

5-7 Year Old Boys

PRACTICE: #6 (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. • 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
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 the moving 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 between partners.	05:00

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Monkey in the Middle	Players are divided into groups of three and placed into a 15yd x 15yd box. Two players are on offense and one is on defense. The offense's job is to make as many passes and catches as possible. The defender is trying to knockdown or intercept the passes. If the defender succeeds, they choose one of the offensive players to replace them. If a pass is thrown out of the box, the passer goes into the middle. If a catch is dropped and recovered by the defender, the player dropping the catch goes into the middle.	Passing Catching Scooping Knock-downs Interceptions Off-ball Movement	Cones 2-3 balls per box to limit chasing errant passes. Parents to help gather missed passes.	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
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
3v3 Game	See Small Sided Competitions guidelines.	Apply the skills learned in Practice 1 and 2.	2 goals Balls Cones	10:00