

1st Grade Plan-Week # 10

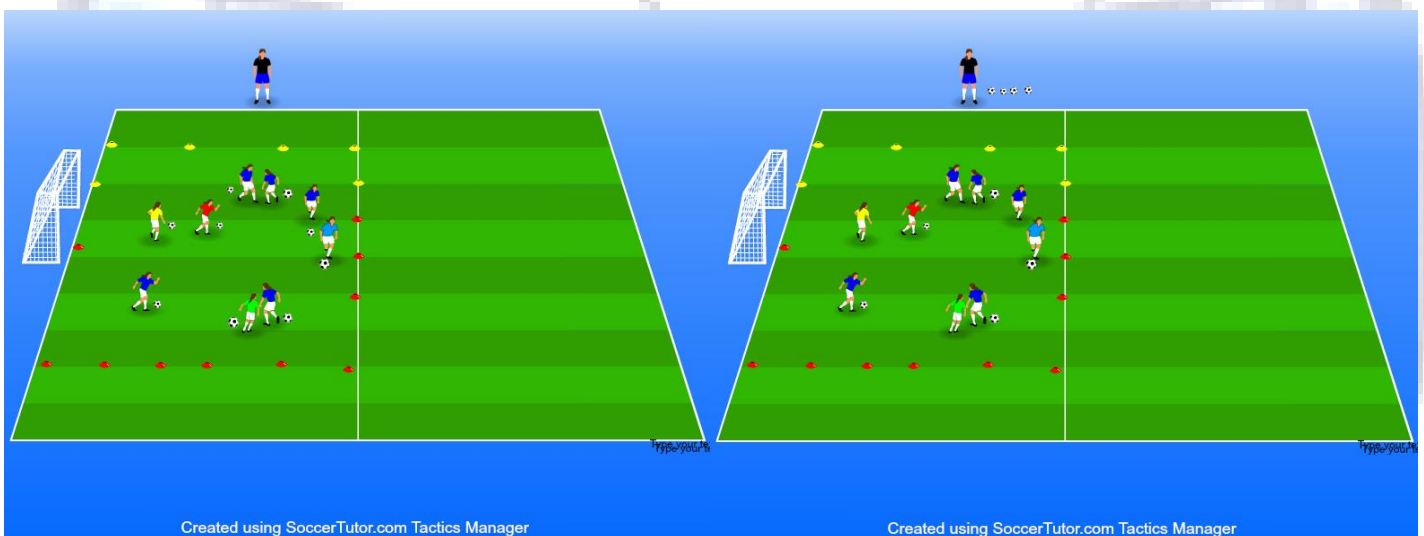
“Sponge Activity” (as players arrive until 5 min. after start time)-Street Soccer- (See Warm-up Doc)

1st 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 must 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.

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”.

