

2nd Grade Plan-Week # 3

“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 **PASS** 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 **PASSING** THROUGH either direction.

1st activity- Gates Passing- 10 minutes

Set up-

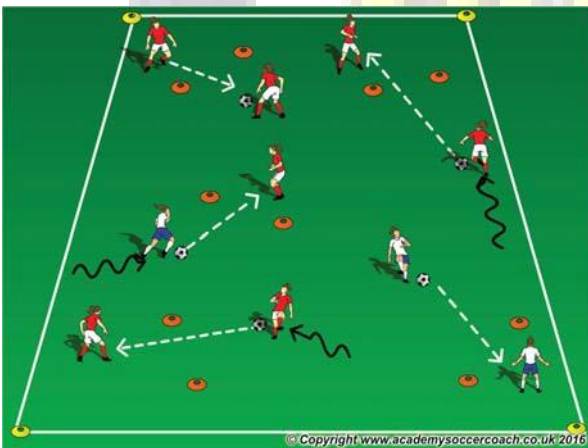
Using half of the playing field, place pairs of cones 6' apart (Gates) around the grid. Players get into partners with one ball per partnership.

Play-

On Coach's command, partners work together to score as many goals as they can in a 1-minute span. Goals are scored by passing to one another through a gate. Make it a competition! “Who can score the most goals?” “Can you beat your last score?” Play multiple rounds.

Coaching points-

- Pass and receive with the inside of the foot.
- Heel down, toes up, ankle locked. Knees bent.
- Plant foot (non-kicking foot) next to the ball.
- Strike the ball close to the ankle bone.
- To keep the ball on the ground, strike the middle of the ball (not under it)
- Receive with the same surface! (watch for those who are “stepping on the ball” to receive.)
- Challenge players: Make 2 passes through a gate to score. Coaches can get in the way.



2nd Activity -Pairs Passing with Defenders-13 minutes

Set up-

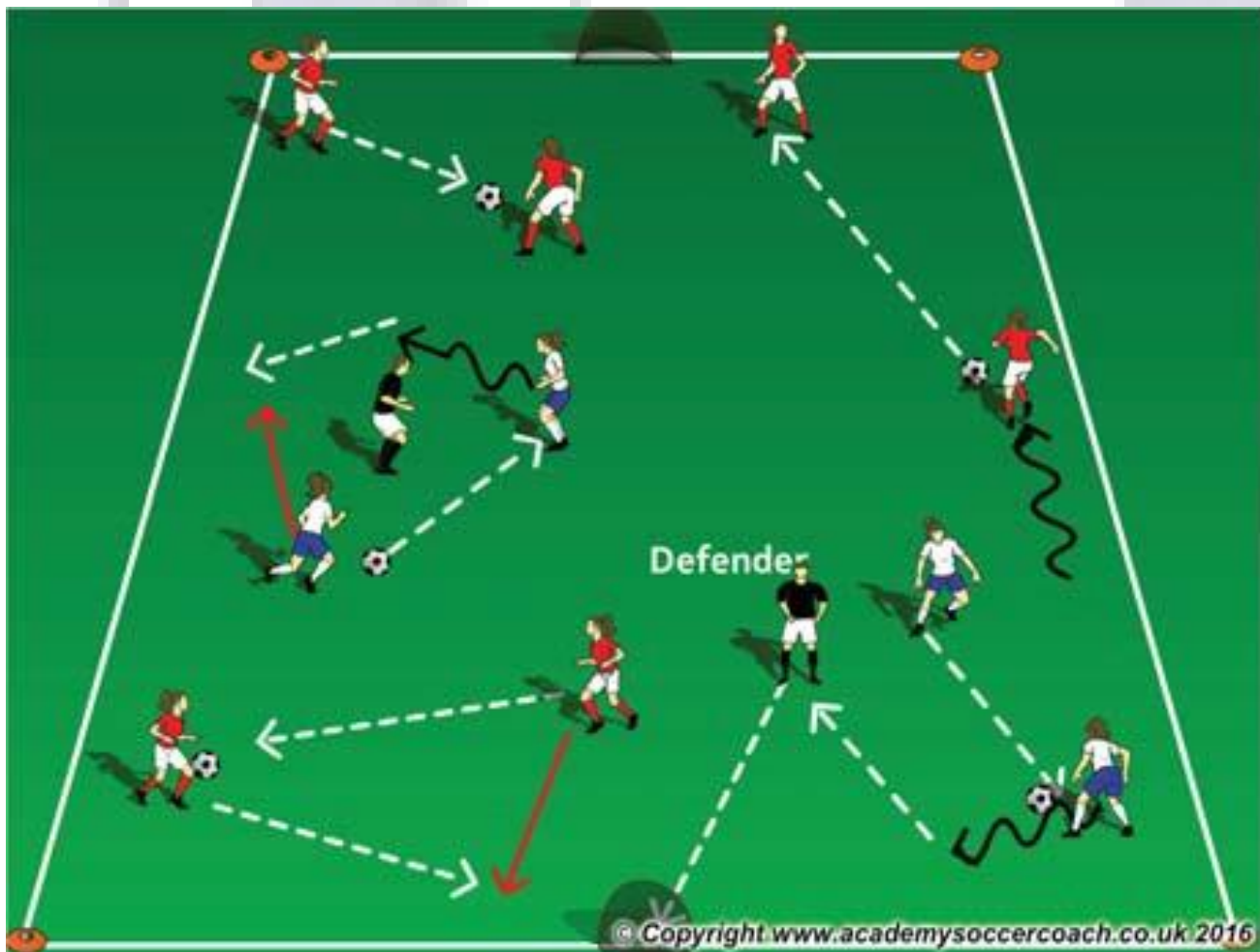
Using all of the playing field, including the goals on each end, players get into partners with one ball per partnership. One partnership WITHOUT a ball are the “defenders”.

Play-

Partners pass the ball to each other while moving around the field. Defenders attempt to intercept the pass and score into either of the goals. Partners can steal the ball back. Rotate defenders and play multiple 1 min. rounds.

Coaching points-

- Proper passing technique (see above points)
- “Can the ball see you?” (explain that if the ball had eyes, it would need to “see your feet” for the pass to get to you. Don’t “hide” behind players (defenders).



3rd Activity- Four Goal Game-13 minutes

Set up-

On half of the field, place four “cone goals” (using cones) on the touchlines so that the field is now wider than it is long (see diagram). Players will play across the field. Note: if numbers dictate, create two fields and make 2 games so that players are playing 4v4 or LESS. Two teams, one game ball (on each field).

Play-

Teams play 4v4 (2v2, 3v3...NOT 5v5!) across the field, trying to score in either of the opponent’s two goals. For a goal to count, it must be played with the inside of the foot (pass), on the ground, and may not touch the cone on the way through.

Coaching points-

- “Which goal is easiest to score in?” (answer-the one wit less or no defenders)
- “How will we get there?” (answer- spread out and look for a pass!)
- All above technical points.



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)