



Week 2 Practice Plan Template & Examples- Ages 12-15 – Passing

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 passing activities:

- **“Rondos”**- Players are in a big circle with one defender in the middle. The players must keep the ball by passing to each other, keeping the ball from the defender. If the defender gets the ball, the last person to touch the ball goes in and defends. If it is too easy to keep the ball, add another defender or make the circle smaller.
- **“Passing Through Gates”**- Put down small gates on the field using cones. Players work in pairs trying to pass the ball to each other, through the gates. When they successfully pass through a gate, they move on to a different gate.
- **“Triangle Passing”** - Make big triangles made from cones on the field. Have players ~ 5 to a group pass the ball one way around the triangle. Players must follow their

pass. When the ball gets back to the person who started, at the cone they started on, go the other direction. Challenge your players by having them take different touches (outside the foot, receive on front/back foot).

- **“Turning and Passing”** - Place three cones in a straight line about 10 feet away from each other. There should be one player on each cone. The ball starts on the outside, passing the ball into the person in the middle. The person in the middle must turn, and pass to the other side. Keep passing back and forth for 1 minute and then switch players. Adjust how many cones you use for player count.

Scrimmage: Rest of practice

Scrimmage, seeing if there are any improvements in passing!

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!