



Pee Wee Program
Mighty Mites Practice

Format

The City of Fontana Pee Wee Soccer Mighty Mites Division is designed to introduce and develop young athletes to the growing sport. The program will provide basic fundamentals for coaches, and athletes participating in a 3-week skill development practice followed by 6 scrimmage style games.

Encourage parents to engage their child in all the program related activities to provide support to their child as needed through a variety of progression drills held at each practice. We need volunteers to assist with group activities, recovering balls and keeping athletes in designated area. The more assistance coaches for each practice, the more successful the development of the athlete.

Our program goal is to provide a “FUN” is #1 environment where participants can enjoy the sport without the fear of making a mistake. Let’s focus on player development and keep the participants active throughout the 60-minute session each day.

****Week 1: Dribbling and Ball Control****

****Practice 1 (Monday) - Dribbling Basics****

1. **Warm-up (10 minutes):** Light jogging, dynamic stretches.
2. **Dribbling Drills (30 minutes):**
 - **Cone Dribbling:** Set up cones in a zig-zag pattern. Players dribble the ball through the cones using both feet.
 - **Island Game:** Create small "islands" with cones. Players dribble around the islands, avoiding collisions.
 - **Traffic Lights:** Use colored cones as traffic lights. Red means stop, yellow means slow down, green means go.
3. **Small-Sided Game (15 minutes):** 3v3 or 4v4 scrimmage with emphasis on dribbling.

****Practice 2 (Wednesday) - Ball Control and Passing****

4. **Warm-up (10 minutes):** Jogging, high knees, butt kicks.
5. **Ball Control Drills (30 minutes):**
 - **Toe Taps:** Players tap the ball with the top of their feet while stationary.
 - **Inside-Outside Touches:** Alternate between inside and outside of the foot to control the ball.
 - **Pass and Receive:** Players pass to a partner and receive the ball back.
6. **Passing Game (15 minutes):** Players pass the ball to teammates, focusing on accuracy and weight of the pass.

****Week 2: Shooting and Scoring****

****Practice 3 (Monday) - Shooting Techniques****

7. **Warm-up (10 minutes):** Light jogging, dynamic stretches.
8. **Shooting Drills (30 minutes):**
 - **Stationary Shots:** Players practice shooting from different angles.

- **Moving Shots:** Add movement (dribbling or running) before taking a shot.
- **Target Practice:** Set up targets (cones or small goals) for players to aim at.

9. **Shooting Game (15 minutes):** Players take turns shooting on goal.

Practice 4 (Wednesday) - Scrimmage and Scoring

- 10. **Warm-up (10 minutes):** Jogging, high knees, butt kicks.
- 11. **Small-Sided Scrimmage (40 minutes):** 4v4 or 5v5 game with a focus on scoring goals.
- 12. **Cool Down (10 minutes):** Light stretching.

Week 3: Defensive Skills and Teamwork

Practice 5 (Monday) - Defensive Basics

- 13. **Warm-up (10 minutes):** Light jogging, dynamic stretches.
- 14. **Defensive Drills (30 minutes):**
 - **Shadow Defense:** Players shadow an opponent without tackling.
 - **Tackling Technique:** Teach proper tackling form (side-on, not from behind).
 - **Interception Game:** Players intercept passes from opponents.
- 15. **Defensive Game (15 minutes):** 3v3 or 4v4 scrimmage with a focus on defending.

Practice 6 (Wednesday) - Teamwork and Fun

- 16. **Warm-up (10 minutes):** Jogging, high knees, butt kicks.
- 17. **Teamwork Activities (30 minutes):**
 - **Passing Circles:** Players pass the ball in a circle, communicating and moving.
 - **Relay Races:** Divide players into teams for relay races with the ball.
 - **Mini-Game (15 minutes):** Play a fun, small-sided game that encourages teamwork.

