

2nd Grade Plan-Week # 2

“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.

1st activity- Technical Box- 10 minutes

Set up-

Divide the field into thirds with the middle third being slightly larger than the “End Zones”. Use the middle section for this activity. All players with a ball.

Play-

Lots of dribbling! Players follow coach’s commands to try some fakes and feints. Purpose is to have players experiment with dribbling moves to elude a defender.

Coaching points-

- Coaches can go to <https://www.franklinsoccerschool.com/resources> to watch videos of some dribbling moves to teach.
- Change speeds! It’s easy for a defender to guard someone at one speed. Make a move and ACCELERATE!
- Ask players if they know some moves. Have them demonstrate!



2nd Activity -Partner Tag-13 minutes

Set up-

Divide the field into thirds with the middle third being slightly larger than the “End Zones”. Use the middle section for this activity. Have players get a partner. Partners decide which partner will be “it” to begin. All players with a ball.

Play-

On coach’s signal, each player who is “it” must try to tag his/her partner, while controlling a ball, in a given time frame (1 min). If a player is tagged by “it”, that player is now “it” and must first sit on the ball (while the partner gets away) before trying to tag their partner back. At the end of the time, partners who are NOT it get a point. Play starts again. Note: A player leaving the grid is penalized. If a tagger (it) leaves the grid, he/she remains it. If a non-tagger leaves the grid, he/she must return, sit on their ball, and then becomes “it”. Play multiple rounds with water breaks.

Coaching points-

Use fakes and feints to elude the tagger. Try to turn and face tagger whenever possible. Keep the ball close!!!

Note: Coaches may need to be a partner if they have odd numbers. Be selective who you partner with (challenge a stronger player or help a weaker player!) and rotate your partner so that each child plays against a child.



3rd Activity- Team 1v1 to End Zones-13 minutes

Set up-

Two teams of 4 in a 20yd x 40yd grid with end zones (see diagram). 4 Balls total in play (2 for each team to start or twice as many players as there are balls).

Play-

Players attempt to dribble 1v1 against an opponent to their end zone (player must stop the ball in end zone to record a point). Players may NOT enter opponent's end zone unless they are dribbling a soccer ball! Any ball that goes out of play is restarted with a dribble-in or pass-in. A point is awarded when a player successfully dribbles into and stops the ball in the opponent's end zone. Players are safe in their own end zone. Play multiple rounds with water breaks.

Coaching points-

- Use a fake or feint to get by and then accelerate! "What move will you try?!"
- Look for space behind the defender before attacking the defender!
- Challenge yourself. Don't attack until there is a defender waiting for you! (they will wait until no one is looking and then go). Challenge them to wait for a defender.
- Ask, "Which move will you do next?" (remember, they can retreat to their own end zone to regroup and decide which move to practice!)
- Water! 1v1 is very hard work!



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)