



## Week 1 Practice Plan Template & Examples- Ages 12-15 – Dribbling

**Warmup:** Dynamic Stretching: 10 Mins

Players are at the age now where a dynamic warmup is a must to get the muscles and joints ready to perform.

Dynamic Warmup Example:

Jog, High knees, Butt kicks, Frankenstein, Donkey kicks, Open & Close the gate, Knee hug, Quad pull, Sprint, etc.

**Activity #1 & #2** 10 Mins. each activity – 20 mins.

Examples of dribbling activities:

- **“King of the ring”** - All players are dribbling inside of a small area. The goal is to keep their ball inside the area, while trying to kick the other players balls out. This helps learn to protect the ball. Whoever is last wins, restart after there is a winner.
- **“1v1”** - Players on opposite sides of the field face off 1 against 1. Defender passes the ball out to attacker, play from there. Reset if the ball goes out or if there is a goal. To avoid many players standing around, add players for 2v2 or even 3v3.
- **“Sharks and Minnows”** - Minnows (Players with ball) start on one side of the field. They must dribble to the other side of the field without a Shark (Defender) taking the ball. The last person standing wins. Restart next rounds with different sharks.

**Scrimmage:** Rest of practice

Scrimmage, seeing if there are any improvements in dribbling!

Use Scrimmage time to help players learn rules. (Throw ins, Handballs, Kickoff after a goal is scored, half time, etc.) Check this link for the full rules list.

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**Tips for coach:**

Allow time for water breaks

**Have Fun! If you have fun, the kids will too!**