



Week 2 Practice Plan Template & Examples- Ages 9-11 – Passing

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 passing activities:

- **“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.
- **“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.

- **“Triangle Passing”** - Make big triangles made from cones on the field. Have players ~ 5 to a group pass the ball one way around the triangle. Players must follow their pass. When the ball gets back to the person who started, at the cone they started on, go the other direction. Challenge your players by having them take different touches (outside the foot, receive on front/back foot).
- **“Turning and Passing”** - Place three cones in a straight line about 10 feet away from each other. There should be one player on each cone. The ball starts on the outside, passing the ball into the person in the middle. The person in the middle must turn, and pass to the other side. Keep passing back and forth for 1 minute and then switch players. Adjust how many cones you use for player count.

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!