

2nd Grade Plan-Week # 9

“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- Technical Box-Partners Turning to Cones- 10 minutes

Set up-

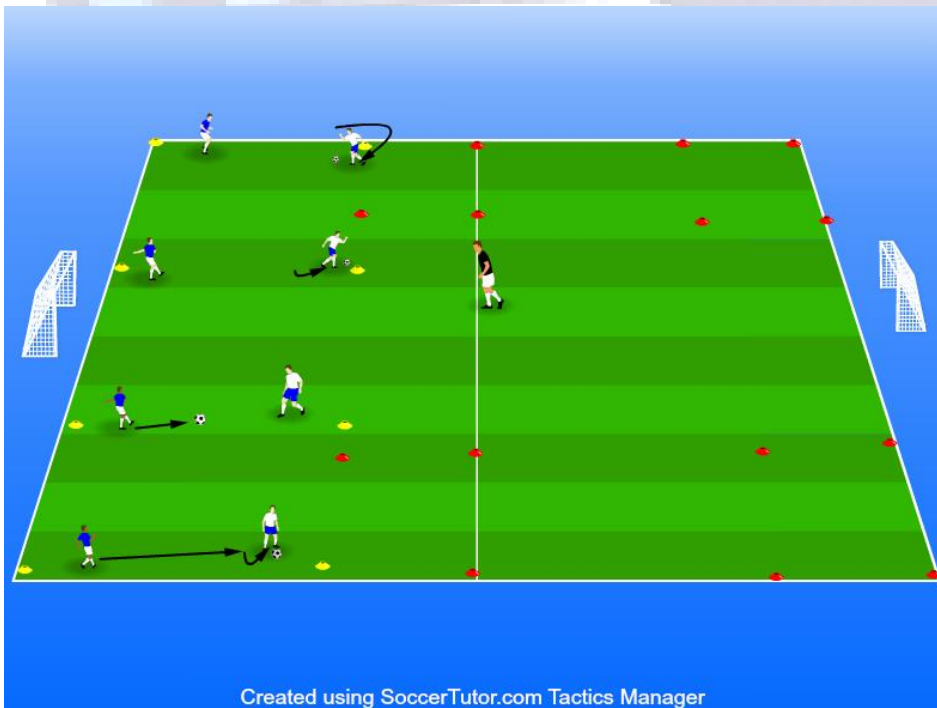
Using 2/3 of your field, place cones to create 4 “boxes” (red cones) and a boundary line (yellow cones). Use the unused 1/3 for this activity (see Diagram). Players get a partner and a ball.

Play-

Partner #1 passes to #2 who receives, turns and dribbles around the cone and back. Partner #2 then passes to #1 who receives, turns and dribbles around his cone and back, and so on...

Coaching points-

- Be “bouncy” when you receive (on your toes and alert)!
- Always touch the ball while turning (look for those who let it go by and chase it!)
- “Open the door” as you turn! (As the ball arrives, receive with the inside of the foot while stepping backwards with that foot-like opening the door for someone)
- Accelerate out of the turn but control the ball to circle the cone.



2nd Activity -Dinosaur Eggs “Passing”-13 minutes

Set up-

Using 2/3 of your field, place cones to create 4 “Caves” (red cones) and a boundary line (yellow cones). Place balls (“eggs”) in the center of the grid. Divide players into four groups* and assign them each a “Cave”. Have players tell you what kind of Dinosaurs they are! *If numbers dictate, use 3 “caves” instead of 4.

Play-

On Coach’s command, dinosaurs will race from their caves to bring back as many eggs as they can in a given time frame. They must pass the egg (inside of foot) to a partner into the cave. Initially, balls are centrally located but dinosaurs may steal eggs from other caves or from other dinosaurs as they dribble or intercept passes! Stop and count eggs. Team with most eggs gets a point. Play multiple rounds.

Coaching points-

- Use turns to retrieve eggs and elude defenders! Coach should focus on players turning.
- Encourage working in partners to ensure someone can receive in the cave.
- Coaches may become “defenders” to pose problems but should only take a ball if the player lets the ball get out of control (not close to them). Don’t intercept passes!
- “Dribble with your head up until you see the pass!”
- Allow players to strategize during breaks



3rd Activity- Four Corner Game-13 minutes

Set up-

Using 2/3 of your field, place cones to create 4 “boxes” (red cones) and a boundary line (yellow cones). Divide players into two teams. One game ball to start.

Play-

Teams play soccer and try to score by dribbling into any of the four corners. Teams may also pass to get a goal by passing to a teammate in a corner. Player must control the ball in the box for the goal to count. Teams cannot score in the same corner twice in a row within the same possession (can’t dribble/pass in and out of the same box). Note: 3v3, 4v4 is ideal but, depending on numbers, 5v5 is possible. Use two balls to increase touches and separate players.

Coaching points-

- Above coaching points about turns and accelerating.
- Ask, “Where is the easiest place to score?” (answer-where there are no defenders)
- “How can we get there quickly?” (answer- dribbling at speed or by passing to a teammate)
- “Where can you go to get a pass?” This encourages players looking for space rather than coaches yelling, “spread out”
- Expect this game to be very “messy”! It’s okay!



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)

