

1st Grade Plan-Week # 7

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

1st activity- Freeze Tag- 10 minutes

Set up-

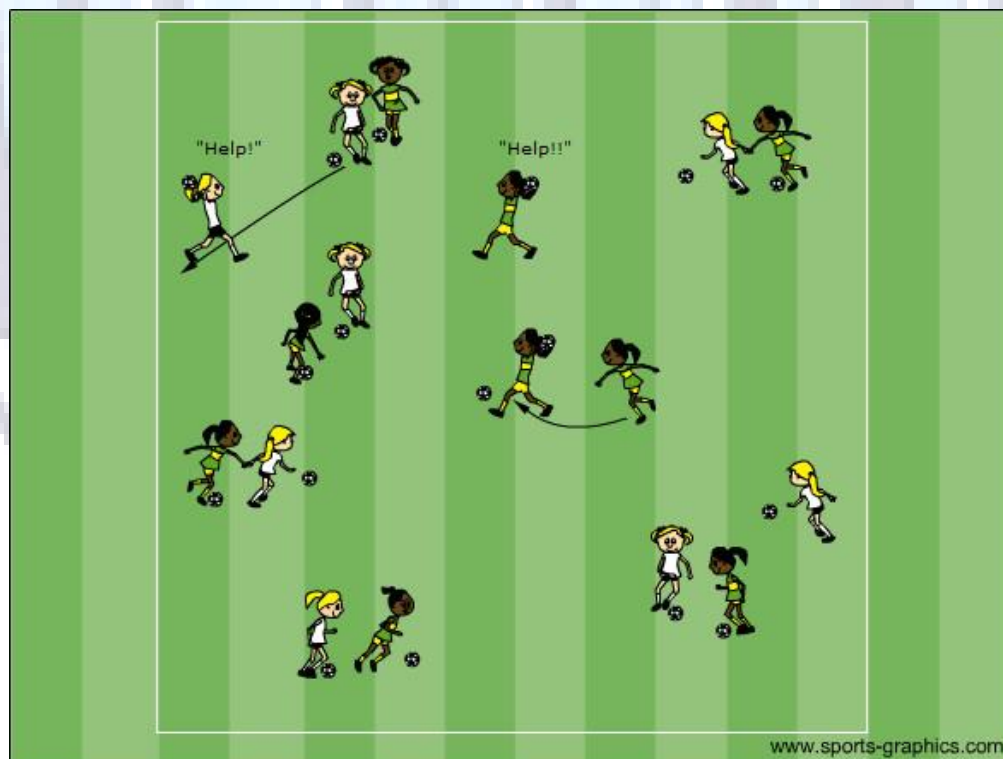
15 yards x 15 yards activity grid (Half of your field), varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion. If the players are tagged so quickly that little dribbling occurs, extend boundaries. All players with a ball (2 “taggers” wear colored jersey to distinguish them from others).

Play-

Two players (without 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” – holding the ball overhead and spreading their feet (ready to be unfrozen). Other dribblers may “unfreeze” a frozen player by dribbling through the frozen player’s legs. Play multiple rounds, changing “taggers”. Coaches may be the 1st “taggers” but keep it brief!

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. Look to help others!



2nd Activity -Four Corners “Country” Dribbling-10 minutes

Set up-

Using half of your field, place four cones (squares) in each corner of the field. These are your “countries”. All players with a ball. Divide players into each “country” and help them name their country.

Play-

Players try dribble around a rectangle maneuvering through corner squares, keeping control of the ball and avoiding other players. In groups, players will dribble around the, “World” back to their “Country” and sit down. (World / Continent, Town / School, Kingdom / Castle; whatever creative scenario you want to establish.) The 1st group to return scores 4 points, 2nd group-3 points, 3rd group-2 points, 4th group- 1 point. You can be the pirate in the ocean or the highway robber in the center stealing balls.

Coaching points-

Variations & Extensions: Have players dribble clockwise, counter clockwise, halfway around then across the middle, back and forth the short way 4 times switching from only right foot to only left foot, back and forth the long way 4 times, 2 groups clockwise while 2 groups counter clockwise! (If you want to challenge a special player, have them be the only one who moves in a counter direction.) Players must do a pull back- push turn or Cruyff turn, (behind the back) to switch direction. Coaches can be creative. Though keep in mind younger kids may not remember multi-step sequences.

Between rounds: KEEP THE BALL CLOSE when dribbling in crowds, USE THE OUTSIDE LACES (the pinkie toe with foot turned down and in), to push the ball in stride for speed. Encourage players to have a burst of speed when traveling the long way. KEEP HEADS UP!



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”.

