



## Week 2 Practice Plan Template & Examples- Ages 7-9 – Passing

**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 passing activities:

- **“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.
- **“Cat and Mouse”**- “Mice” (Players) line up on one end of the field without the ball. The “Cat” (coach or first kicker) is on the sideline. The mice must try to run to the other side without getting tagged by a ball (under the knee). If a mouse is tagged, they become a cat and try to tag the other mice in the next rounds.
- **“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.

- “Find A Pass!”- Players will be in a pair with a ball. Players must dribble around the area, and when coach says, “Find a pass!” They must get their head up and find their teammate with a pass. Make sure everyone is moving around. Pass and move!

**Scrimmage:** ~20

Scrimmage again, 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.

<https://static1.squarespace.com/static/60f83a1296f90f11a8118910/t/623de3b9e0329b7fa721208c/1717593250541/Referee+Cheat+Sheet.pdf>

<https://static1.squarespace.com/static/60f83a1296f90f11a8118910/t/6509ca1fe6f93250ac1f1ca4/1695140383239/WISC+Sharks+Rec+Soccer+Format+2023-2.pdf>

**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!**