

2nd Grade Plan-Week # 4

“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-Turning- 10 minutes

Set up-

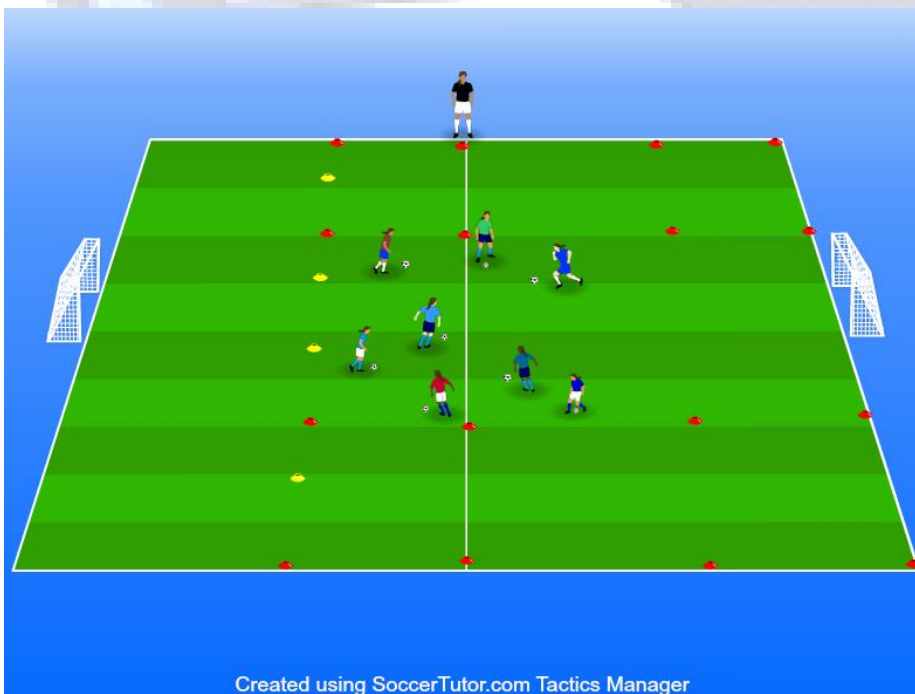
Using 2/3 of your field, place cones to create 4 “boxes” (red cones) and a boundary line (yellow cones). Use the central area for this activity. All players with a ball.

Play-

Players will follow Coach’s commands dribbling and working on a variety of “Turns” using both feet and different surfaces of the feet.

Coaching points-

- Go to <https://www.franklinsoccerschool.com/resources> and view four turns: Pull Back, Spin in/Spin out, Stop, Step, Hook.
- Encourage use of both feet for each turn.
- “Accelerate after the turn and burst into space!”



2nd Activity -Dinosaur Eggs-13 minutes

Set up-

Using 2/3 of your field, place cones to create 4 “Caves” (red cones) and a boundary line (yellow cones). Place balls (“eggs”) in the center of the grid. Divide players into four groups and assign them each a “Cave”. Have players tell you what kind of Dinosaurs they are!

Play-

On Coach’s command, dinosaurs will race from their caves to bring back as many eggs as they can in a given time frame. Initially, balls are centrally located but dinosaurs may steal eggs from other caves or from other dinosaurs as they dribble! Stop and count eggs. Team with most eggs gets a point. Play multiple rounds.

Coaching points-

- Use turns to retrieve eggs and elude defenders! Coach should focus on players turning.
- “Accelerate to your cave once you elude a defender!”
- Coaches may become “defenders” to pose problems but should only take a ball if the player lets the ball get out of control (not close to them)
- Ask, “How else could you get the eggs to your cave quickly?” (answer-pass to a teammate)
- Allow players to strategize during breaks



3rd Activity- Four Corner Game-13 minutes

Set up-

Using 2/3 of your field, place cones to create 4 “boxes” (red cones) and a boundary line (yellow cones). Divide players into two teams. One game ball to start.

Play-

Teams play soccer and try to score by dribbling into any of the four corners. Teams may also pass to get a goal by passing to a teammate in a corner. Player must control the ball in the box for the goal to count. Teams cannot score in the same corner twice in a row within the same possession (can’t dribble/pass in and out of the same box). Note: 3v3, 4v4 is ideal but, depending on numbers, 5v5 is possible. Use two balls to increase touches and separate players.

Coaching points-

- Above coaching points about turns and accelerating.
- Ask, “Where is the easiest place to score?” (answer-where there are no defenders)
- “How can we get there quickly?” (answer- dribbling at speed or by passing to a teammate)
- “Where can you go to get a pass?” This encourages players looking for space rather than coaches yelling, “spread out”
- Expect this game to be very “messy”! It’s okay!



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)

