

## 2<sup>nd</sup> Grade Plan-Week # 8 (Fall)

### “Sponge Activity” (as players arrive until 5 min. after start time)-1v1,2v2-Street Soccer

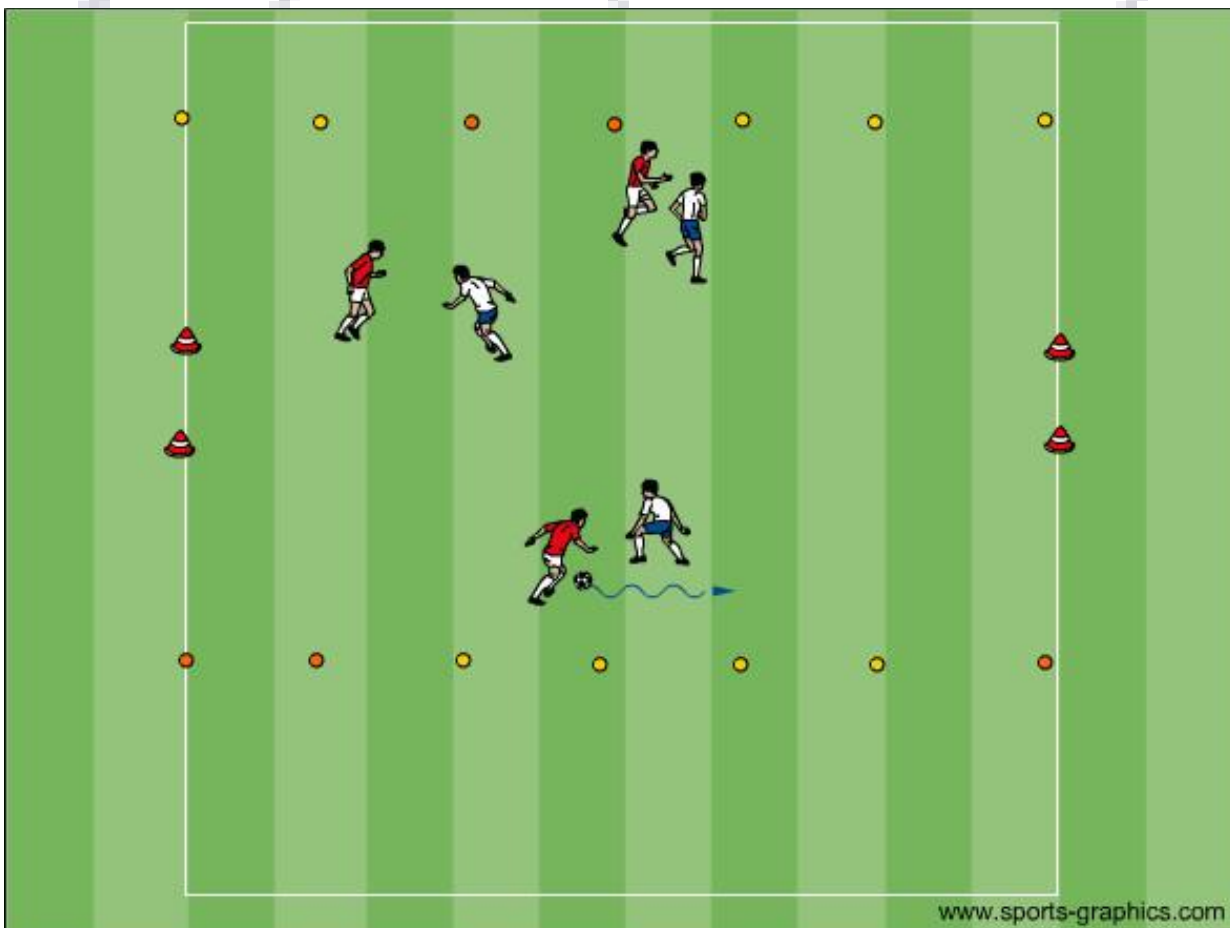
As the 1st Player arrives, get them playing 1 v 1 against the coach. Use cones for goals 10 yds. apart. Coach must hit a designated turned over cone, **the player** MUST DRIBBLE THROUGH either goal in either direction to score as many goals as possible. **Players** keep the ball after scoring, **players** 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.

