

OAA Recreation Soccer

2nd Grade Practice #1

Activity	Set up	Description	Coaching Points
Warm up—Tag (5 min)	20 x 20 grid of cones	<ul style="list-style-type: none"> • Players dribble the ball within the grid while trying to tag other players with their hand. • Players must keep their ball close to themselves. • Players must keep track of how many people they tag. • Play twice and try to tag more people the second time. 	<ul style="list-style-type: none"> • Make sure ball stays close to feet. • Think about offense (tagging) as well as defense (getting away)
Demonstration (5 min)	None. Have players watch in a semicircle.	<ul style="list-style-type: none"> • Demo how to dribble the ball, using inside, outside, top and bottom of foot. Change direction and “spin” with ball. • Talk about what you are doing, keeping the ball close. 	<ul style="list-style-type: none"> •
Stoplight (10 min)	20 x 20 grid of cones	<ul style="list-style-type: none"> • Coach tells players what to do when he/she calls a color • Red=stop, green=dribble with inside of foot, blue=dribble with outside of foot, yellow= dribble fast (keep ball close), purple= turn opposite direction and dribble. • Everyone has a ball, dribbling in the grid. • Coach calls color, players do what colors say to do. • <i>Version 2</i>—Coach is in grid applying pressure to players 	<ul style="list-style-type: none"> • Remember the colors • Keep the ball close to yourself • Concentrate on where the ball is and where other players are.
Knock Out (10 min)	20 x 20 grid of cones	<ul style="list-style-type: none"> • Players dribble their ball, trying to keep it away from other players • Players try to kick other players’ balls out of grid. • When ball is kicked out, player must run to get it, then do a short skills task (10 push-ups, sit-ups, ball touches, juggles, etc) before re-entering the game. 	<ul style="list-style-type: none"> • Keep ball close to self. • Think about offense and defense. • Keep your head up so you can see other people.
Race To Win It! (15 min)	15 x 10 grid Cone goals, 2 yds apart on 10 yd side	<ul style="list-style-type: none"> • Coach stands with balls, at mid-point of 15 yd sideline. • Players are in lines next to coach. • Coach tosses ball into playing field and players try to get to it first. • Line to left of coach tries to score on right goal, line to right of coach tries to score on left goal. • <i>Version 2</i>—coach varies service of ball • <i>Version 3</i>—coach yells “Two” and two players from each line come out as partners. 	<ul style="list-style-type: none"> • Be attentive. • Fast to the ball. • Know where you are going.
4 v 4 Game (15 min)	25 x 40 grid Cone goals 2 yds apart on 25 yd side	<ul style="list-style-type: none"> • Scrimmage 3v3 or 4v4 • Let players play and give lots of positive feedback 	<ul style="list-style-type: none"> • Reinforce Technique!

OAA Recreation Soccer 2nd Grade Practice #2

Activity	Set up	Description	Coaching Points
Warm up— Shadow Dribble (10 min)	20 x 20 grid of cones	<ul style="list-style-type: none"> ● Partners each have a ball, standing one in front, one behind. ● Lead player can go anywhere in the grid, dribbling the ball. ● Follower needs to make sure he/she stays as close as possible to the leader, doing exactly what they do. ● Go for a time, then reverse rolls. 	<ul style="list-style-type: none"> ● Use inside, outside, turns. ● Leader—try to get away from follower
Snake (8 min)	20 x 20 grid	<ul style="list-style-type: none"> ● All players dribble their soccer ball except for 2 players. ● The 2 without soccer balls, link arms and try to tag other players. ● Players with balls try to stay away from the head end of the snake. ● If the snake tags a player, that player becomes part of the snake. ● Snake must stay together, no breaking arms. 	<ul style="list-style-type: none"> ● Keep heads up! ● Control the ball. ● Keep the ball close. ● Have the snake “Hiss!” to keep it fun.
Gates with Bandits (12 min)	30 x 30 grid with 10 cone goals randomly set two yards wide	<ul style="list-style-type: none"> ● Players each have a ball and need to dribble the ball through a gate to score a goal. ● Two players (who do not have a ball) are bandits and try to steal the ball from the other players. ● When bandits steal the ball, they keep it and the player who lost the ball is now the bandit. ● Play multiple 1-2 minute games. Players with ball at end of time are awarded a point. 	<ul style="list-style-type: none"> ● Keep heads up! ● Control the ball. ● Keep the ball close. ● Shield the ball from the bandits.
Race To Win It! With numbers. (15 min)	20 x 15 grid with 2 cone goals set two yards wide on 15 yd side	<ul style="list-style-type: none"> ● Coach stands with balls, at mid-point of 20 yd sideline. ● Players are in lines next to coach. Coach assigns each player a number (1-4 or 1-5 depending on how many players there are). ● Coach tosses ball into playing field and calls out a number. The player whose number was called tries to get to it first. ● Line to left of coach tries to score on right goal, line to right of coach tries to score on left goal. ● <i>Versions</i>—coach varies service of ball—coach yells two or three numbers and that many players from each line come out as partners. 	<ul style="list-style-type: none"> ● Be attentive. ● Fast to the ball. ● Know where you are going. ● Work as a team. ● Talk to each other. ● Pass the ball.
Scrimmage with passing lane (15 min)	30 x 20 grid with a line of cones down middle of field, (long way)	<ul style="list-style-type: none"> ● Break into two teams and set up as a normal game. ● Players cannot cross the line of cones, but they can pass to their teammates on the other side of the line. 	<ul style="list-style-type: none"> ● Make runs. ● Don't keep the ball. ● Head up! ● Shield the ball from D.

