

# Milton YS -- 1st Grade: Week 2

Category: Technical: Dribbling and RWB

Skill: U7

Move of the Week: Step-Overs



Hermes Lima Soccer Academy, Quincy, United States of America

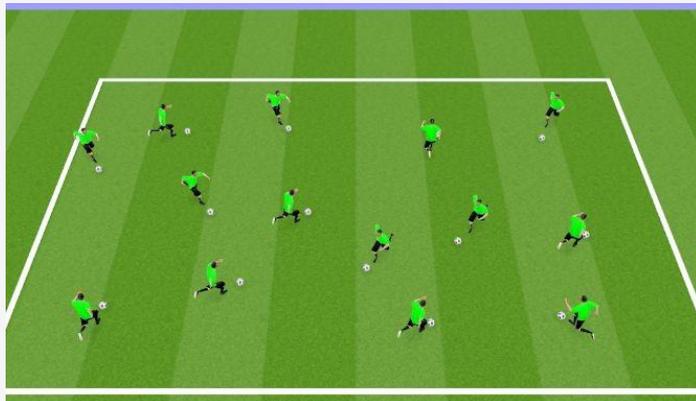
## Body Parts

### Body Parts

Everyone with a ball, everyone keeps their ball close (small touches with the inside or outside of their foot). on the coaches command they stop the ball and put whatever body part is called out on to the ball.

Including - Head - Foot - Knee - Nose - Belly

Encourage speed of reaction so keep ball close so you do not have to chase after it - head up - change directions - do not bump into anyone



## Truck n Trailer (10 mins)

### Aim:

Truck and trailer

Buddy up in pairs, ball each. One tries to follow the other.

The leading player (truck) has to try and lose the follower (trailer).

The follower has to stay close by (socially distanced - 3 big steps).

If the follower can stay close when the coach shouts freeze (everyone stands still), if closer than 3 steps away, the follower gets a point. If the distance is too big (bigger than 3 steps), the leader gets a point. Play 30 second rounds, swapping the roles each time

Progression -

Truck starts with the ball - Trailer player can steal the ball and becomes the truck. Whoever has it after 30 seconds wins. Play this multiple times, swapping starting roles each time.

### Coaching Points:

Change Speed and direction

Movement into space

Close control

Look for space

Head up

Awareness of defender - where is the trailer



## Traffic Wardens (10 mins)

All players start at one end of the field with a ball, they need to get from one side of the highway to the other.

They have to try and get to the other side without the 'traffic warden' getting your ball / giving a speeding ticket.

Once they get to the other side they stop until the traffic wardens tell them to go again.

If the warden gets their ball, the player then becomes a warden too.

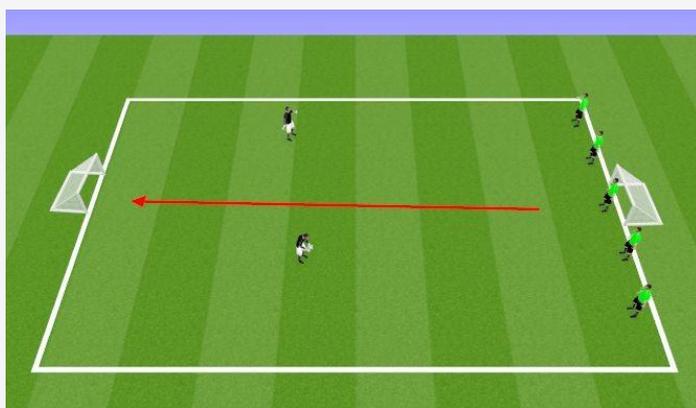
Before starting each time, coach/ wardens shout, 'Cars are you ready' they respond by revving their engines and saying 'Vroom, vroom'. When the coach shouts 'go' then they move.

Coaching points -

Keep the head up to see where the defender / traffic warden is

Move with speed - do not let the defender get near you

Close control - protect the ball



## 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 - encourages a sense of accomplishment/success.

