

2nd Grade Plan-Week # 8

“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- Team Freeze Tag- 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.

Divide players into two teams. Everyone with a ball.

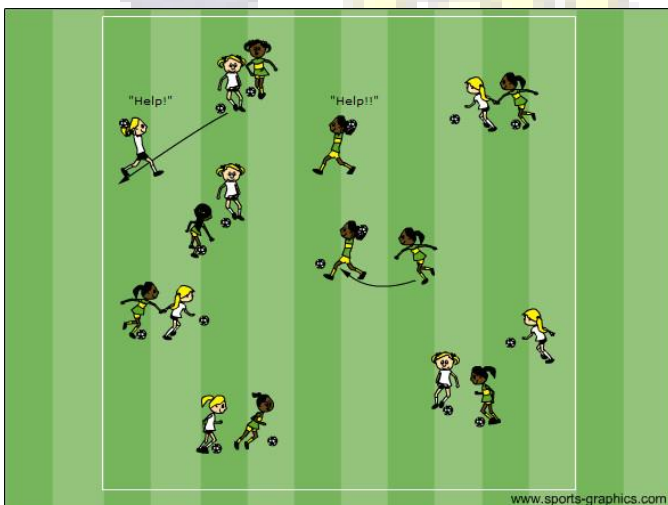
Play-

Everyone is “it”. Object of the game is for one team to “freeze” all opponents at once. Players can freeze an opponent by controlling their ball and getting close enough to an opponent to tag them on the shoulder. If opponents tag each other at the same time, both are frozen. Anyone leaving the grid must return to the grid and becomes frozen.

Once frozen, the player must hold the ball over his/her head, spread the feet to create a “goal”, and ask for help. Players are unfrozen when a teammate dribbles their ball through to “goal”. Play multiple rounds.

Coaching points-

- Keep the ball close! Soft Touches on the ball! Pretend the ball is a “raw egg”; Don’t crack the shell!
- “Where’s the best place to be?” (answer- edges of the grid-more space and can see the whole grid)
- “How do you know when to freeze (opponent) or unfreeze (teammate)?” (answer- depends on how many of your teammates are frozen!) “How will you know how many teammates are frozen?” (answer- look while you dribble, communicate!)



2nd Activity -Passers and Dribblers-13 minutes

Set up-

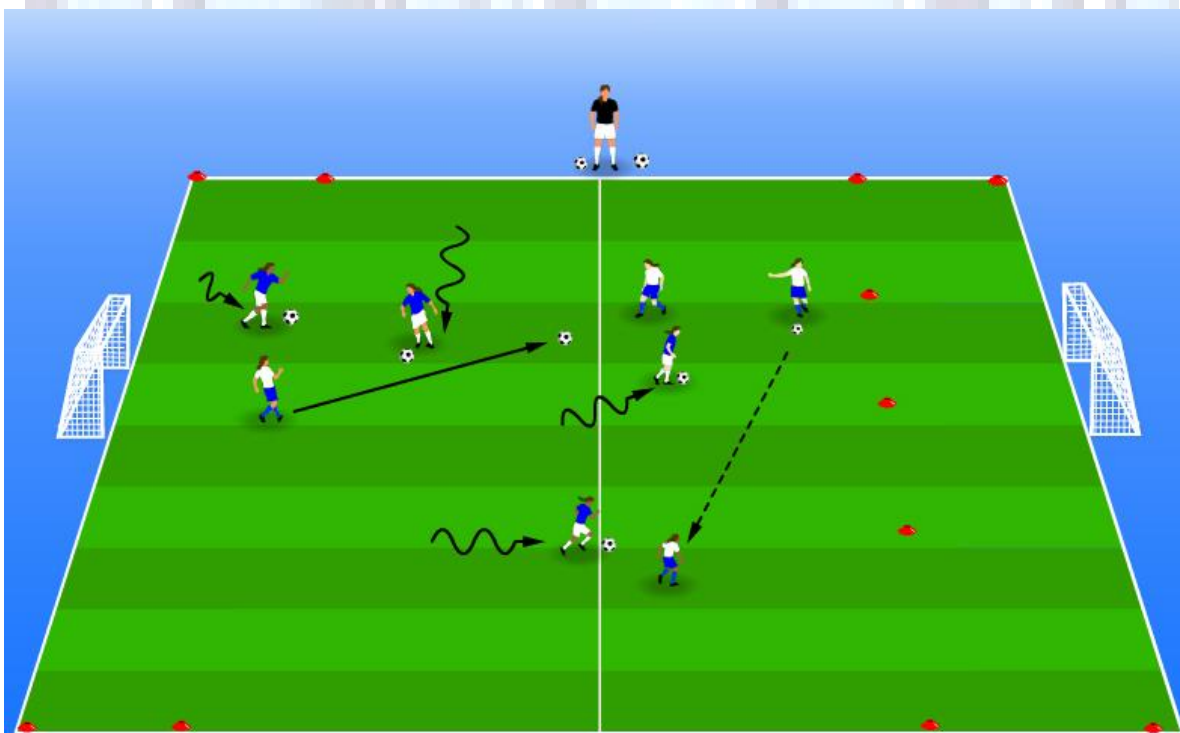
Using 2/3 of the playing field, divide players into two teams. Each player on one team ("Dribblers") has a ball. The other team splits up into partners with each partnership having a ball ("Passers").

Play-

Team with partners attempt to pass to each other while the "dribblers" (defenders) try to control their ball and touch (intercept) passes. Defenders must be in control of their own ball at all times (can't leave their ball to intercept a pass). Play for 2-3 minutes and reverse roles. Play multiple rounds.

Coaching points-

- Passers- "How many passes can you make with your partner?"
- Passers- "Dribble until you see an opportunity to pass!"
- Receivers- "Can the ball see you?" (is there a path to you between defenders?)
- Dribblers- "Keep the ball close!" "Try to anticipate where the pass will go and get there quickly!"
- All- "Who has to work harder? The people who have the ball trying to pass or the people without the ball looking for a pass?" (answer- Without the ball! Receivers must constantly be moving)
- Note: Make sure that the "passing team" has even numbers-Coach could be a dribbler.



3rd Activity- Four Goal Game-13 minutes

Set up-

On half of the field, place four “cone goals” (using cones) on the touchlines so that the field is now wider than it is long (see diagram). Players will play across the field. Note: if numbers dictate, create two fields and make 2 games so that players are playing 4v4 or LESS. Two teams, one game ball (on each field).

Play-

Teams play 4v4 (2v2, 3v3...NOT 5v5!) across the field, trying to score in either of the opponent’s two goals. For a goal to count, it must be played with the inside of the foot (pass), on the ground, and may not touch the cone on the way through.

Coaching points-

- “Which goal is easiest to score in?” (answer-the one with less or no defenders)
- “How will we get there?” (answer- spread out and look for a pass!)
- All above technical points.



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)