**Players** explain the rules of the game to new players.

Play with an extra ball or two, or three if there are players not scoring. Have them play for 1-2 minutes.

Whoever has the most goals wins. Donkey kicks for the others. (Hands on ground, kick and “Hee Haw” like a donkey.)



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

### Set up-

Using half of your game field, drop cones to confine the space. It should be a little crowded but large enough to allow players “find space” to dribble to. Each player with a ball.

### Play-

Players will dribble their own ball using different surfaces of the feet and follow Coach’s commands.

### Coaching points-

- Keep the ball close! Soft Touches on the ball! Pretend the ball is a “raw egg”; Don’t crack the shell!
- Use inside, outside and sole of the feet to move the ball. Choose one foot and alternate inside/outside of the foot (“Zig Zag” the ball around the space)
- Both feet!
- “How can you keep the ball in the grid?” “What if it’s rolling out? What are some ways to bring it back (pull back with sole of foot, “spin -in” with inside of the foot)-Ask players to show!
- Can you go fast and still keep it close?



## 2nd Activity -Doctor! Doctor! -13 minutes

### Set up-

Using half of your game field, Using 4 cones for each team. Make a square ("Hospital") at each end of grid.

Divide players into two teams (each team assigns a "Doctor"). Everyone with a ball (except Doctors). Doctors wear a different color vest and are safe in their respective "Hospitals".

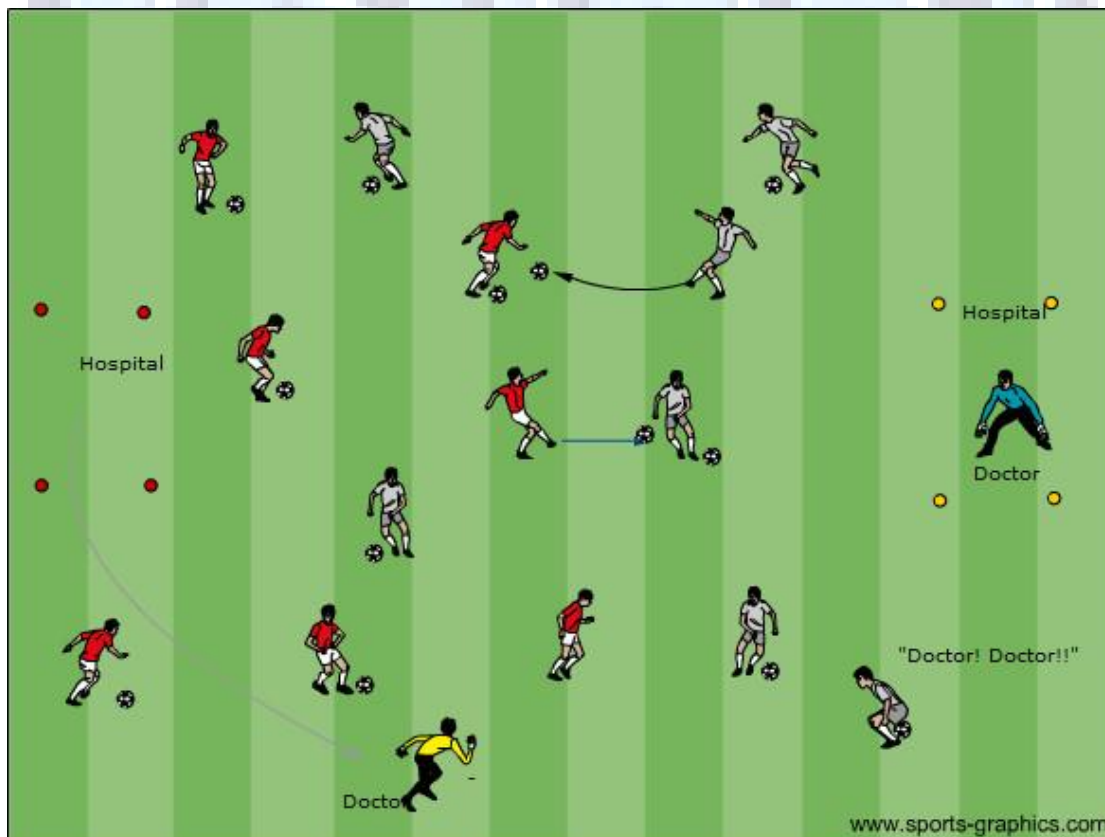
### Play-

Everyone is "it". Object of the game is for one team to "freeze" all opponents at once or freeze the opponent's "Doctor" to win. Players can freeze an opponent by passing it to strike an opponent below the knees. If struck, a player is frozen and must sit on ball and call out, "Dr! Dr!".

