

1st Grade Plan-Week # 2

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

1st activity- Tag then Partner Tag- 10 minutes

Set up-

15 yards x 15 yards activity grid (half of your field), varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion. If the players are tagged so quickly that little dribbling occurs, extend boundaries. All players have a ball.

Play-

Have players dribble within the boundaries of the grid and tag others while trying not to be tagged.

Round 1: Coach directs players to tag as many players as possible in 1 minute.

Round 2: Coach directs players to tag 2 more than before. (Allow more time so all kid can be successful)

Round 3: Coach directs players to tag more than the previous round, but they must tag the other player on the knee. (This is good for coordination and it promotes good soccer movements, i.e. getting low, knees bent, accelerating away)

Round 4: In pairs, 1 v 1 tag. One player is, “It” until they tag their opponent. Have the player who is “It” at the end of a minute do 2 donkey kicks, or something quick and goofy.

Round 5, 6, : Same as prior round, but switch partners.....

Coaching points-

Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the taggers. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

Important:

Don't have a competition to see who has the most tags in rounds 1-3. Ask them how many they had, because they'll want to tell you, then in the next round ask them to raise their hand if they beat their previous score. Make sure you extend the time, so they do.



2nd Activity -Stampede-10 minutes

Set up-

15 yards x 15 yards activity grid (half of your field), varied depending on number, size, and age of players. The bigger the grid breeds more success for dribblers, which is the focus.

One player without a ball. All other players have a ball.

Play-

Players try to be the last player to have his/her ball stolen by a cowgirl or cowboy. One player, without a ball, is the first cowgirl / cowboy who attempts to steal, NOT JUST CLEAR, the ball of dribbling players as they go by. The cowgirl must steal the ball from the onrushing cattle and dribble it out of the box. All other players, who will be the cattle in the Stampede, each start with a ball start across an end line. The round begins with the coach and the cowgirl yelling, "YEE HAH! The cattle then yell, "STAAAAMPEDE!!!!" Together the cattle dribble their ball to the other end of the grid, avoiding the cowgirl. – see (1). If a player's ball is dribbled out of the box, that player joins the group of cowgirls in the next round. (i.e. more and more cowgirls, fewer players with a ball) – see (2). The process continues until only one player with a ball remains (the winner). The game is replayed several times in 10 minutes, depending on the time it takes to get to a winner.

Coaching points-

Make sure the cowgirls aren't just clearing balls. That's a bad habit. They should control the ball they steal and dribble it out of the box. For an extra challenge, have them dribble it over the end line where the cattle begin. It's important to praise the control of the cowgirls, but really emphasize the success of the cattle. You want to avoid all the kids wanting to become the cowgirl. Emphasis should be placed on smart, controlled play.



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”.

