



Week 3 Practice Plan Template & Examples- Ages 9-11- Shooting

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 shooting activities:

- **“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.
- **“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.

- “Lightning” - Every player has a ball; one player starts as goalkeeper. All players are in a line, the first person dribbles and shoots their ball. The person who just shot becomes the goalkeeper, and the goalkeeper gets in line. If you score a goal, you are automatically safe, but if you miss and the person behind you scores, you are out for that round (like basketball knockout). Restart after there is a winner.

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!