

# 1st Grade Plan-Week # 5

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

## 1<sup>st</sup> activity- Clean Out Your Yard! - 10 minutes

### Set up-

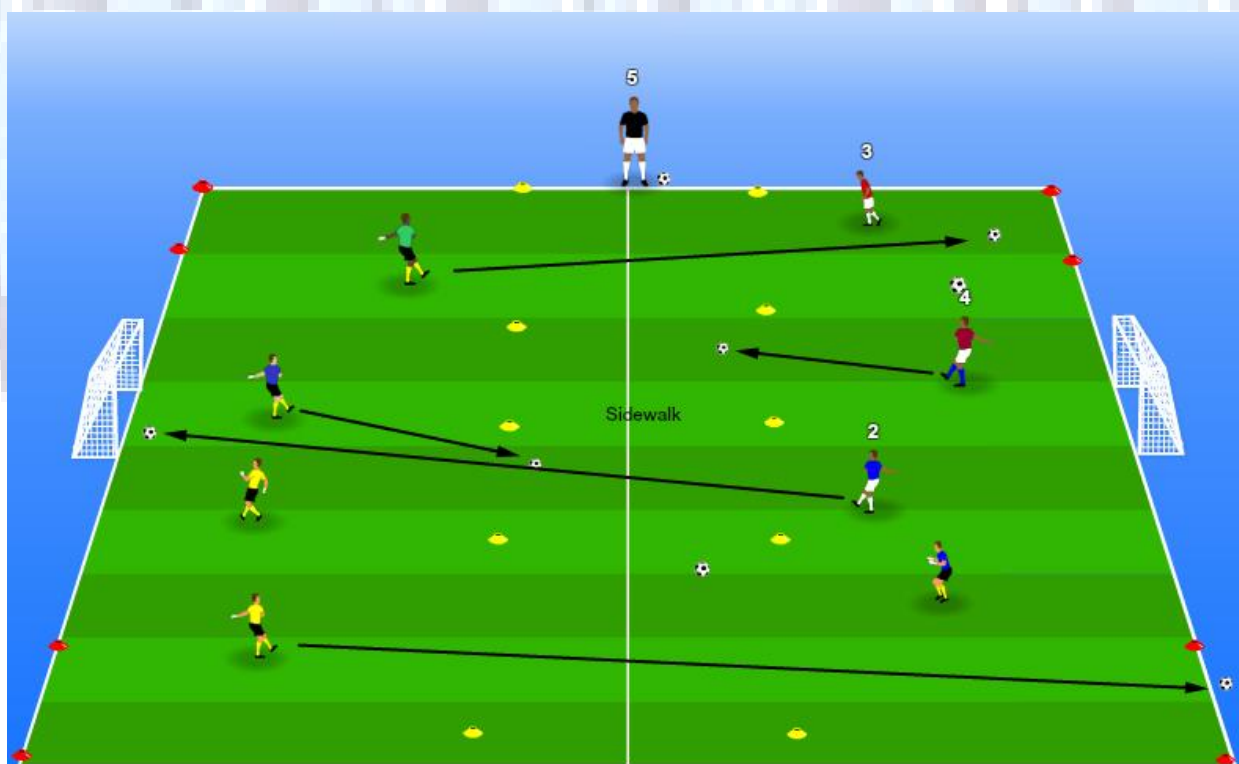
Set up field into thirds with a “cone goal” in each corner of the field and central nets (see diagram). Central third is the “Sidewalk”. Divide players into two teams; each team in their own “yard”. Everyone with a ball.

### Play-

On Coach’s command, teams try to score in any of the three opponent’s goals (cone goals or nets), using the laces. No one is allowed on the sidewalk except coaches (safety). After a player shoots, he/she should look for another ball and repeat. Keep score! Play multiple rounds.

### Coaching points-

- No Toes! Use side of foot or laces!
- Non-kicking foot (Plant foot) beside the ball when you strike!
- Use both feet!



Created using SoccerTutor.com Tactics Manager

## 2nd Activity -1v1-2v2-2v1 “Get Out of Here”-10 minutes

### Set up-

Place two small (2 yard) goals across half of your field 15 x 15 yards. Place half of team behind each goal and coach stands at halfway line with all balls.

### Play-

Coach plays a ball onto field and the first two players (for a 1 v 1), run out and try to score on each other’s goal BY DRIBBLING THROUGH THE GOAL. If someone scores or the ball goes out of bounds, the coach yells “get outta here!” and plays in a new ball immediately for the next players.

### Variations / Extensions:

Stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive. Vary service of ball. Play toward one player or the other or in the middle to create a “battle”.

2v2-Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. (Consider 1 v 2 for players who are ready for a challenge.)

FOR THE LAST 4-5 minutes, bring the nets up to where the cone goals are and let them shoot into the net for a goal.

### Coaching points-

Battle for the ball! Control the ball! Don’t just kick it. No toes when dribbling, passing or shooting!



## 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”.

