

U4 PRACTICE #5

Appendix B

U4 SOCCER PRACTICE SCHEDULE EXAMPLE

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

