



Week 4 Practice Plan Template & Examples- Ages 12-15 – Trapping the ball

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 trapping activities:

- **“Red Light, Green Light”** - All players have a ball. While players are dribbling around the field, the coach yells out different light colors (red, yellow, green), players must stop on red, slow down on yellow, and go fast on green. Add colors if players need a challenge.
- **“Dribble Freeze”** - Players dribble around inside the field, when Coach says “Freeze!” All players must put their foot on top of the ball. If a player fails to do so, they must do 5 toe taps.
- **“Partner Passing”** - In a pair with a ball, players pass back and forth, focusing on technique when trapping the ball and passing it. Make it a challenge by making

them stand in a square of cones, and they must keep the ball inside that square when they trap the ball.

Scrimmage: Rest of practice

Scrimmage, seeing if there are any improvements in trapping the ball!

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!