

1st Grade Plan-Week # 6

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

1st activity- Doctor! Doctor! 10 minutes

Set up-

10 yards x 10 yards activity grid (less than 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 except the tagger and the “Doctor”. Use different colored pinnies to highlight the tagger and doctor.

Play-

Have players dribble within the boundaries of the grid trying not to be tagged. If tagged, the player must kneel next to (or sit on) his/her ball and yell, “Doctor! Doctor!” Players can resume dribbling after the “Doctor” fixes them (gives a high five). Players who dribble out of the grid are “tagged” and must return to the grid and call for the doctor. Play multiple rounds.

Round 1: Coach is the “Tagger”. Asst. Coach can be 1st “Doctor” (or a player)

Round 2: Assign players to be taggers and doctors.

Round 3: two taggers and two Doctors (use a coach if numbers dictate)

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.



2nd Activity -Steal and Shield-10 minutes

Set up-

Using just under half of the playing field, (See Diagram). Use the center area for this activity. Players partner up with one ball to share/partnership.

Play-

On Coach's command, players with the ball attempt to keep the ball from their partner by dribbling into space or by "shielding" (protecting the ball with their bodies). If the ball goes out of play, player who knocked it out is on defense. Play 45 sec. rounds. Whoever has the ball when coach yells, "Stop!" gets a point. Play multiple rounds.

Variation: Sprinkle a few cones in the middle of the grid. If a player has the ball at the end of time and it is within a foot of a cone, they get 5 points!

Coaching points-

- "Dribble to open space to keep the ball!"
- Shielding- Sideways, Low and Big! Body between the ball and defender, turned "sideways" (Shoulder toward defender), "Low" (knees bent for balance, strength) and "Big" (feet spread apart to keep the defender further from the ball)
- "Can you keep the ball near a cone for extra points?" (Shield!)



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”.

