




Eagan Rec. Soccer

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| Age Group | 1st and 2nd Grade |
| Theme | Dribbling and Awareness |
| Time | 35 minutes of training / 25 minute scrimmage |

| Activity/Drill | Notes and Coaching Points |
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|  | <p>Freeze Tag</p> <ol style="list-style-type: none"> 1. All players begin without a ball – select 2-3 players to be “it”. 2. The players who are it are trying to freeze all of their teammates by tagging them on the arm, shoulder, back and other appropriate body parts. 3. Switch the players who are “it” and see who can freeze/tag more people. 4. Add soccer balls to the game and the only way to become unfrozen is by dribbling the ball and passing through their teammates legs. Once a player is tagged they hold the ball above their head and yell for a teammate to help unfreeze them. 5. Once a teammates passes through their legs they continue dribble around in the space. <p>Question for the team: Is it better to dribble the ball with your head down or your head up? Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball with small touches close to your body • Pick your head up on the dribble to see where open space is/or if a teammate needs help. • Protect the ball from the defenders – the players who are “it”. |
|  | <p>Red Light, Green Light with Bombs</p> <ol style="list-style-type: none"> 1. All players on one end line without a ball. 2. On green light the players go and red light the players must stop. 3. Players run/move across the space following the coach command without running into a bomb/cone – if they run into a cone they have to sprint back to the beginning. 4. If the players are moving when the coach says red light they have to restart at the beginning. 5. The goal is to be the first player to reach the coach across the space. 6. Once the players understand the game add soccer balls. 7. Final Stage – no voice commands and hold up a red or yellow pinnies/cones and encourage players to pick up their head on the dribble. <p>Question for the team: What part of your foot should you use to avoid the cones/bombs? Coaching Points</p> <ul style="list-style-type: none"> • Use the inside and outside of your foot to avoid hitting the bombs/cones • Encourage the players to dribble the ball under control. • Players must pick their head up on the dribble. |
|  | <p>2 vs 2 to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 4-6 players on opposite sides of the field. Make sure the teams understand what goal they are scoring in. 2. Coach passes the ball into either team – as soon as the ball goes out of bounds the next four players step onto the field. 3. Keep the game competitive by selecting what team you pass the ball into. 4. Encourage the players to take on 1 vs 1 and pass to their teammates when they run into pressure. <p>Question for the team: What is important to do when you receive the ball? Coaching Points</p> <ul style="list-style-type: none"> • Receive the ball under control close to your body – do not just kick it. • Encourage the players to control the ball on the dribble. • Transition from off and on the field quickly. • Encourage players to pick their head up before they pass. |



Scrimmage / Game Play

- 4 vs 4 or 5 vs 5
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and picking their head up on the field.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble