

2nd Grade Plan-Week # 1

“Sponge Activity” (as players arrive until 5 min. after start time)-1v1,2v2-Street Soccer

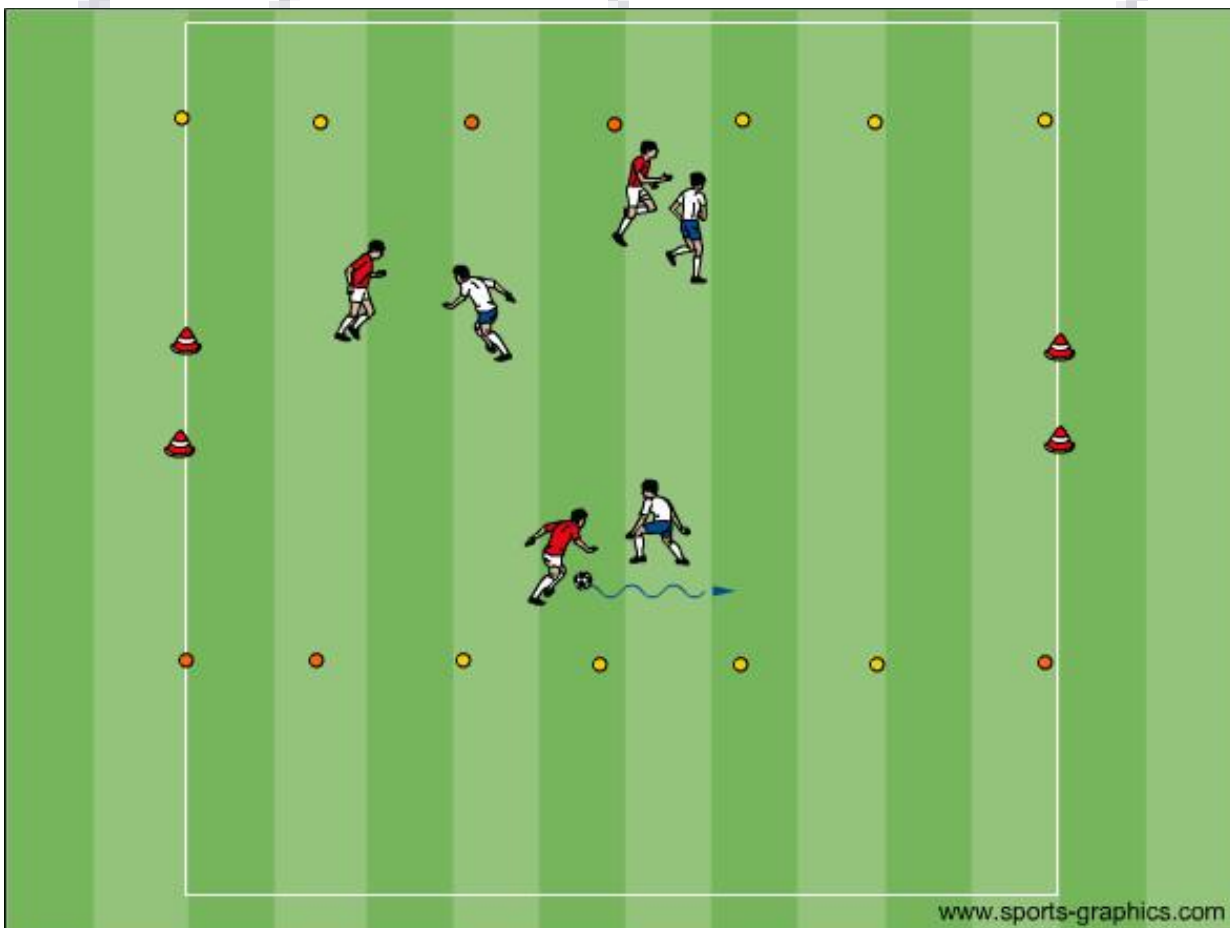
As the 1st Player arrives, get them playing 1 v 1 against the coach. Use cones for goals 10 yds. apart. Coach must hit a designated turned over cone, **the player** MUST DRIBBLE THROUGH either goal in either direction to score as many goals as possible. **Players** keep the ball after scoring, **players** join as they come, (1v1v1...), or 2v1 and the 1 can score on either goal but the 2 can only score on 1 goal, or play 2 v 1...3 v 4 with each team defending a goal OR let them create the rules!

BUT SCORING is still by DRIBBLING THROUGH either direction.

Players explain the rules of the game to new players.

Play with an extra ball or two, or three if there are players not scoring. Have them play for 1-2 minutes.

