

Milton YS -- 2nd Grade: Week 4

Category: Technical: Passing & Receiving

Skill: U8

Move of the Week: Stop N Go



Hermes Lima Soccer Academy, Quincy, United States of America

Rondo - Monkey in the middle

In a small area 10x10

3 or 4 players play possession from 1 defender. If the defender wins the ball, they swap with whoever they won it off.

If the team keep it away from the defender for a certain number of passes (5 or so) the defender must do something silly - Jumping jack, shouting, I am a pink fluffy star or sing a song to the group (Something fun and lighthearted, do not embarrass or force kids to do it).

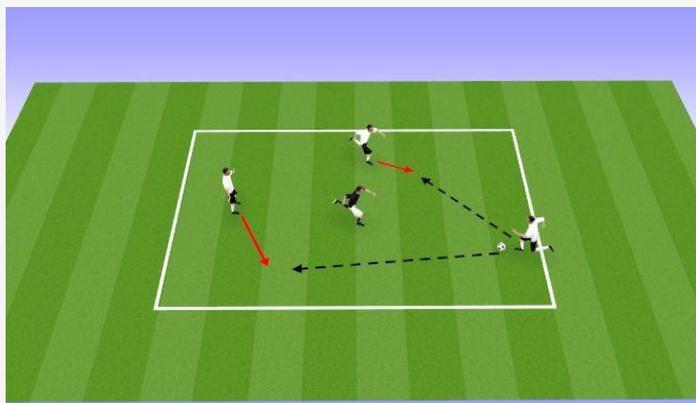
Coaching points -

Movement on and off the ball - do not stand still and make it easy for the defender

Do not force passes / decisions

Communicate - help the player on the ball with their decisions

Work hard for each other



Gauntlet

Area split in 3 sections (more depending on numbers)

-Play starts with 2 attackers combining with a pass which is the cue for defender A. Defender A can only defend in Zone A. If attackers make it through Zone B, that is the cue for defender B. If attackers get through Zone B they attempt to score past the GK. If the defenders win the ball - defender A can dribble/pass it into either mini net, defender B can pass it forward into defender A to try and score.

Once the go is over (either ball has gone out of play, or a goal is scored) the 2 players that just attacked become the defenders and 2 new attackers start. The 2 previous defenders rotate to the back of the line in preparation to become attackers.

Progressions/Variations

-attackers must score on first touch

-allow defender A to track into Zone B

Coaching Points

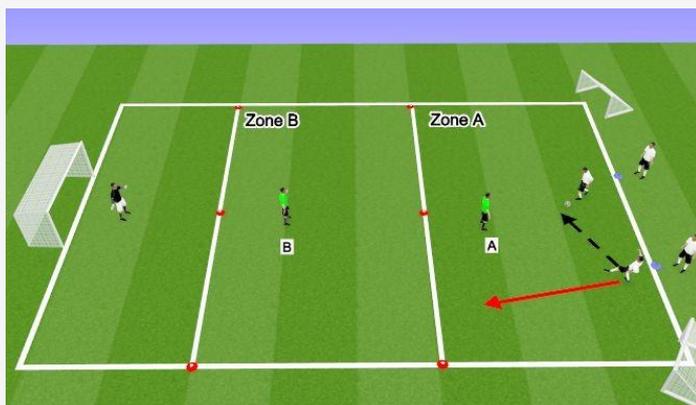
-good decision-making

-read the defenders movement and positioning

-should I dribble into the space or pass to open teammate

-can I draw defender in and pass to pass the defender

-attack with good speed



Numbers Game

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

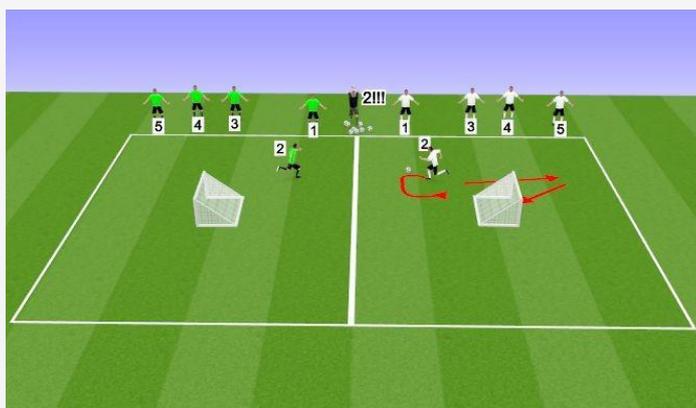
2 teams - Each player on the team has a number. Coach calls out a number, both players enter the field, with the coach giving the ball to the player that enters the field first (rewarding concentration and speed of reaction).

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.



Scrimmage

2 even teams

Trying to ensure social distancing so no bunching up - If all bunched together, use different methods to spread them out -

- Magic word - if the coach shouts a certain word all players need to stop what they are doing and go find a space on the field.
- New ball - throw a different ball in play - not all players will run to the new ball as it is not near them anymore
- Freeze the game - have all the players stand still and explain that they are too close - not just for Covid-19 reasons but for soccer - more space will be a better option to pass to and use as help.

