U4/U5 Lesson Plans

U4/ U5 Practice Games

**Gather the cones**

- spread cones out across the field, kids have to gather them (while dribbling their ball), and

then bring them back to you one cone at a time.

**Freeze tag**

- players dribble while you try to tag them. If you tag them, they sit on their ball until a teammate

“unfreezes” them.

**Body parts or animal sounds**

– these are a variation of the same game. Kids dribble and you call out an animal and they must imitate the animal. Or you call out a body part and they must touch it to the ball.

**Kick the coach**

- the kids will love this (and so will you). They have to dribble and try to shoot the ball and hit you while you are running around. It forces them to pick their head up and look around while dribbling, and

also to shoot while the ball is moving.

**Red Rover**

- Kids line up and you say “red rover, red rover, come on over” and they try to dribble to the other

side of the field, while you try to knock their ball away. Similar to Sharks and Minnows, but you don’t have to worry about the kids being afraid of sharks.

**Gates**

- Another old standby. Set up gates around the field and say go, and the kids try to dribble through them. Scatter the gates so there is no pattern and the kids decide where to go for themselves. Yell “stop” and ask them how many gates they have gone through. (They will usually lie in their answer, but that is half the fun!) You can also say the gates are goals, and have the parents be “goalies” for the kids.

**Hot Potato**

– Divide the kids into two teams and put all the balls out in the middle. Make a halfway line and

each team doesn’t want any balls on their half when you yell stop. You can also play this game by telling the kids to try and gather all the balls on their half. Don’t do this at the same practice you play “hot potato” or the kids will get confused.

Scrimmages, relay races, and keep away are also good for this age. Just use your imagination and have fun.