Whoever has the most goals wins. Donkey kicks for the others. (Hands on ground, kick and “Hee Haw” like a donkey.)



1st activity- Technical Box- 10 minutes

Set up-

Using half of your game field, drop cones to confine the space. It should be a little crowded but large enough to allow players “find space” to dribble to. Each player with a ball.

Play-

Players will dribble their own ball using different surfaces of the feet and follow Coach’s commands.

Coaching points-

- Keep the ball close! Soft Touches on the ball! Pretend the ball is a “raw egg”; Don’t crack the shell!
- Use inside, outside and sole of the feet to move the ball. Choose one foot and alternate inside/outside of the foot (“Zig Zag” the ball around the space)
- Both feet!
- “How can you keep the ball in the grid?” “What if it’s rolling out? What are some ways to bring it back (pull back with sole of foot, “spin -in” with inside of the foot)-Ask players to show!
- Can you go fast and still keep it close?



2nd Activity -Team Freeze Tag-13 minutes

Set up-

Using half of your game field, drop cones to confine the space. It should be a little crowded but large enough to allow players “find space” to dribble to.

Divide players into two teams. Everyone with a ball.

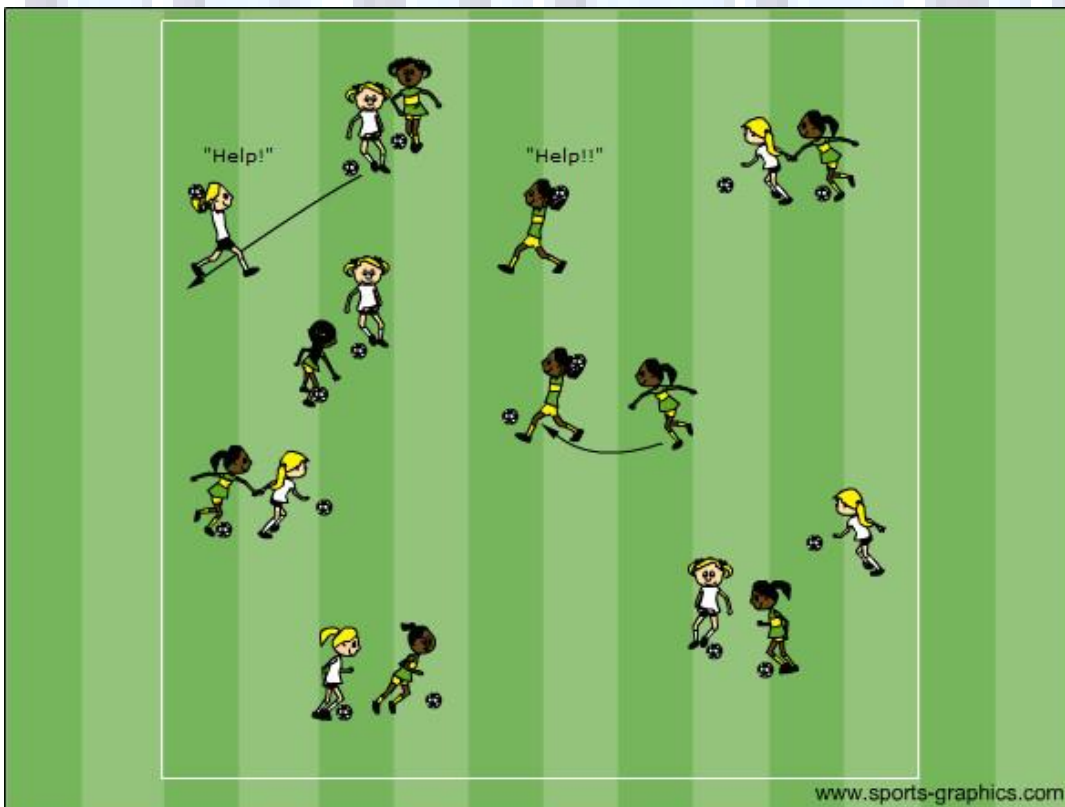
Play-

Everyone is “it”. Object of the game is for one team to “freeze” all opponents at once. Players can freeze an opponent by controlling their ball and getting close enough to an opponent to touch the opponent’s ball with their foot. If opponents touch each other’s ball at the same time, both are frozen. Anyone leaving the grid must return to the grid and becomes frozen.

Once frozen, the player must put one foot on the ball, raise his/her hand high, and ask for help. Players are unfrozen when a teammate touches their ball with the foot (same as freezing an opponent). Play multiple rounds.

