



Week 4 Practice Plan Template & Examples- Ages 7-9- Trapping the ball

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 trapping the ball activities

- **“Catch the Bug”** - Players are paired together with one ball. They must pass the bug (ball) back and forth, practicing trapping the ball. See how many passes each pair can get!
- **“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.

Scrimmage: ~20

Scrimmage again, 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.

<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!