



Week 2 Practice Plan Template & Examples- Ages 4-6- Passing

Warm up: 10-15 Mins.

Brief, Light Stretching: 5 Mins- At this age, players don't need to stretch much, use this time to engage with the players.

Warm up activity: 5-10 Mins.

Examples of Warm up Activities: **Games that initiate focus, listening and fun**

- **“Follow the leader”**- Players must follow coach's movements (running, skipping, etc.)
- **“Animal Movements”**- Players must move like different animals that coach says, incorporate a ball for “Animal Dribbling”
- **“Traffic Jam”**- Players dribble the ball like different vehicles (cars, airplanes, etc.)
- **“Coach ___ Says”**- Coach plays Simon Says with the soccer ball, kids must listen and follow (ex. “Coach ___ says put foot on top of the ball”)
- **“Body Part Dribbling”**- Players dribble the ball around inside a small area, whatever body part coach says, players must touch the ball with that body part. (ex. “Nose!”)

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

Examples of passing activities:

- **“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.
- **“Stuck in the Mud”**- Players dribble their ball inside the “swamp” (field) if the “swamp monster” (coach or designated tagger) tags them, they must freeze with their legs apart. To get unstuck, another player must pass their ball between the stuck players legs.
- **“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.
- **“Find A Pass!”**- Players will be in a pair with a ball. Players must dribble around the area, and when coach says, “Find a pass!” They must get their head up and find their teammate with a pass. Make sure everyone is moving around. Pass and move!

Scrimmage: ~20-30 Mins

Use Scrimmage time to help players learn rules. (Throw ins, Handballs, Kickoff after a goal is scored, half time, etc.) Check these links for the full rules lists.

<https://static1.squarespace.com/static/60f83a1296f90f11a8118910/t/623de3b9e0329b7fa721208c/1717593250541/Referee+Cheat+Sheet.pdf>

<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!