

5-7 Year Old Boys

PRACTICE: #3 (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
Sharks and Minnows	Players are divided up into two groups of either sharks or minnows. There should be half as many sharks as there are minnows to start the game. All of the minnows have a stick and ball. The sharks only have a stick. On the whistle, the minnows must pass through the sharks without losing their ball and get to the other side of the pond. If the ball falls out of their stick and a shark scoops it up, they become a shark. Any balls that a shark scoops, must be thrown out of the game.	Dodging Cradling Scooping	1 ball for each minnow. Use cones to designate the "pond."	05:00

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PRACTICE: #3 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Laxmazing Race	Coach sets up a maze/obstacle course using cones, noodles, hula hoops, etc...then leads the players through the maze. 1x without a stick and ball and 1x with a stick and ball. End with a "shot" on goal.	Agility Balance Coordination Carrying the ball Scooping Throwing	1 ball per child Cones or other implements to mark the maze.	05:00
Hot Feet	Players are divided up into pairs by the coach and placed 10yds. away from each other. They will begin walking in place while catching and throwing passes to their partner. Every 30 seconds, one line will move one partner to their left, with the last player in line running to the opposite end of their line to match up with a new partner.	Catching Throwing Balance Coordination	3-4 balls per child Cones to designate spacing	05:00
Cone Smashers	The coach will set up several sets of flat cones, mimicking the footwork patterns of a right and left handed the face/pull 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.	05:00
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00