

1st Grade Plan-Week # 8

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

1st activity- Gates Passing- 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. Players in partners share a ball.

Play-

In pairs, players pass the ball to their partner through a pair of cones. Players earn a point for an INSIDE OF THE FOOT PASS through a gate/ pair of cones to their partner. They may not pass continuously through the same gate. Earn as many points as possible in 1 minute.

Variations / Extensions:

Second round: players may dribble with either foot, but only pass with the left foot. Third round: players may dribble with either foot, but only pass with the right foot. Fourth round: same as round 2, but passer decides which gate to pass through next. Fifth round: same as round 3, but receiver decides which gate to pass through next. Sixth round: pass with left, passer decides, though must alternate colored gates.

Coaching points-

The coach describes and demonstrates the INSIDE OF FOOT PUSH PASS. Keep players moving. Correct a player individually and briefly between rounds or while others continue. General comments to the group: “Plant foot, a foot width from the ball, 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.”



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.

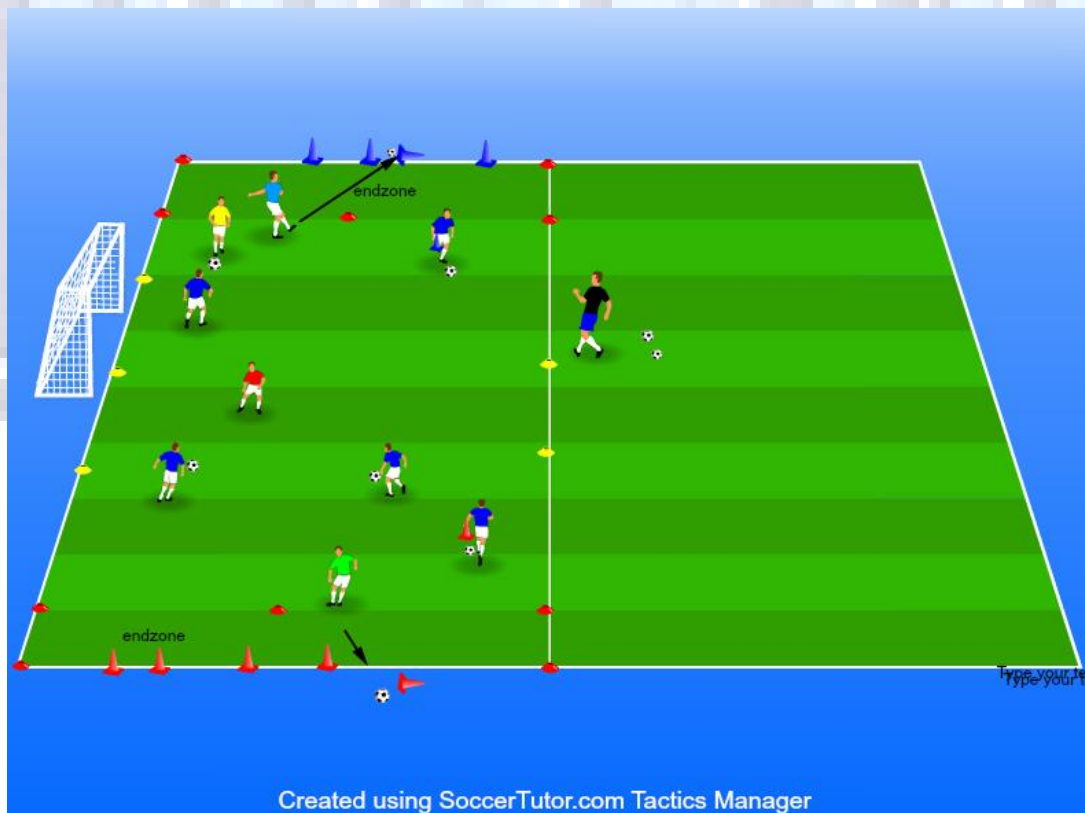
Play 5 v 5 or 5 v 4. All players EXCEPT TWO have a ball. Players may not enter the other team's end zone unless they are gathering a cone they have knocked over. They may go into their own end zone to gather balls, though they may not defend a cone from within their end zone. They must use the inside 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”.

