



Week 3 Practice Plan Template & Examples- Ages 12-15 – Shooting

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 shooting activities:

- **“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.
- **“Lightning”** - Every player has a ball; one player starts as goalkeeper. All players are in a line, the first person dribbles and shoots their ball. The person who just shot becomes the goalkeeper, and the goalkeeper gets in line. If you score a goal, you are automatically safe, but if you miss and the person behind you scores, you are out for that round (like basketball knockout). Restart after there is a winner.
- **“Pass, Layoff, Shoot”** - Place on cone about 28 yards from the goal, and another cone about 18 yards from the goal. Players will line up with a ball at the 28 yd cone with one player at the 18 yd cone. Players must pass the ball to the player at the 18

yd cone and they will lay the ball back to the player that passed. They must run and shoot the ball. Whoever just shot moves to the 18 yd cone and the person who laid the ball off retrieves the ball and gets back in line.

Scrimmage: Rest of practice

Scrimmage, seeing if there are any improvements in shooting

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!