Coaching points-

- Keep the ball close! Soft Touches on the ball! Pretend the ball is a “raw egg”; Don’t crack the shell!
- “Where’s the best place to be?” (answer- edges of the grid-more space and can see the whole grid)
- “How do you know when to freeze (opponent) or unfreeze (teammate)?” (answer- depends on how many of your teammates are frozen!) “How will you know how many teammates are frozen?” (answer- look while you dribble, communicate!)



3rd Activity- End-Line Game-13 minutes

Set up-

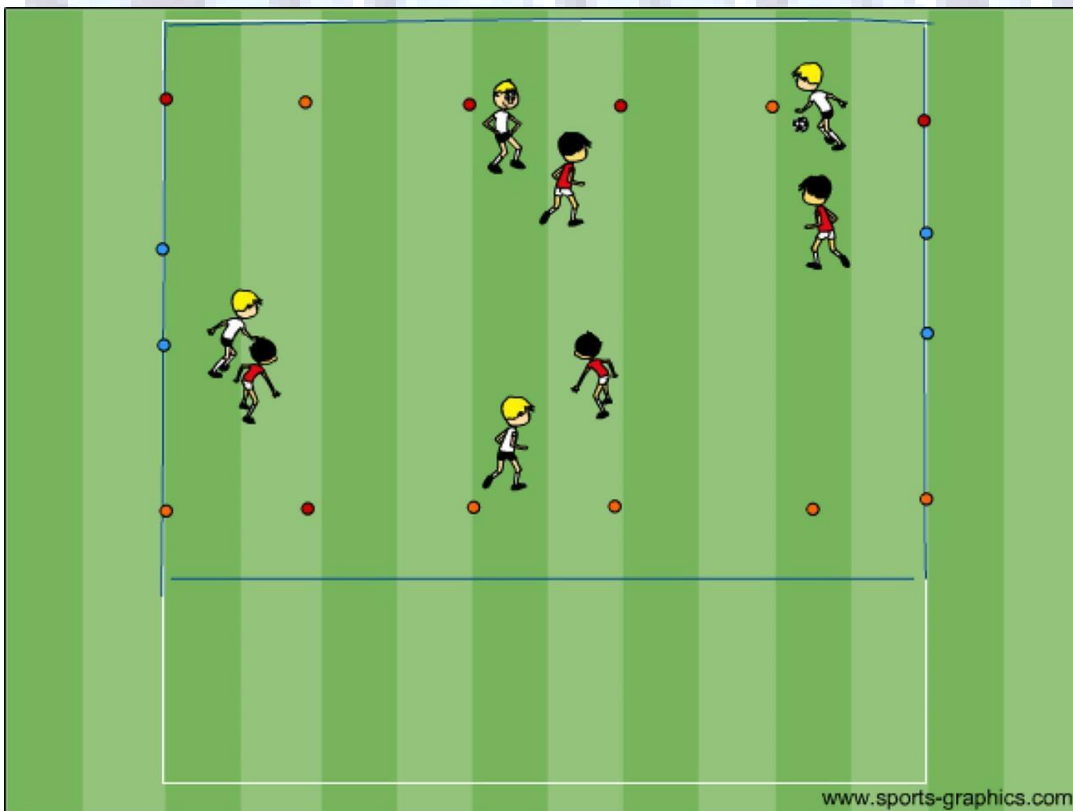
Using your playing field "sideways" (wider than long), divide players into two teams of 3 or 4 (note: you may want to create two smaller fields and play 2v2 or 3v3 with coaches joining in to even things up, as numbers dictate*). One game ball per field. *Note: if coaches are joining in, please do not stand in the middle. Rather, place yourselves to the sides of the field to demonstrate "spreading out" and not blocking players views of the field.

Play-

This is a "soccer game" played across the field and the object is to score a goal by dribbling to the opponent's "end line" (anywhere on their line!) and stopping the ball near (within a foot either side of) the line. Player must be in control of the ball as they get near the line to stop it. If a goal is scored, defending team takes over possession and attacks the opposite end line.

Coaching points-

- The field is wide! "Where is the best place to score a goal?" (answer- where there no (or fewer) defenders)
- The object of the game is for the players to begin to recognize how and why to spread out. It's critical that coaches not say, "spread out!" Rather, ask guiding questions like, "Where are the defenders?" "Where's the easiest place to score?" "How can we get there?" (pass or dribble?)
- Keep asking these questions! You should see players starting to think ahead and looking around. Praise those that spread out on their own!
- Don't forget to remind players to keep the ball close!



Scrimmage 4v4-30 minutes

Considerations:

- Never play 5v5. If numbers are greater than 8 players, play 4v4 with substitutes. Consider playing 2 small games of 2v2,3v3 for a portion of the scrimmage time
- Introduce any “Academy Rules” from the 2nd Grade Rules Progression (weeks 3-10)

