

Milton YS -- First Grade: Week 4

Category: Technical: Dribbling and RWB

Skill: U7

Move of the Week: Stop N Go



Hermes Lima Soccer Academy, Quincy, United States of America

Be A Hero

Players are dribbling around. On the coach's command they have to do like that superhero. One introduces one hero at a time. E.g. - Introduce the Hulk the play it for a minute - then introduce spider and hulk - slowly building in the number of heroes/commands.

- Hulk - pick ball up and smash (bounce) it on the ground
- Spider man - toe taps to climb up the side of a building and then sling the web

- Flash - Run super-fast with the ball

- Wonder woman - Passing ball from side to side (tick tock/foundation moves) arms out in front to be flying.

- Fro-zone - Freeze like a statue

- Ask the players to come up with their own ideas

Keep the ball close

Head up to find space

speed of reaction to do the task asked



Hulk Smash

Players dribble around the area avoiding the coach (Hulk)

Coach is to walk/run around with ball in hand, trying to throw their soccer ball to hit the players balls (hulk smash)

Change the 'hulk' after a couple of minutes

Start with 10 lives, if you get smashed by the hulk you lose a life. If you lose all 10 lives you need to do 10 toe taps to get back into the game.

Keep the ball close

Keep your head up to find space and avoid the hulk

Small touches to move the ball around in different directions.

USE HAND SANITIZER AFTER PICKING BALL UP WITH HANDS



Numbers Game

1v1s - goals are reversed to encourage cuts and turns to move the ball.

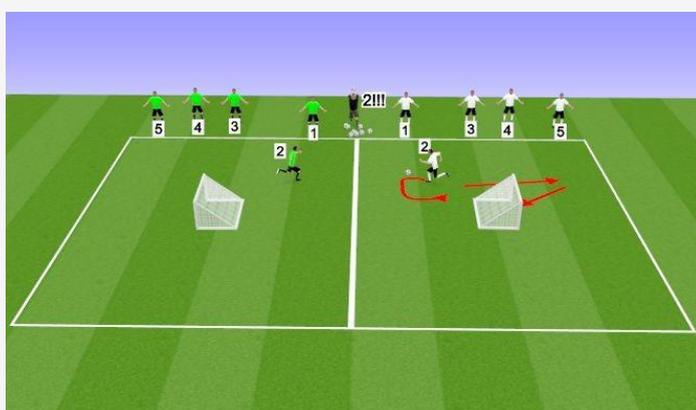
2 teams - Each player on the team has a number. Coach calls out a number, both players enter the field, with the coach giving the ball to the player that enters the field first (rewarding concentration and speed of reaction).

First person to score wins a point for their team.

Speed to get onto the field.

Being able to attack both goals, use cuts and turns to escape the defender (if the defender is in front of you)

close control to do the cuts and turns - bigger touches to escape the defender and attack space once you have turned away from them.



In town Scrimmage

Scrimmage -

Both teams split into even numbers and play against each other over 2 fields

Coaches have spare balls at your feet to pass in if ball goes out of bounds in order to keep players on field.

Any player not overly involved or shy - give them their own ball to score a goal - does not matter what goal they shoot into - encourage a sense of accomplishment/success.

