

# 2<sup>nd</sup> Grade Plan-Week 6 (Spring)

## “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!

### 1<sup>st</sup> activity- Technical Box- 10 minutes

#### Set up-

Using half of the playing field, create 5-yard end zones on each side (side diagram). Use the central area for the first activity. All players with a ball.

#### Play-

On Coach's command, players will perform a number of different goalkeeper skills while moving around the space.

#### Coaching points-

- Dribble the ball and when Coach says, “Go!” Scoop the ball up and “hug it” (both hands behind the ball “Jellyfish”).
- Toss the ball up and let it bounce. Catch it with a “Basket Catch” (both forearms under the ball and hug it)
- Toss the ball above head and catch with a “W” (both hands behind ball with thumbs touching)
- Hug the ball after every catch- “Put it in the bank” (where it's safe!)



## 2nd Activity -Team Handball-13 minutes

### Set up-

Using half of the playing field, create 5-yard end zones on each side (side diagram). Use the entire area for this activity. Divide players into two teams with one game ball. If there are enough coaches (2 or more), consider two games; one on each side of the field). 2v2 is better than 5v5.

### Play-

Teams attack one end zone and defend the other. Teams try to score a point by passing the ball up the field and rolling it to a teammate in the opponent's end zone. Players may not run (or walk) with the ball. They must toss it to each other to advance the ball. Players may not defend the player with the ball (back off 3 giant steps). If the players fail to throw and catch (hits the ground), ball changes possession.

### Coaching points-

- Above technical points on catching
- "Put it in the bank to keep it safe!"
- "do we always have to go forward?" (answer-no. we can pass to the sides or backwards, too.)
- 2v2 or 3v3 will be easier to play at this age. Consider two games, depending on numbers.



### 3rd Activity- 1v1 + Goalkeepers-13 minutes

#### Set up-

Using half of the playing field, create 5-yard end zones on each side (side diagram) and add a “cone goal” (6’ wide) on each end. Use the entire area for this activity. Divide players into two teams with one game ball. Each team assigns a goalkeeper and a field player. Other teammates are behind their own goalkeeper (to wait to play and retrieve balls). Coach has a supply of balls.

#### Play-

Teams play 2v2 (1v1 + GK) for one minute. SAFETY: field players must shoot from OUTSIDE the end zone. If they enter the end zone, they must now try to dribble past the goalkeeper through the goal. Rotate every minute. After a minute, field player goes behind goal, GK becomes field player and waiting player becomes GK.

#### Coaching points-

- All above technical points
- Talk about the “ready position” (“Go Gorilla!”- feet spread, knees bent, hands to the sides and facing forward...like a gorilla)
- “Be alert! Watch the ball at all times!”



## 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 2<sup>nd</sup> Grade Rules Progression (weeks 3-10)

