



Week 4 Practice Plan Template & Examples- Ages 4-6- Trapping the ball

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 trapping the ball activities:

- **“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.
- **“Picking Flowers”** - Place flowers (cones) upside down in a small area. Players must dribble their ball to different flowers, get their ball on top of the cone with their foot on top of the ball, to get a flower. See how many flowers the kids can get!
- **“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!
- **“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.

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 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!