



## Week 1 Practice Plan Template & Examples- Ages 7-9 – Dribbling

**Warm up:** Scrimmage ~ 20 mins

At this age, players are still too young for stretching to be useful of time, but old enough that they don't need to do an activity to start focusing.

Have your players start a scrimmage as they arrive. If you do not have two goals, set up a goal on the other side using two cones.

Having a scrimmage to start is a great way to engage players at this age.

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

Examples of dribbling activities:

- **“Duck Tails”**- All “Ducks” (Players) have a tail (pinnie tucked into shorts), and a ball. Players must try to grab the other Ducks tails, while dribbling and protecting their tail. If their tail is taken, they must do five toe taps, they can then return to play.
- **“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.

- “Dribble Through Gates”- Set up gates using cones inside the field. Players must attempt to dribble through as many gates as they can. Ask players at the end of each round how many gates they got.

**Scrimmage:** ~20

Scrimmage again, 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

No Lines, No Laps, No Lectures

Kids at this age need to be moving, especially with the ball, as much as possible. It is highly recommended not to have players standing in lines.

Kids at this age do not need to work on getting fit. Do not waste time on laps, when that time can be used for the ball.

Kids at this age have a very short attention span. Keep coaching points brief, positive, and specific.

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