

## YMCA Soccer Warm-Up Activities for 6-7-Year-Olds

<b>Warm Up Description</b>	<b>Page<sup>1</sup></b>
<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"> <li>1. Players kick or dribble in space (one ball per child).</li> <li>2. Players dribble or kick at targets spread out in space.</li> </ol>	78
<p>Have pairs of players pass and move in a small area. Tell them to call for the ball from their partners.</p>	83
<p>Players pair up. Each player has a cone, and each pair has a ball. The cones are about 10 yards apart. Each player tries to hit the opponent's cone with the ball.</p>	87
<p>"Paint the field." Pretend that the ball is a paint brush and paint the field by passing and moving all over the field. Pass and move in teams of four over the field. Each team of four stays close together and moves anywhere on the field, passing the ball among the team members.</p>	96
<p>Players dribble and follow the leader in groups of two or four.</p>	109
<p>Players play 1 v 1 to a small goal or cones.</p>	112
<p>Use a Skill Drill from a previous practice.<sup>2</sup></p>	n/a

<sup>1</sup> This page number refers to pages in the "Plans for 6- to 7-Year-Olds" document found on the "Season and Practice Plans" page in the YMCA's **Coaching Soccer** online course.

<sup>2</sup> Refer to the "Games and Skill Drills for 6-7-Year-Olds" document found on the "Practice Builder" page in the YMCA's **Coaching Soccer** online course.