

# 1<sup>st</sup> Grade Plan-Week # 1

“Sponge Activity” (as players arrive until 5 min. after start time)-Street Soccer- (See Warm-up Doc)

## 1<sup>st</sup> activity- Multi-Directional Red Light/Green Light- 10 minutes

### Set up-

In a 10x10 yard grid, each player with a ball.

### Play-

Coach calls out “colored lights”.

- **Green Light:** Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)
- **Red Light:** Stop (foot on top of the ball)
- **Yellow Light:** Go slow/keep it close!
- **Blue Light:** Go FAST! (accelerate!)
- **Players choose a color:** You give the command for their new color. (Dance over the ball or a sole pull-back with right foot, then left foot, etc.)

### Coaching points-

#### Other commands:

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball!

**Important!!!:** CALL BLUE LIGHT (“really fast light”) immediately after they have completed another light’s command. This builds the habit of a burst of speed following a move.



## 2nd Activity -Dinosaur Eggs-10 minutes

### Set up-

Using 2/3 of your field, place cones to create 4 “Caves” (red cones) and a boundary line (yellow cones). Place balls (“eggs”) in the center of the grid. Divide players into four groups and assign them each a “Cave”. Have players tell you what kind of Dinosaurs they are! Use a smaller area for fewer players or if it’s warm. This is NOT a fitness drill 😊

### Play-

On Coach’s command, dinosaurs will race from their caves to bring back as many eggs as they can in a given time frame. Initially, balls are centrally located but dinosaurs may steal eggs from other caves or from other dinosaurs as they dribble! Stop and count eggs. Team with most eggs gets a point. Play multiple rounds.

### Coaching points-

- “Use your feet!” watch for players using hands-avoid injured fingers!
- “Accelerate to your cave!” (Blue Light!)
- Coaches may become “defenders” to pose problems but should only take a ball if the player lets the ball get out of control (not close to them)



## Scrimmage 3v3-30 minutes

### Considerations:

- Never play 4v4. If numbers are greater than 6 players, play 3v3 with substitutes. Consider playing 2 small games of 2v2,3v3 for a portion of the scrimmage time
- Coordinate with fellow coaches when dividing players onto the two fields. Consider “more aggressive/less aggressive” players to allow for “appropriate competition”.