OAA Recreation Soccer 2nd Grade Practice #3

Activity	Set up	Description	Coaching Points
Warm up—Ball Tag (8 min)	20 x 20 grid	<ul style="list-style-type: none"> ● Each player has a ball. Players “Tag” other players by kicking it at their feet or soccer ball. ● Players count how many times they tag someone. 	<ul style="list-style-type: none"> ● Shield the ball and body. ● Move fast. ● Keep head up.
Team Tag (10 min)	20 x 20 grid	<ul style="list-style-type: none"> ● Split into two teams, each player has a ball. ● One team (Taggers) tries to kick their ball against the other teams’ ball or lower leg. ● The other team tries to get away, but needs to keep their ball close to themselves and shield their ball from the Taggers. ● <i>Version 2</i>—Taggers can only tag soccer balls. 	<ul style="list-style-type: none"> ● Heads up. ● Talk! ● Pass to each other’s feet. ● Anticipate the next move.
Golden Gates (12 min)	30 x 30 grid with 8 cone goals randomly set two yards wide	<ul style="list-style-type: none"> ● Players pair up with each pair having a ball. ● Partners need to dribble, move and pass ball to each other ● Partners pass ball between gates to score a goal. Can’t score on same goal twice in a row. ● Play short rounds to see which pair scores the most. 	<ul style="list-style-type: none"> ● Move the ball. ● Take hard shots. ● Aim your shots. ● Pass within your zone.
Clean Your Backyard (10 min)	2, 20 x 10 grids with a 5 yd alley between the 20 yd sides. 3 goals should be placed on both of the 20 yd ends	<ul style="list-style-type: none"> ● Each player has a ball. Break group into two teams and put them in a grid. Each team stays in their grid and may not enter the alley. ● Both teams shoot the ball across their opponents’ grid to score on one of the three goals. ● Players can defend, but no hands. ● Score as many goals as possible. Play multiple short games ● <i>Version 2</i>—take out alley, but keep 3 goals on each end. 	<ul style="list-style-type: none"> ● Reinforce Technique!!
4 v 4 Game (15 min)	25 x 40 grid Cone goals 2 yds apart on 25 yd side	<ul style="list-style-type: none"> ● Scrimmage 3v3 or 4v4 ● Let players play and give lots of positive feedback 	<ul style="list-style-type: none"> ● Reinforce Technique!!

