



Week 3 Practice Plan Template & Examples- Ages 7-9- Shooting

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 shooting activities:

- **“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.
- **“Target Game”** - In a small grid, all players have a soccer ball. Coach is also in the grid, without a soccer ball. The players must dribble their ball towards the coach and try to hit them with the ball below their knee. When coach gets hit, they yell “ouch!” Play 1-minute games and see how many ouches everyone got.
- **“Cannonball”** - Set up three zones using cones, 1 (closer), 2 (middle), 3 (further). Players will be dribbling their ball, and when Coach yells out a zone, they must

quickly dribble to that zone and shoot the ball into the goal. Everyone grabs their ball and continues dribbling.

- “Dribble and Score Tag” - In a small field with two goals, players dribble their ball around trying to tag each other. When a player is tagged, they must dribble and shoot their ball into a goal, allowing them to re-enter the tagging game.

Scrimmage: ~20

Scrimmage again, 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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<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!