

2nd Grade Plan-Week # 5

“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!

1st activity- Laces Juggling/Passing- 10 minutes

Set up-

Set up field into thirds with a “cone goal” in each corner of the field and central nets (see diagram). Initially, players will use the central third. Everyone with a ball.

Play-

1. On coach's command, players will attempt to “juggle” (kick the ball out of their hands) into the air using the laces of the feet. Object is to kick the ball up, such that it does NOT SPIN.
2. Players partner up (as shown) with one ball between them-Partners pass the ball back and forth by “punting it” out of their hands to their partner with the laces. Balls should bounce once to partner.

Coaching points-

- When striking with the laces, toes are pointed down and ankle is locked.
- Strike with the hard bone under the laces of the shoe.
- Look for balls “spinning” (an indication that the toes were not pointed and ankle locked-“spaghetti ankle!”)



2nd Activity -Clean Out Your Yard! - 13 minutes

Set up-

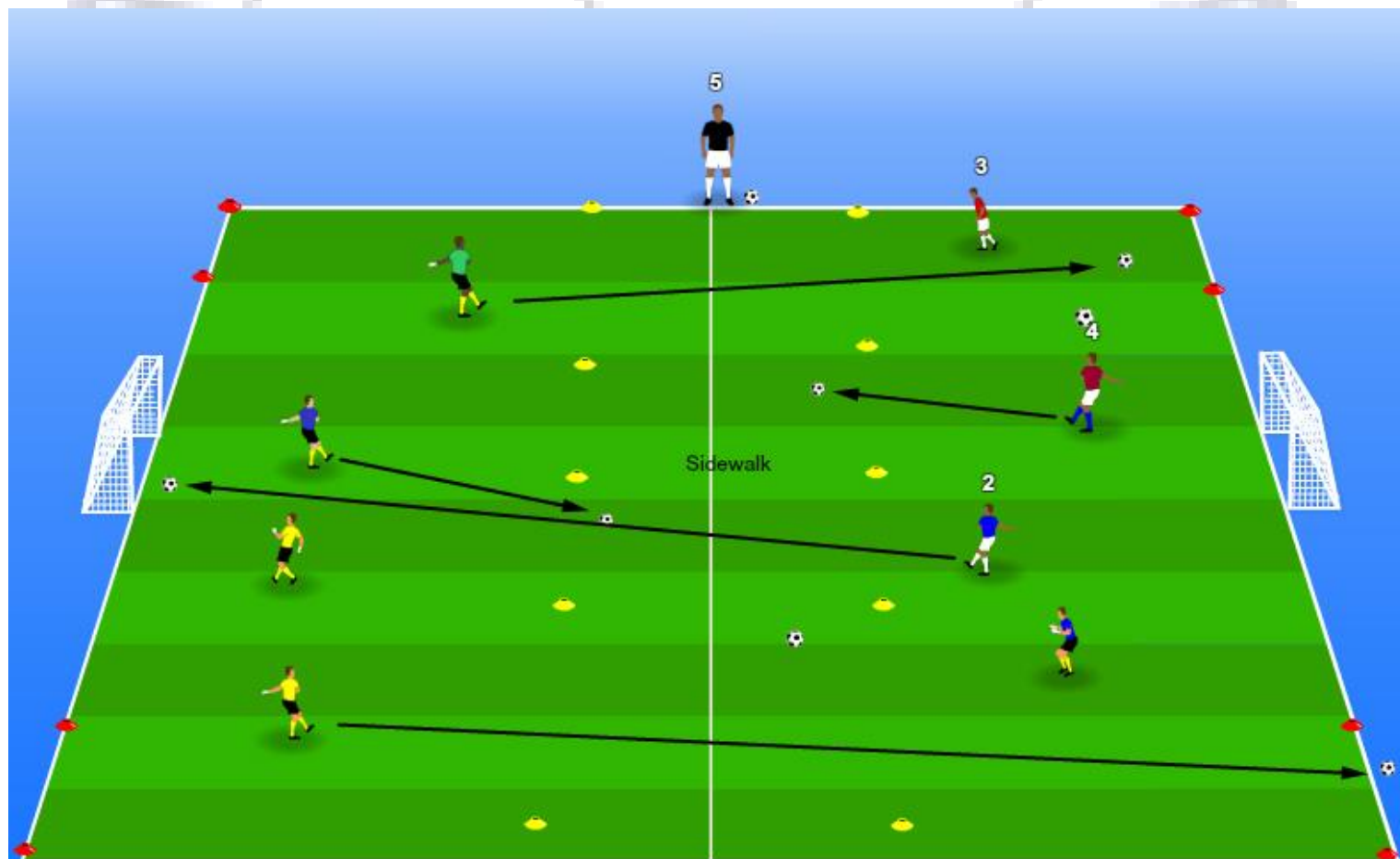
Set up field into thirds with a “cone goal” in each corner of the field and central nets (see diagram). Central third is the “Sidewalk”. Divide players into two teams; each team in their own “yard”. Everyone with a ball.

Play-

On Coach’s command, teams try to score in any of the three opponent’s goals (cone goals or nets), using the laces. No one is allowed on the sidewalk except coaches (safety). After a player shoots, he/she should look for another ball and repeat. Keep score! Play multiple rounds.

Coaching points-

- Above points-toes/ankle
- Ball must be rolling (take a dribble!) when you strike it!
- Non-kicking foot (Plant foot) beside the ball when you strike!
- Use both feet!



3rd Activity- 2v2 to Six Goals-13 minutes

Set up-

Set up field with a “cone goal” in each corner of the field and central nets (see diagram). Divide players into two teams; each team on one side of the coach at midfield. All balls with Coach.

Play-

On Coach’s command, teams send first two players onto the field as coach plays a ball into the middle of the field. Teams of two attempt to win the ball and score into ANY of the six goals (cone goals or nets). Once the ball is out of play (goal scored or out of bounds), players retrieve the ball and return to coach’s side. Play continues with the next two pairs, etc. Initially, play is in any direction. After the first 2-3 rounds, play becomes directional (one team defends three goals and attacks the other three). Keep score!

Coaching points-

- “Where’s the easiest place to score?” (answer-away from defenders)
- “For power or long shots, what part of the foot should you use to score?” (Laces)
- “When close to goal, what’s the best surface of the foot to use?” (inside of foot for accuracy)
- Remember to look for technique! No Toes!!



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)