OAA Recreation Soccer 2nd Grade Practice #4

Activity	Set up	Description	Coaching Points
Warm up—Tail Tag (5 min)	Open space	<ul style="list-style-type: none"> ● Give each player a pinny and have them tuck a small amount into the back of their shorts (like a tail). ● Players try to take other players tails while guarding their own. ● If tails are taken, they should be dropped right away and new ones found. 	<ul style="list-style-type: none"> ● Be quick. ● Be aware. ● Be agile.
Paint the field (5 min)	25 x 20 grid	<ul style="list-style-type: none"> ● In pairs, players pass ball using as much space as possible. ● The soccer ball is a paint brush and they need to paint the entire surface of the field. ● Do this for 4 minutes, then have them use their other foot. 	<ul style="list-style-type: none"> ● Move around the field. ● Make long passes. ● Spread out. ● Watch for other players.
2 v 2 to End Zones (10 min))	20 x 15 grid with 1 yd end zones at the end of each	<ul style="list-style-type: none"> ● Players score 1 point by dribbling ball into end zone. ● Players get two points by passing ball into end zone, but ball must be passed before teammate goes into end zone. ● Defenders cannot defend in end zone. 	<ul style="list-style-type: none"> ● Dribble, pass, receive the ball. ● Talk to teammate.
4 Corner Shooting without Goalkeepers (15 min)	20 x 25 yd grid with cone goals at each end	<ul style="list-style-type: none"> ● Players in lines on the corners of grid, teams are defending the goal they are closest to. ● Coach is in middle of field on sideline with balls. ● Coach serves ball into field and first person in each line tries to get the ball and score on opposite goal. ● Play ends with a goal or ball going out of bounds. 	<ul style="list-style-type: none"> ● Be fast. ● Talk to teammate. ● Go to the ball. ● Move off the ball to get a pass.
Scrimmage (25 min)	25 x 20 grid	<ul style="list-style-type: none"> ● 4 v 4 ● Set up two fields if necessary. 	<ul style="list-style-type: none"> ● Be positive. ● Reinforce technique.

OAA Recreation Soccer 2nd Grade Practice #5

Activity	Set up	Description	Coaching Points
Warm up—Juggling (6 min)	Open space	<ul style="list-style-type: none"> • All players with a soccer ball in their hands drop the ball and try to kick it back to their hands. Count # of times in succession. • Version 2—controlled juggling. Thigh, thigh, foot, hand. Others... 	<ul style="list-style-type: none"> • Use coordination. • Take time. • Eye contact.
Coach—Shielding and Defense Demonstration (7 min)	Open space	<ul style="list-style-type: none"> • Show proper shielding technique • Keep control of ball, while keeping it away from opponent. • May lean against opponent. • Show proper defense technique. • Stay low to ground, do not stab/jump at the ball. • Be patient. 	<ul style="list-style-type: none"> • Body sideways on opponent. • Use arm to protect and know where opponent is going. • Knees bent.
Steal-Shield (7 min)	Open space	<ul style="list-style-type: none"> • Players in pairs with one ball. • One player starts with ball and partner tries to steal the ball while player with ball shields it. • 30-45 second matches. Player who ends with ball gets a point. 	<ul style="list-style-type: none"> • Ensure proper technique. • Be quick.
2 v 2 to Small Goals (20 min)	15 x 20 grid	<ul style="list-style-type: none"> • Have 2 or 3 grids set up so all players can play at a time. • Players must dribble ball across end line to score a point. • Have players keep track of points scored. • After a few rounds, change teams. 	<ul style="list-style-type: none"> • Reinforce technique in dribbling and passing. • 1 v 1 defending
4 Goal Game (20 min)	35 x 35 grid with four corners having square cone goals (6 x 6) in each	<ul style="list-style-type: none"> • Players broken into 2 teams • Players try to get ball into one of the goals in the corners. • Both teams can score on any goal, but teams cannot play the same goal twice consecutively. • Teams keep track of their score 	<ul style="list-style-type: none"> • Use all of the space. • Make runs off the ball. • Go to space.

OAA Recreation Soccer 2nd Grade Practice #6

Activity	Set up	Description	Coaching Points
Warm up— Doctor Doctor (10 min)	25 x 25 grid with opposite corners coned off (5 x 5) as a hospital	<ul style="list-style-type: none"> ● Two teams, each having a doctor (without a ball) Everyone else has a ball. ● Each team tries to freeze the other team members by kicking the ball at them below the knee. If a player is hit, they must stay where they are and yell “Doctor, Doctor” until the doctor unfreezes them by tagging them. ● The doctor is safe in the hospital, but can be frozen when out of it. 	<ul style="list-style-type: none"> ● Make sure to know where your opponent is. ● Be moving constantly.
Pirates (10 min)	Build a circle approximately the size of the center circle with 2 flags for and a semi-circle of cones to act like a net in the middle of the big circle of cones.	<ul style="list-style-type: none"> ● With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the “Pirates”. ● Instruct the “Pirates” without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. 	<ul style="list-style-type: none"> ● Attacking: keep the ball close with head up ● If the ball is lost, recover quickly and fight to win it back. ● Defending: Transition quickly from defense to offensive ● Stay focused once the ball is won, and find the target.
OUCH! (8 min)	20 x 30 grid	<ul style="list-style-type: none"> ● Every player in grid with a ball. ● The coach jogs around the grid. Players try to kick their ball and hit the coach. ● Players get a point every time they hit the coach. ● Coach yells “Ouch!” each time they are hit. ● Use different parts of the foot: Inside, Instep, Right and Left foot. 	<ul style="list-style-type: none"> ● Players need to strike the ball with correct part of foot.
3 v 3 Keep Away (12 min)	20 x 25 grid	<ul style="list-style-type: none"> ● Have 2 or 3 grids set up so all players can play at a time. ● Players must keep the ball away from the other team. ● After a few rounds, change teams. 	<ul style="list-style-type: none"> ● Reinforce technique in dribbling and passing. ● 1 v 1 defending and help from team.
4 v 4 Scrimmage (20 min)	20 x 25 grid with 2 cone goals on end.	<ul style="list-style-type: none"> ● Scrimmage ● Let them play and offer lots of feedback 	<ul style="list-style-type: none"> ● Reinforce technique!

