a pool noodle that the players must throw the ball over or through to a partner in the opposite team.	Proper throwing mechanics. Catching Scooping Positioning to receive a pass.	1 ball per 2 players Hula Hoops or Noodles	05:00

5-7 Year Old Boys

PRACTICE: #2 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Have 1, Need 1	Scatter balls all over the field. On the coaches whistle, the players will run out and scoop a ball. Those that get a ball will call out "Have one!" those players that do not have a ball will call out "Need 1!" When a "Have one" hears "Need one" they will pass or roll a ball to the need one, then they call out "Need one." This continues for several minutes, until all players have been in both roles multiple times.	Scooping Carrying the ball Rolling the ball Passing Catching Communication	1 ball per 2 players	05:00
Pinnie Tag	Players are divided up into pairs by the coach and placed in a 5yd by 5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coaches whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.	Agility Balance Dodging Stick Protection	Pinnie or other flag that can be tucked into the waistband. Cones	05:00
Scrambled Eggs	Just like Pinnie Tag, except now the player will hold a ball in the open palm of one of their hands. If they drop the ball and their partner picks it up the partner gets a point.	Agility Balance Dodging Stick Protection	1 ball per 2 players Cones	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00