

2nd Grade Outline, Implementation

Philosophy

Coach!

The Franklin Youth Soccer Association training staff is committed to supporting you in your efforts to teach the children of our organization basic soccer skills and help them become better soccer players. This manual provides a framework to organize your training sessions for the upcoming season.

Within the 75-minute session that we have each week with the players, the first 45 minutes will be devoted to training, and the second to a pair of scrimmages with another team.

Structure of 45-minute Training Session:

1. Sponge Activity: From the moment the first kid arrives until 5 minutes after your start time.
2. 1st Activity-Technical Box Development- 10 min. of dribbling, using all surfaces of the feet.
3. 2nd Activity- 15 minutes including water break. This will be outlined on your weekly practice plan.
4. 3rd Activity-15 minutes including water break. These games have particular rules that guide players to pass and move when they personally don't have the ball, or the games might present opportunities for players to make more realistic game-like tactical decisions. IF YOU HAVE ANY QUESTIONS ABOUT THEM PLEASE ASK.

Structure of 30-minute 4v4 Scrimmage:

1. Each team is split into two groups, arbitrarily
2. One half-team moves to the field of the companion team of the week (see Instructional Division schedule) Also, consider arranging with the other coach, on which field should you send your more dominant, aggressive players. Mix players from different teams if you feel the kids will benefit.*
3. Coaches and Assistant Coaches oversee competition
4. Teams assemble to close the session. Ask them who had fun and what they liked today.

Points of Emphasis for the Season:

- Dribbling and Ball Control skills. PROMOTE age-appropriate juggling.
- Almost all of the U8 activities involve dribbling so that the players continue to develop their ball control skills.
- Passing Technique. An increased number of U8 activities involve passing to allow for further development of Inside of the Foot Passing technique.
- Striking the ball with the laces as a pass or shot is introduced at the U-8 level
- Spreading the field: Most of the conditioned games, guide players to move away from a teammate who has the ball. Commend players for being in good open space, though DON'T tell players to pass or even shoot. It's important they learn the benefits of this on their own. It's OK to guide them, but don't dictate play. They need to think and discover on their own to be able to truly play the game on their own. Praise the success of those times when a pass is made to an open player, or when a player succeeds as a result of being in good open space away from the ball.
- It's OK if more than one player defends the ball. It's a good moment that challenges players. If the attacker doesn't succeed you can ask them, "What happened?" "Remember, you have teammates who can help you."

Modified Restarts (ball out of bounds) during Scrimmages

When THE BALL GOES OUT OF BOUNDS:

- The opposite team may dribble or pass the ball into play.
 1. Be near them only as needed. Probably more at first.
 2. **It is critical that the decision be theirs** as to dribble or pass. Tell the player with the ball that they are “the boss” of the team while they have the ball out of bounds. Ask them to tell their teammates where they should be (empower them to make their teammates spread out).
 3. You may want to ask them guiding questions, like, “Do you think you should dribble into that space in front of you?” “Anyone open for a pass?”
 4. Let the player who is struggling to make a decision know they have 5 more seconds to decide. Count down the 5 seconds. This usually speeds things up.
 5. During the spring season, we will introduce new rules in weeks 3-10 in order to prepare players for the 3rd/4th Grade Academy in the fall-instructions will be sent to coaches each week.
- Let them know that when re-starting, once the ball touches the line, it is in play.
- The defending team must **yield 3-5 steps** on balls re-started from the side or corner.
- If the ball is out of play OVER THE END LINE BY THE DEFENDING TEAM, have the team being awarded possession, bring the ball in from the corner of the field (Corner Kick).
- If the ball is out of play OVER THE END LINE BY THE ATTACKING TEAM, have the team being awarded possession, bring the ball in from their end line (Goal Kick) AND HAVE THE NEW DEFENDING TEAM **yield 8-10 steps**.