



## **Practice Breakdown**

Each practice should have a focus. For U5/U6 the main two focuses are dribbling and shooting. These should be what you work on at each practice.

**Each practice should consist of 3 components.**

### **#1- Warm Up- 10 Minutes**

Each practice should begin with a warm up. No need to have the team run laps or sprints, get their feet on a ball right away! A warm up may consist of players going from one side of the field to the other but they should be dribbling the ball while doing so.

### **#2- Skill Games- 20 Minutes**

Skill games are, well, games. Fun games like red light, green light or tag but with a soccer ball that help develop those basic skills but also let the kids have a lot of fun.

### **#3- Scrimmage- 20 Minutes**

Each practice should end with a scrimmage. Most teams are scheduled on a field with another team. Those two teams should scrimmage each other for the end of the practice. If your team is scheduled on a field alone, scrimmage your team against each other. Treat these scrimmages like a real game (subs, breaks, etc.) but do take the time to address rules or technique with your players. Stop the game and go over a rule if, for example, players keep playing the ball after it goes out of bounds.