



# Soccer

## Warm-Up Activities



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 3 to 5

### Description

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.

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.

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.

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.

Players shoot a stationary ball into a goal.

1 v 1—Each player tries to hit a cone using only his or her feet, not hands.

Use a Skill Drill from a previous practice.