



## Week 4 Practice Plan Template & Examples- Ages 9-11- Trapping the ball

### 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 trapping the ball activities

- **“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.
- **“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!

- “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:** 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!**