OAA Recreation Soccer 2nd Grade Practice #7

Activity	Set up	Description	Coaching Points
Warm up— Juggling (10 min)	Circle of cones 15 yds across	<ul style="list-style-type: none"> ● Each player has a ball. ● Players dribble anyway they want for 2 min. ● Players juggle for 1 min using feet, alternating L to R. ● Players dribble with inside and outside of foot switching L and R for 2 min. ● Players juggle with thighs for 1 min. ● Players make quick cuts and turns with the ball, using inside and outside of foot for 2 min. ● Juggle with feet, thighs and chest for 2 min. 	<ul style="list-style-type: none"> ● Concentrate on where your feet are. ● Be watching the ball. ● Be checking your surroundings.
Down and Back Dribbling Game (10 min)	20 x 20 grid	<ul style="list-style-type: none"> ● Each player has a ball. Players line up on adjacent sides of grid. ● All at the same time, players dribble the ball across the grid, making sure to avoid the players going the different direction. ● Variation 1—Players need to dribble down and back. 1st player done gets a point, play to five points. Play 3-4 sets. 	<ul style="list-style-type: none"> ● Heads up while dribbling. ● Keep the ball close.
The Soccer Gauntlet (10 min)	20 x 15 grid	<ul style="list-style-type: none"> ● One player is in the middle without a ball. The rest are on the end line with a ball. ● Players with a ball, try to cross the grid to the other side. ● Player without ball tries to steal ball and kick it out of the grid. ● If an attackers ball is kicked out, they become another defender. ● The last player with a ball is the winner of that round. 	<ul style="list-style-type: none"> ● Keep the ball close. ● Protect the ball. ● Dribble into space. ● Dribble with speed.
Guard the Castle (10 min)	12 x 12 grid	<ul style="list-style-type: none"> ● Break the team into groups of four per grid. ● Balance a ball on a cone in the middle of the grid. ● One of the four players needs to defend the ball on the cone (castle). ● Three attackers need to pass to each other and shoot the ball at the middle ball on the cone. ● If the ball is knocked off the cone, the attackers get one point. 	<ul style="list-style-type: none"> ● Keep heads up with passes. ● Move to space so you can make an easy pass. ● Proper weight with passes.
4 v 4 Scrimmage (20 min)	20 x 25 grid with 2 cone goals on end.	<ul style="list-style-type: none"> ● Scrimmage ● Let them play and offer lots of feedback 	<ul style="list-style-type: none"> ● Reinforce technique!

OAA Recreation Soccer 2nd Grade Practice #8

Activity	Set up	Description	Coaching Points
Warm up—Simon Says (10 min)	20 x 30 grid	<ul style="list-style-type: none"> ● Each player has a ball in the grid. ● Coach = Simon, says commands. ● Vary what Simon says, have ball in hand, ball on feet, no ball. 	<ul style="list-style-type: none"> ● Focus on listening skills
1 v 1 50/50 to Goal Team Competition (20 min)	Use a full size goal with two cones placed 20 yds in front of each post.	<ul style="list-style-type: none"> ● Players line up at the goal posts. One team lines up at one post, the other team at the other post. ● One player from each line sprints out around their cone. When they are almost to the cone, the coach passes the ball to the middle of the area. ● The players need to get to the ball and score on the goal. Whoever scores gets one point for their team. Play to 10. 	<ul style="list-style-type: none"> ● Pay attention. ● Be ready to run. ● Get the ball back when defending.
6 v 6 Scrimmage (30 min)	30 x 40 grid with cone goals on ends	<ul style="list-style-type: none"> ● Scrimmage ● Let them play and offer lots of feedback 	<ul style="list-style-type: none"> ● Reinforce technique!