

5-7 Year Old Boys

PRACTICE: #8 (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
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. Each player ends with a shot on goal.	Agility Balance Coordination Dodging Stick Protection Shooting	1 stick and 1 ball per player Cones Parents stationed at the cones to help with footwork patterns.	05:00

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PRACTICE: #8 (PAGE 2 OF 2)

Drill Name	Description	Objective(s)	Tools	Duration
Forcing Box	Set up several 5yd x 5yd boxes around the practice area. There should be enough that there are no more than 5 athletes per box. One player (defender) will step into the center of the box, while the remaining players form a single line at one cone. The player in the middle must keep the first player (dodger) in line from getting to the diagonal cone using great footwork. Players may not bump, push, or shove each other. If the defender forces their opponent out of the box, the center goes to the end of the line and the "dodger" becomes the new defender. If the dodger touches the diagonal cone, then the same defender stays in the center.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the boxes.	07:30
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
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00