

1st Grade Plan-Week # 3

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

1st activity- Handshake 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 with a ball (2 “taggers” wear colored jersey to distinguish them from others).

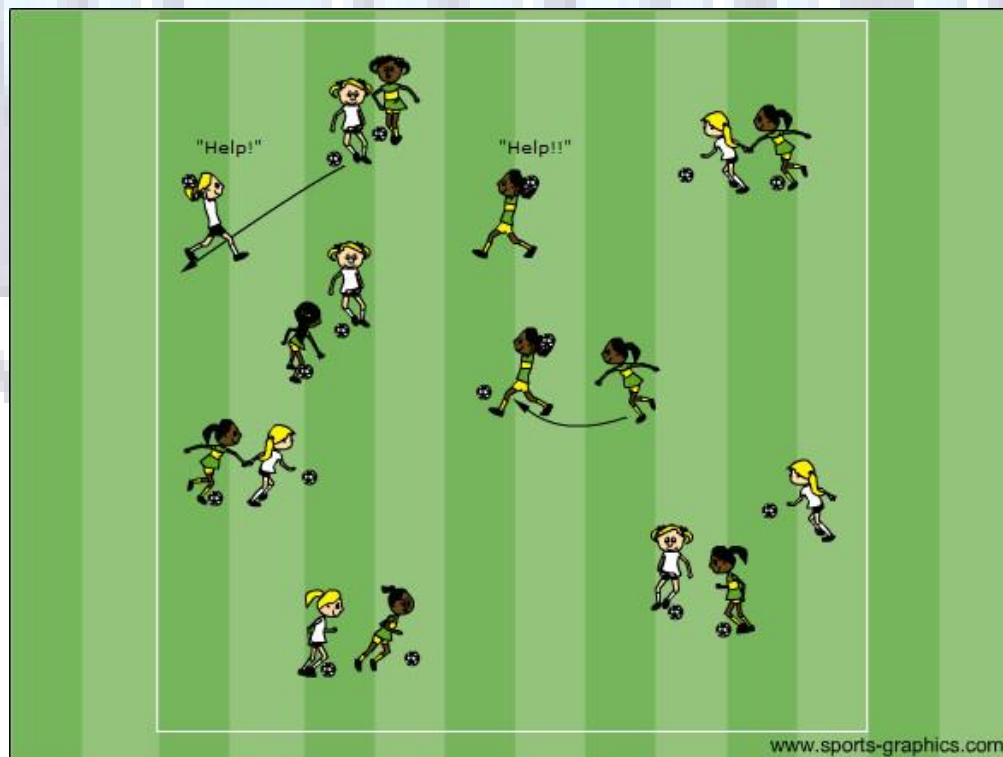
Play-

Two players (with a ball), are the “taggers” who attempt to tag dribbling players by touching them with a hand. If a player is tagged, that player must “freeze” – placing one foot on top of the ball and one hand straight out (ready to be unfrozen). Other dribblers may “unfreeze” a frozen player by shaking hands and introducing themselves. Play multiple rounds, changing “taggers”.

Coaching points-

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.

Variation: When players are ready for it, the frozen players stand with legs wide open holding the ball over their head, they get unfrozen when others dribble through their legs.



2nd Activity -Endzone Cones-10 minutes

Set up-

15 -20 yards x 12-15 yards activity grid (Half of your field). Place small disk cones to mark the beginning of an end zone. Place 6 pylon cones (upside down disk cones work as well), at the back of an end zone that is 1-3 yds. deep. [Adjust depth of these to create success or challenge]. Divide players into two teams. All but one on each team with a ball.

Play- Players knock over opponents' cones and return them to their own end zone.

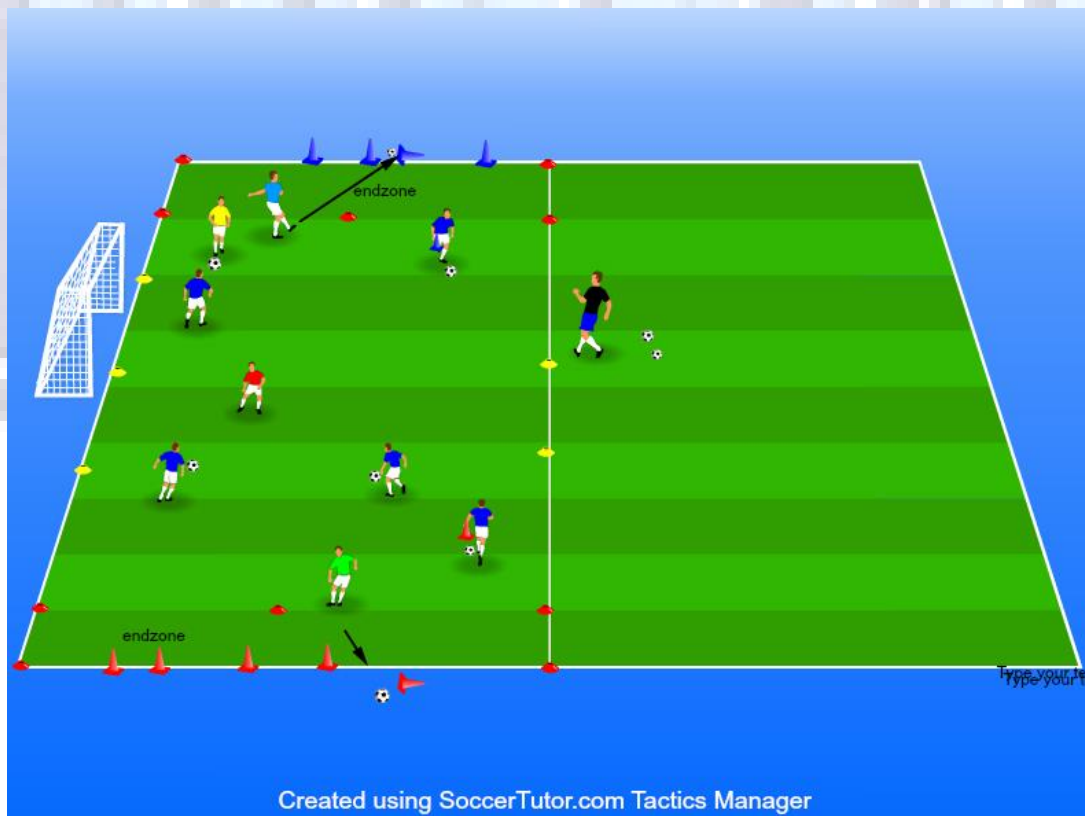
Play 5 v 5 or 5 v 4. All players EXCEPT TWO have a ball. Players may not enter the other team's end zone unless they are gathering a cone they have knocked over. They may go into their own end zone to gather balls, though they may not defend a cone from within their end zone. They must use the inside of foot to pass the ball into the cones. COACHES are in charge of recycling balls that go out of bounds. (This allows you to dictate the amount of defensive pressure on the players with the ball). Players without the ball are defenders who try to steal a ball and strike cones with that ball.

Coaching points-

The coach describes and demonstrates the INSIDE OF FOOT PUSH PASS. Keep players moving. Correct a player individually and briefly while others continue.

General comments to the group: "Plant foot points to target.", "Ankle locked with heel down and toe up.", "Knees bent.", "Head over the top of the ball looking at the ball when you contact it.", "Follow through to the target."

Variations & Extensions: For the second round, players must use only their left foot* to knock over pylon cone. (*If you don't demand this, they won't develop both feet)



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”.

