

# Brewster Recreation

## 3<sup>rd</sup> & 4<sup>th</sup> grade soccer, practice activities

Each practice should consist of four basic activities:

1. Warm up
2. Individual activities
3. Small group activities
4. Large group activities or scrimmages

\*frequent water breaks are also encouraged



### **WARM UP:**

#### *5-10 MINUTES*

Warm ups could consist of various activities. Running or jogging, dribbling the ball, passing with a team mate, trapping with different parts of their body, practicing throw ins with others trapping those throws, shooting on goal, etc.

### **INDIVIDUAL ACTIVITIES:**

#### *10-15 MINUTES*

Individual activities could consist of various activities. Dribbling in an open space while practicing change in direction, keeping their head up, pull backs, and different "1 on 1" moves. Juggling is also something that players this age can start to try.

### **SMALL GROUP ACTIVITIES:**

#### *10-15 MINUTES*

Some ideas for small group activities might include keep away, small sided games, give and go drills, World Cup, soccer golf, 1 touch or 2 touch passing, etc.

### **LARGE GROUP ACTIVITIES:**

#### *15-20 MINUTES*

Players this age just love to play! So, it's OK to let them scrimmage at the end of practice. Be sure that you are giving them instruction, constructive feedback, and constant encouragement. You can also play other soccer related games and give them points for creative dribbling, soccer moves, and good form while shooting or even for playing good defense.

### ***THINGS TO REMEMBER...***

Coaches will need to start teaching these players about soccer terminology and rules at this age. Make sure they know how to properly take a corner kick, execute a throw in, take a free kick, go to open space, play defense, etc. As a coach, try to be open to the needs (physical and psychological) of your players. Understand that soccer is just another vehicle through which we all try to add to the lives of those who participate. At Brewster Recreation we hope to develop players with talent, but at the same time, we hope to promote good character and responsibility in our participants.

