



**Pee Wee Program
Junior Mites Practice**

Format

The City of Fontana Pee Wee Soccer Junior 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.

Skill Development Practice Week 1-3 Scrimmage/Game Week 6

Layout	Minutes	Activity	Minutes	Activity
	5	Warmups	5	Warmups
	10	Skills Development	10	Skills Development
	2	Break	2	Break
	10	Drill of the Day	10	Scrimmage
	5	Re-Group	5	Re-Group

Week 1	Minutes	Activity	Minutes	Activity
	5	Warmups	5	Warmups
	10	Ready Position	10	<u>Skill</u>
	2	Break	2	Break
	10	<u>Skill</u>	10	<u>Skill</u>
	3	Re-Group	3	Re-Group

Week 2	Minutes	Activity	Minutes	Activity
	5	Warmups	5	Warmups
	10	<u>Skill</u>	10	<u>Skill</u>
	2	Break	2	Break
	10	<u>Skill</u>	10	<u>Skill</u>
	3	Re-Group	3	Re-Group

Week 3	Minutes	Activity	Minutes	Activity
	5	Warmups	5	Warmups
	10	<u>Skill</u>	10	<u>Skill</u>
	2	Break	2	Break
	10	<u>Skill</u>	10	<u>Skill</u>
	3	Re-Group	3	Re-Group

1. Day 1 (Monday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements (e.g., animal walks like bears, frogs, or crabs).
- **Dribbling Drills (20 minutes):**
 - **Musical Dribble:** Set up cones in a circle. Play music and have kids dribble their soccer balls around the cones. When the music stops, they freeze and perform a toe tap on the ball.
 - **Bulldog Attack:** One child (the "bulldog") tries to tag others by dribbling their ball. If tagged, the child joins the bulldog.
- **Cool Down (10 minutes):** Slow jogging and static stretches.

2. Day 2 (Thursday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements.
- **Passing Drills (20 minutes):**
 - **Pass and Overlap:** Pair kids up. One passes the ball, and the other overlaps to receive it. Switch roles.
 - **Grid Passing:** Set up a small grid. Kids pass the ball to each other, focusing on accuracy.
- **Cool Down (10 minutes):** Slow jogging and static stretches.

Week 2:

3. Day 1 (Monday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements.
- **Shooting Drills (20 minutes):**
 - **Power From Distance:** Kids take turns shooting from different distances. Encourage them to use both feet.
 - **The Two-Footed Striker:** Practice shooting with both feet.
- **Cool Down (10 minutes):** Slow jogging and static stretches.

4. Day 2 (Thursday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements.

- **Defending Drills (20 minutes):**
 - **Guard The Castle:** Set up a "castle" (cones) and have kids defend it by blocking opponents' shots.
 - **Defend The Gate:** Kids pair up. One defends the gate (two cones), and the other tries to dribble through.
- **Cool Down (10 minutes):** Slow jogging and static stretches.

Week 3:

5. Day 1 (Monday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements.
- **Ball Control Drills (20 minutes):**
 - **Dribble, Turn, Explode:** Kids dribble, perform a turn (e.g., inside cut), and explode forward.
 - **Ball Juggling:** Encourage kids to keep the ball in the air using their feet, thighs, and head.
- **Cool Down (10 minutes):** Slow jogging and static stretches.

6. Day 2 (Thursday):

- **Warm-up (10 minutes):** Light jogging, dynamic stretches, and fun movements.
- **Fun Soccer Games (20 minutes):**
 - **Space Wars:** Divide the team into two groups. Each group tries to invade the other's space by dribbling their balls across the field.
 - **Bumper Cars:** Kids dribble their balls and try to gently bump into each other.
- **Cool Down (10 minutes):** Slow jogging and static stretches.