

Milton YS – 1st Grade: Week 3

Category: Technical: Dribbling and RWB

Skill: U7

Move of the Week: Scissors



Hermes Lima Soccer Academy, Quincy, United States of America

Angry Birds (10 mins)

Aim: Speed and Agility - Have the players moving and changing direction with and without the ball at speed

All players without ball are the 'pigs'

Coaches start as the Angry Birds - have a ball and they have to try and hit someone without a ball below the knees. If players get tagged, they get a ball and become angry bird.

Play multiple times starting with new 'pigs' each time

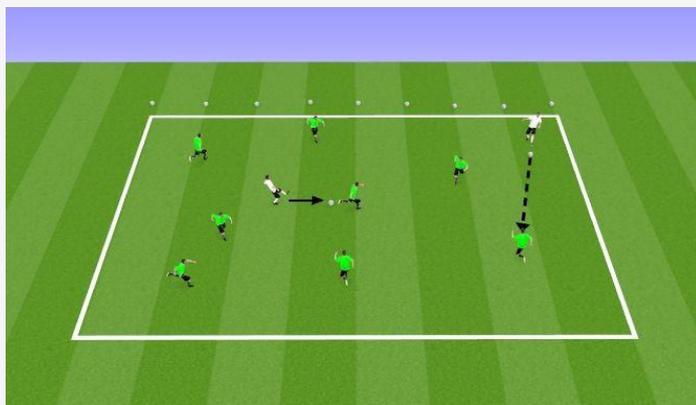
Coaching Points:

Heads up

Looking for space

Changes of speed and direction

Passing technique - inside foot, lock ankle, non-kicking foot, follow through



Cuckoo's Nest (15 mins)

All the soccer balls are the cuckoos' eggs, in the middle of the field. Players start in corner then run in and collect ONE ball and dribble back to the corner, continue until all balls are gone: team with most soccer balls wins.

Play again multiple times. If one team keeps dominating, move the 'nest' slightly closer to the other team(s)

progression:

Once all the center balls have gone, players may 'steal' from other corners. they have 1 minute to steal as many as possible and bring them back to their own corner / nest. If someone tries to steal a ball, you cannot hold on to it.

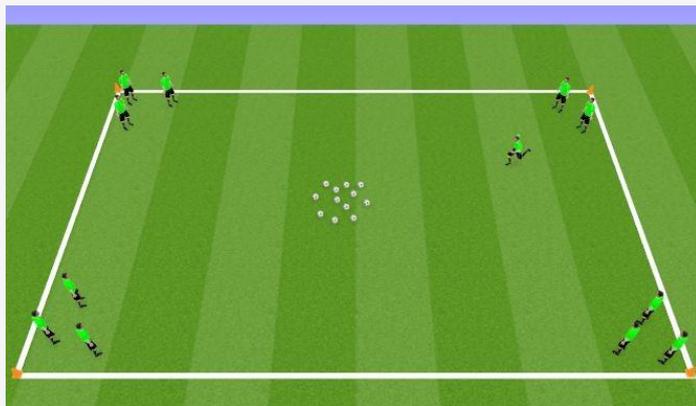
Coaching Points:

speed of dribbling

Awareness of space

Head up to see where you can get the next ball from

DO NOT USE HANDS



Protect your egg

Each player has a ball, and their job is to defend / protect their ball / egg from the other players

Aim:

For each player to protect a ball while trying to poke / crack another player's ball / egg. To help do so can they get into a defensive stance with the ball under control but far away from the incoming player - side on, if the opposition is on their left, keep the ball on the right foot.

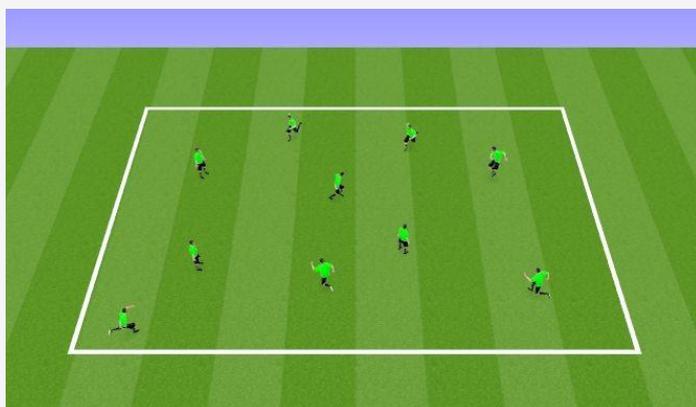
Progression - one player does not have a ball and their job is to steal another player's egg. If your ball / egg gets stolen, you cannot go after the person that stole your ball but have to go and steal someone else's.

Coaching Points:

Defend the ball by dribbling and getting away

Head up to see where you want to go or who is coming so you can protect your ball

DO NOT USE HANDS



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.