Players are unfrozen when their "Doctor" slaps them five. If a doctor is frozen while outside his/her hospital, that game ends. Play multiple rounds.

### Coaching points-

- Keep the ball close! Soft Touches on the ball!
- Use the inside of the foot to pass (ankle locked, plant foot beside the ball, strike near ankle bone).
- "Where do you pass it if opponent is moving?" (Answer -in front of them) "How do you keep the ball on the ground when passing?" (Answer-hit the middle of the ball-lift your foot).
- "Do you know where the doctor is?" "How will you know if the doctor is out of the hospital?" (answer- look while you dribble, communicate!)



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

#### Set up-

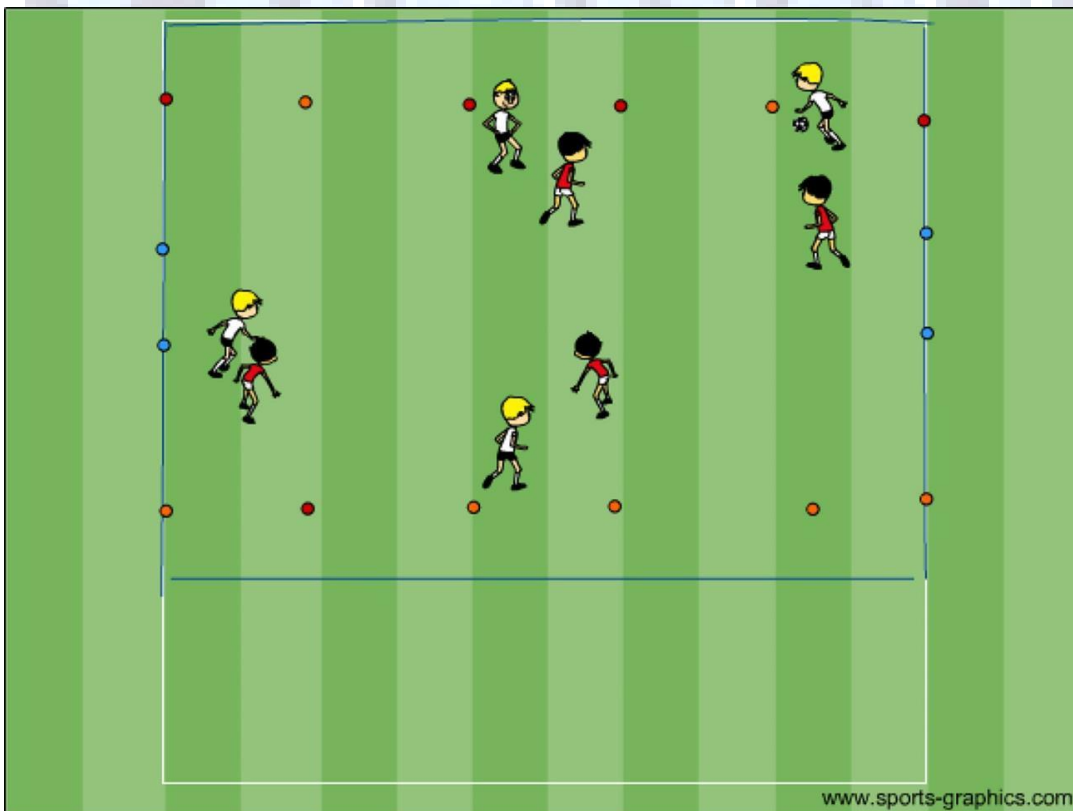
Using your playing field “sideways” (wider than long), divide players into two teams of 3 or 4 (note: you may want to create two smaller fields and play 2v2 or 3v3 with coaches joining in to even things up, as numbers dictate\*). One game ball per field. \*Note: if coaches are joining in, please do not 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 to the opponent’s “end line” (anywhere on their line!) and stopping the ball near (within a foot either side of) the line. Player must be in control of the ball as they get near the line to stop it. If a goal is scored, defending team takes over possession and attacks the opposite end line.

#### 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)

