

1st Grade Plan-Week # 4

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

1st activity- Game with Many Goals- 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. Goals: 5-6 goals (2 cones, 3 feet apart) are placed randomly in the Activity Grid. Make the cone goals of like color on one end of the grid and another color on the other end. Fewer goals make it more challenging. All players with a ball.

Play-

Players try to score as many points as possible in the time allowed. A point is scored by dribbling a ball through a goal. Players cannot dribble through the same goal twice in a row. Each player keeps track of their own number of points.

Variations: Dribble through the 1st goal with the right foot, then the next with the left. As players dribble through the cones, they make a circle around one of the cones. They can dribble backwards through the cones. Alternate the color of the cones through which they dribble. Dribble a figure 8 as they go through the cones. Play multiple rounds.

Coaching points-

After each time interval, ask, “How many goals did you score?”, “Can you beat your last score by 2?”, “Can you get to 10 goals?”, Remind the players, “Keep count of your goals!”



2nd Activity -Knockout then Pirates-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. All players with a ball for 1st activity, then half have a ball for 2nd.

Play-

Players dribble within the boundaries of the grid and attempt to knock other players balls out of the grid while protecting their own ball.

KNOCK-OUT: Continue for 3 rounds of 1.5 minutes each. Players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times-which at this age may be bouncing the ball off each of their thigh and catching it, 5 sole pull backs)

Pirates: Continue for 3 rounds of 1.5 minutes each. Half of players in the group have a ball and half do not. You are a pirate if you don't have a ball. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. If you lose your ball, you become a pirate. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. COACHES may need to try and steal ball from players who are not being challenged.

Coaching points-

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

Important: Don't spend a lot of time instructing. If needed, make a 20-30 second coaching point about dribbling or shielding during breaks between rounds.



Knock Out

Pirates

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”.

