



Week 1 Practice Plan Template & Examples- Ages 9-11 – Dribbling

Warmup: Dynamic Stretching and Scrimmage

At this age, it's time for players to do a proper dynamic warmup, which gets them ready to play and helps avoid getting hurt.

Dynamic Warmup Example:

Jog, High knees, Butt kicks, Frankensteins, Donkey kicks, Open & Close the gate, Knee hug, Quad pull, Sprint.

Begin a scrimmage after warming up

Scrimmage ~ 20 mins

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

Examples of dribbling activities:

- **“King of the ring”** - All players are dribbling inside of a small area. The goal is to keep their ball inside the area, while trying to kick the other players balls out. This helps learn to protect the ball. Whoever is last wins, restart after there is a winner.
- **“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 different colors with different moves for a challenge (ex. Cruyff turn, Pull back, Scissors).

- **“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.
- **“Sharks and Minnows”**- Minnows (Players with ball) start on one side of the field. They must dribble to the other side of the field without a Shark (Defender) taking the ball. The last person standing wins. Restart next rounds with different sharks.
- **“1v1”** - Players on opposite sides of the field face off 1 against 1. Defender passes the ball out to attacker, play from there. Reset if the ball goes out or if there is a goal. To avoid many players standing around, add players for 2v2 or even 3v3.

Scrimmage: Rest of practice

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!

