Practice Plan

Name:_____   Date:_____

Age Group:_____   Theme:_____

Activity	Coaching Points
1ˢᵗ Activity (warm-up) *Ball Retrieval-Groups of 4*	• Be creative and make the players hand the ball to you in different ways (give me the ball using your back)
Players are in groups of three or four with one ball in a large unmarked space. The coach tosses the ball away and the players must return it to the coach with each player touching the ball at least once. The final pass should be played to a player standing next to the coach. Progressions: The coach can move within the area to make the players look up. Specify how many passes or what type of passes must be used to bring the ball back.	o See how the players solve the problem, do they just pick it up and put in one someone's back or do they try to do something more complicated • By this age players can receive more instruction on how to pass the ball technically correct
2ⁿᵈ Activity *Elbow Tag*	• When changing direction to shake off a tagger can they stay low to the ground
Players are in pairs with their elbows hooked and standing in a random formation. The other hand is on their hip with their elbow bent. The coach breaks one pair apart and designates one person as "it". That person tries to run down their partner and tag them. Their partner can become safe if they link elbows with one of the other pairs. When a person links with a pair, the person who is not linked to the new person must then unlink and is fair game to be tagged. Progressions: Break apart more pairs.	• Can players use changes of speed and direction to shake off taggers • Can players use feints to deceive potential taggers
3ʳᵈ Activity *Hurricanes and Ladders*	• Great activity that encourages teamwork and problem solving
Play consists of two teams of 5 to 7 players with one ball using half a field. The coach tosses the ball and the ladder group runs to the ball as quickly as possible and forms a line. Then, they have to hand the ball to the end of the line in an over the head/between the legs fashion. Meanwhile, the other team forms a tight circle or huddle. One person from that group runs around the circle as many times as they can until the other team yells stop. Switch. Play to 10 points.	• Be vague in your instructions, don't tell them to get in a tight circle
4ᵗʰ Activity *Defrost Tag*	• SAFETY NOTE - As long as any part of a person's body is still underneath a frozen player, a ball cannot be played at them
Start with two equal teams in a larger area. One team is on the inside of the area without balls and the other is outside the area with balls. On the coach's signal the players on the outside dribble into the area and try to freeze the inside players by passing their ball off of them below the knees. Inside players can be unfrozen by other inside players by crawling through each other's knees. Progressions: Give both teams balls.	
5ᵗʰ Activity (the game) *Get Outta-Here2v2*	• This game should be **very** fast paced • As soon as the ball goes out of bounds throw another ball in immediately
In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of ball and a **small** line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 2v2 and progress to 3v3.	• The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them • Vary how balls are distributed into the playing area

Scrimmage 2v2 or 3v3