



## Eagan Rec. Soccer

<b>Age Group</b>	<b>1<sup>st</sup> and 2<sup>nd</sup> Grade</b>
<b>Theme</b>	<b>Taking on 1 vs 1 and Finishing</b>
<b>Time</b>	<b>35 minutes of training / 25 minute scrimmage</b>

Activity/Drill	Notes and Coaching Points
	<p><b>Knock – Out</b></p> <ol style="list-style-type: none"> <li>1. All players begin without a ball – the players run, skip, and warm-up in the designated space.</li> <li>2. Add soccer balls to the activity. All players dribble the soccer ball close to their body in space.</li> <li>3. Players should dribble with inside, outside, sole, and laces of both feet. Review moves and touches from previous weeks. Have players demonstrate and the rest of the team follow.</li> <li>4. Knock-Out – the players begin dribbling in space while trying to knock out their teammates soccer balls. If your ball is knocked out of bounds you have to sprint to get your ball – complete 10 toe touches in front of the Coach and re-enter the game.</li> </ol> <p><b>Question for the team:</b> What can you do to protect the soccer ball from the opponent? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Use your body to shield the ball from the defender</li> <li>• Dribble to open space</li> <li>• Dribble the ball close to your body under control</li> </ul>
	<p><b>Red Light – Green Light Finishing</b></p> <ol style="list-style-type: none"> <li>1. All of the balls with the coach at the top of the drill.</li> <li>2. The first player in line has one hand on the cone. The Coach will yell out a color of a cone and the first two players in line sprint and touch the cone with their hand – sprint around the cone they started at and try to win the ball. The game continues as a 1 vs 1 to the goal.</li> <li>3. The coach plays the ball down the middle or can favor one side or the other to keep the game competitive.</li> <li>4. Always have one player become the GK after the 1 vs 1 – GK is not allowed to come out of the goal.</li> <li>5. Phase 2 – Coach calls out two or three colors of cones. The players have to touch the cones in the exact order they were said.</li> <li>6. Compete to see which team can score 10 goals first.</li> </ol> <p><b>Question for the team:</b> Is it easier to score from distance or in the box? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Control the ball and dribble closer to the goal before shooting</li> <li>• Defenders work hard to win the ball back</li> </ul>
	<p><b>Numbers Game 1 vs 1 and 2 vs 2</b></p> <ol style="list-style-type: none"> <li>1. Select two teams of 4-5 players – give each player a number. One team in pinnies.</li> <li>2. Make sure the players understand what goal they are scoring in.</li> <li>3. All of the soccer balls with the coach in the middle of the field. Coach calls out 1 or 2 numbers. The players with those numbers sprint around their goal and enter the field. The coach plays the ball into either team and the game continues 1 vs 1 or 2 vs 2 to goal.</li> <li>4. Encourage players to take on 1 vs 1 – try a move/something new to beat the defender 5. Encourage players to pass and move – complete a give and go when playing 2 vs 2 6. Change up the numbers to develop new relationships with players on your team and encourage both individual and team attacking/defending.</li> </ol> <p><b>Question for the team:</b> When you have space in front of you what should you do? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should dribble when they have space in front of them – take the space</li> <li>• Communicate on the field</li> <li>• Control the ball and make confident decisions</li> </ul>



### **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