

YMCA Soccer Warm-Up Activities for 3-5-Year-Olds

Warm Up Description	Page¹
<p>Begin each practice with 5 to 10 minutes of warm-up activities to get players loosened up and ready to go.</p> <ol style="list-style-type: none"> 1. Players free kick or dribble in space (one ball per child), using no more than half a field. 2. Players dribble or kick at targets (cones) spread out in space. 	38
<p>Have players practice close dribbling. Tell players “Keep the ball close when you run,” as they practice. Also, tell players that you will blow your whistle occasionally during practice. When you blow the whistle, they should stop and put a foot on the ball to show they have it under control.</p>	43
<ol style="list-style-type: none"> 1. 1 v 1 — Each player tries to hit a cone using only his or her feet, not hands. 2. Players free kick or dribble in space (one ball per child), using no more than half a field. 	47
<p>Groups of three—Players play 2 v 1 in an area 20 feet by 10 feet with a small goal. They must pass three times, then shoot into the goal.</p>	62
<p>Players shoot a stationary ball into a goal.</p>	66
<p>1 v 1—Each player tries to hit a cone using only his or her feet, not hands.</p>	69
<p>Use a Skill Drill from a previous practice.²</p>	n/a

¹ This page number refers to pages in the “Plans for 3- to 5-Year-Olds” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Soccer** online course.

² Refer to the “Games and Skill Drills for 3-5-Year-Olds” document found on the “Practice Builder” page in the YMCA’s **Coaching Soccer** online course.