

# 2<sup>nd</sup> Grade Plan-Week # 7

## “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- Steal and Shield- 10 minutes

#### Set up-

Using half the playing field, create a 3-yard end zone on each end line (See Diagram). Use the center area for this activity. Players partner up with one ball to share/partnership.

#### Play-

On Coach's command, players with the ball attempt to keep the ball from their partner by dribbling into space or by “shielding” (protecting the ball with their bodies). If the ball goes out of play, player who knocked it out is on defense. Play 45 sec. rounds. Whoever has the ball when coach yells, “Stop!” gets a point. Play multiple rounds.

Variation: Sprinkle a few cones in the middle of the grid. If a player has the ball at the end of time and it is within a foot of a cone, they get 5 points!

#### Coaching points-

- “Dribble to open space to keep the ball!”
- Shielding- Sideways, Low and Big! Body between the ball and defender, turned “sideways” (Shoulder toward defender), “Low” (knees bent for balance, strength) and “Big” (feet spread apart to keep the defender further from the ball)
- “Can you keep the ball near a cone for extra points?” (Shield!)



## 2nd Activity -Crocs in the River-13 minutes

### Set up-

Using half the playing field, create a 3-yard end zone on each end line. All players start with their ball in one end zone. The coaches (2-3 crocs) start as crocs in the river.

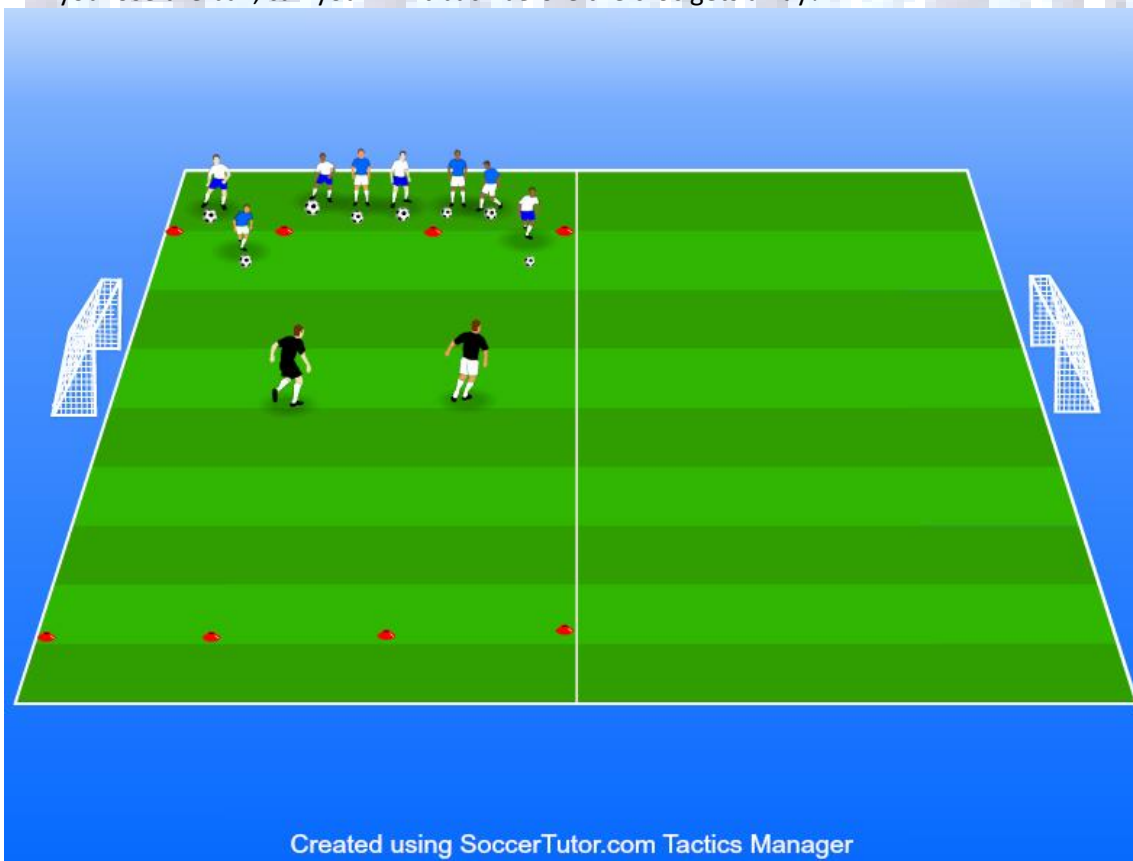
### Play-

On the coach's command, the players will dribble their soccer balls across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc.

- **Round 1:** Coaches start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 2:** Players start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 3:** When ball is lost, dribbler becomes a croc also.
- **Round 4:** Players get in pairs and work together to beat the crocs

### Coaching points-

- "Keep your ball close! Soft touches!"
- "When you see an opening, accelerate to the other side!"
- "If you lose the ball, can you win it back before the croc gets away?"



### 3rd Activity- End Zone Game-13 minutes

#### Set up-

Using your playing field “sideways” (wider than long), divide players into two teams of 3 or 4 (note: you may want to create two smaller fields and play 2v2 or 3v3 with coaches joining in to even things up, as numbers dictate\*). One game ball per field. \*Note: if coaches are joining in, please do not stand in the middle. Rather, place yourselves to the sides of the field to demonstrate “spreading out” and not blocking players views of the field.

#### Play-

This is a “soccer game” played across the field and the object is to score a goal by dribbling into the opponent’s “end zone”. Player must be in control of the ball as they enter the end zone. If a goal is scored, defending team takes over possession and attacks the opposite end zone.

#### Coaching points-

- The field is wide! “Where is the best place to score a goal?” (answer- where there no (or fewer) defenders)
- The object of the game is for the players to begin to recognize how and why to spread out. It’s critical that coaches not say, “spread out!” Rather, ask guiding questions like, “Where are the defenders?” “Where’s the easiest place to score?” “How can we get there?” (pass or dribble?)
- Keep asking these questions! You should see players starting to think ahead and looking around. Praise those that spread out on their own!
- Don’t forget to remind players to keep the ball close!



## 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)

