

5-7 Year Old Boys

PRACTICE: #4 (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
Hungry Hippos	Players are divided up into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls around each side of the field. On the whistle, the players are to scoop balls from the opposite side of the field, run back to the goal on their side and throw the ball in. Players must chase any throws that miss the goal. Go until all balls are cleared on both sides of the field. Play this game 2x	Scooping Carrying the Ball Dodging Throwing the ball	3-4 balls per child Cone(s) to mark the center spot. 2 Goals	05:00

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Drill Name	Description	Objective(s)	Tools	Duration
Cat and Mouse	Coach sets up a 4 cone 5yd x 5yd box. 3 players are in each box. 1 is the Cat, 1 is the mouse, and 1 is the "grandma" protecting the mouse from the cat by staying in front of the cat at all times. If the cat tags the mouse, then the three switch roles and play again. Drill until each athlete has been in all three roles 2x.	Agility Balance Coordination 1v1 Defense	Cones or other implements to mark the box.	07:30
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
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00