

## U4 PRACTICE #10

### **Appendix B**

#### U4 SOCCER PRACTICE SCHEDULE EXAMPLE

<p><b><u>Practice #1</u></b></p> <ul style="list-style-type: none"> <li>- Regular Tag</li> <li>- Screamers</li> <li>- Touches</li> <li>- Space Invaders</li> </ul>	<p><b><u>Practice #2</u></b></p> <ul style="list-style-type: none"> <li>- Freeze tag</li> <li>- Touches</li> <li>- Red light / green light</li> <li>- Space Invaders</li> </ul>
<p><b><u>Practice #3</u></b></p> <ul style="list-style-type: none"> <li>- Chain tag</li> <li>- Anatomy Soccer</li> <li>- Red light / green light, switch</li> <li>- Bulldozers and Builders</li> </ul>	<p><b><u>Practice #4</u></b></p> <ul style="list-style-type: none"> <li>- Freeze tag</li> <li>- Follow the leader</li> <li>- Relays without the ball</li> <li>- Relays with the ball</li> </ul>
<p><b><u>Practice #5</u></b></p> <ul style="list-style-type: none"> <li>- Regular tag</li> <li>- Touches</li> <li>- Dribbling to a net then shooting</li> <li>- Bulldozers and Builders</li> </ul>	<p><b><u>Practice #6</u></b></p> <ul style="list-style-type: none"> <li>- Follow the leader</li> <li>- Relay races with shooting</li> <li>- Easter Egg Hunt</li> <li>- Alligator Pit</li> </ul>
<p><b><u>Practice #7</u></b></p> <ul style="list-style-type: none"> <li>- Relays without Balls</li> <li>- Ball tag</li> <li>- Easter Egg Hunt</li> <li>- 4 nets</li> </ul>	<p><b><u>Practice #8</u></b></p> <ul style="list-style-type: none"> <li>- Touches</li> <li>- Follow the Leader with a ball</li> <li>- Passing with a partner</li> <li>- 4 Nets</li> </ul>
<p><b><u>Practice #9</u></b></p> <ul style="list-style-type: none"> <li>- Freeze Tag</li> <li>- Juggling</li> <li>- Alligator Pit</li> <li>- Small Sided Scrimmage</li> </ul>	<p><b><u>Practice #10</u></b></p> <ul style="list-style-type: none"> <li>- Freeze tag</li> <li>- Juggling</li> <li>- Relays with Shooting</li> <li>- Small Sided Scrimmage</li> </ul>





