



Pee Wee Program
Mini Mites Practice

Format

The City of Fontana Pee Wee Soccer Mini-Mites “Parent & Me” Division is designed to introduce young athletes to the growing sport. The program will provide basic fundamentals for coaches, parents 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.

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 30-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

Practice Plan Examples

- **Day 1:**

- *Warm-up:* Follow the Leader (5 mins)
 - **Description:** Parents lead their child around the field, encouraging them to walk, jog, and perform simple movements.
 - **Equipment:** None
- *Skill 1:* Ball Touches (10 mins)
 - **Description:** Parents help their child tap the ball with their feet, focusing on gentle touches.
 - **Equipment:** Size 3 soccer ball
- *Skill 2:* Kicking Station (10 mins)
 - **Description:** Set up small goals and have parents guide their child to kick the ball into the goal.
 - **Equipment:** Small portable goals, size 3 soccer ball
- *Cooldown:* Bubble Catching (5 mins)
 - **Description:** Blow bubbles and encourage children to 'catch' them by popping with their hands or feet.
 - **Equipment:** Bubbles

- **Day 2:**

- *Warm-up:* Animal Walks (5 mins)
 - **Description:** Parents and children imitate different animals' movements across the field.
 - **Equipment:** None
- *Skill 1:* Obstacle Course (10 mins)
 - **Description:** Create a simple course with cones for children to navigate with the ball.
 - **Equipment:** Cones, size 3 soccer ball
- *Skill 2:* Pass and Score (10 mins)
 - **Description:** Parents pass the ball to their child and encourage them to kick it into a goal.

- **Equipment:** Small portable goals, size 3 soccer ball
- *Cooldown:* Sing and Stretch (5 mins)
 - **Description:** Sing a popular nursery rhyme while performing simple stretches.
 - **Equipment:** None

Week 2: Building Skills

● **Day 1:**

- *Warm-up:* Red Light, Green Light (5 mins)
 - **Description:** Children dribble when 'green light' is called and stop when 'red light' is called.
 - **Equipment:** Size 3 soccer ball
- *Skill 1:* Cone Dribbling (10 mins)
 - **Description:** Set up cones for children to dribble the ball in and out.
 - **Equipment:** Cones, size 3 soccer ball
- *Skill 2:* Target Practice (10 mins)
 - **Description:** Use hula hoops or marked areas as targets for children to kick the ball into.
 - **Equipment:** Hula hoops or markers, size 3 soccer ball
- *Cooldown:* Parachute Play (5 mins)
 - **Description:** Use a parachute or large sheet to gently toss the ball up and catch it.
 - **Equipment:** Parachute or large sheet, size 3 soccer ball

● **Day 2:**

- *Warm-up:* Simon Says (5 mins)
 - **Description:** Play Simon Says with soccer-related actions like 'Simon says, touch the ball'.
 - **Equipment:** None
- *Skill 1:* Balloon Keep Up (10 mins)
 - **Description:** Use balloons to practice keeping the ball up in the air with gentle taps.

- **Equipment:** Balloons
- *Skill 2:* Mini Match (10 mins)
 - **Description:** Organize a mini soccer match with simple rules and lots of encouragement.
 - **Equipment:** Small portable goals, size 3 soccer ball
- *Cooldown:* Story Time (5 mins)
 - **Description:** Gather the children and read a short story related to soccer or teamwork.
 - **Equipment:** Storybook

Week 3: Fun with Soccer

- **Day 1:**
 - *Warm-up:* Dance Party (5 mins)
 - **Description:** Play music and encourage children to dance and move freely.
 - **Equipment:** Music player
 - *Skill 1:* Color Call-Out (10 mins)
 - **Description:** Call out a color and have children dribble to the cone of that color.
 - **Equipment:** Colored cones, size 3 soccer ball
 - *Skill 2:* Goalie Practice (10 mins)
 - **Description:** Let children take turns being a goalie and trying to block soft shots.
 - **Equipment:** Small portable goals, size 3 soccer ball
 - *Cooldown:* Relaxation Time (5 mins)
 - **Description:** Lead a guided relaxation session with deep breaths and calm music.
 - **Equipment:** Music player
- **Day 2:**
 - *Warm-up:* Freeze Dance (5 mins)
 - **Description:** Play music and have children freeze when the music stops.

- **Equipment:** Music player
- *Skill 1:* Scavenger Hunt (10 mins)
 - **Description:** Hide small soccer-related items for children to find with their parents.
 - **Equipment:** Small soccer-related items
- *Skill 2:* Celebration Parade (10 mins)
 - **Description:** Have a parade around the field celebrating the skills learned.
 - **Equipment:** Flags, streamers
- *Cooldown:* Goodbye Circle (5 mins)
 - **Description:** Form a circle, hold hands, and say goodbye with a cheer.
 - **Equipment:** None