

## Milton YS -- 2nd Grade: Week 3

Category: Technical: Passing & Receiving

Skill: U8

Move of the Week: Scissors



Hermes Lima Soccer Academy, Quincy, United States of America

### Marbles (10 mins)

Every player has a ball and is moving inside the area.  
On the coach's command - players are to try and pass the ball and hit another player's soccer ball. In doing so they win a point if successful.

Coaching Points:

- inside of kicking foot
- non kicking foot planted beside ball with foot pointed to target
- hips facing target
- follow through with kicking foot
- Move the ball at all times
- do not be an easy target



### Coconuts - Throw and kick (10 mins)

'Coconut' - For the first minute, have the players practice throw ins - throwing the ball to try and hit the coconut - 2 feet on the ground, both hands on the ball behind your head, release the ball when both arms are fully extended.

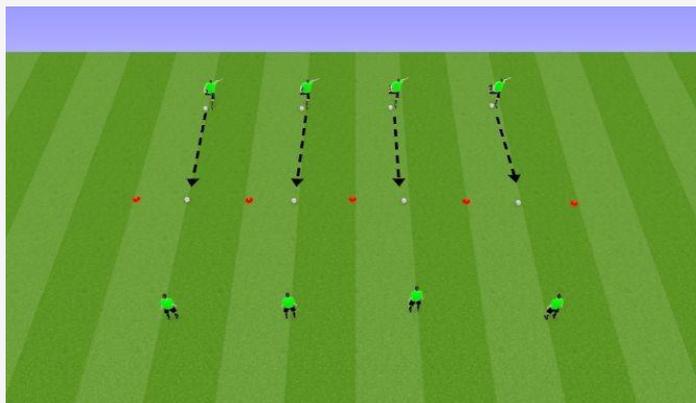
Quickly move on to using feet to strike the ball.

Players are split into pairs. Each group needs 2 balls. 1 ball is placed on the cone in the center of the pair (in line with cones). Players then take it in turns to try and knock the target ball out of position.

1 point for every time you hit the target ball - First player to 10 points wins or who can get the most points in a certain time. Play this multiple times - have players swap partners

Coach can correct individual striking/passing technique

Progression 1 - Players play with weak foot. First to 5 points wins  
CP - Placement of standing foot; slight bend in knees for balance; arms out for balance; knee and head over ball; strike through the ball and land on kicking foot; follow through toward target



### Pass and Tag

Set up - 2 lines of players (side by side and facing each other like shown above)

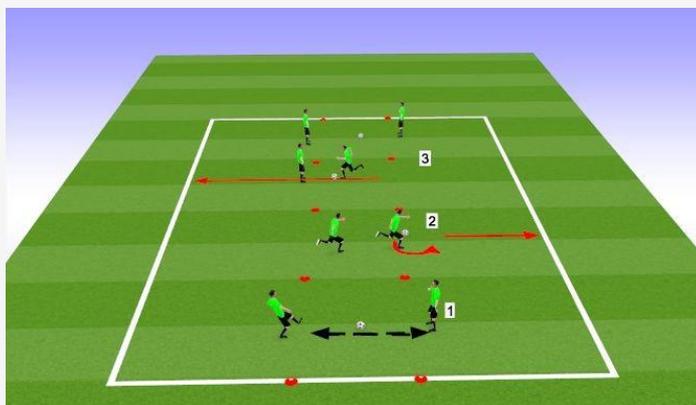
Passing back and forth with a partner in front of them (diagram 1) - give them 30 seconds or so to practice passing back and forth to each other

Progression 1 - The players continue to pass back and forth to each other in pairs. On the coach's command (for example 'GO') the player who has the ball at their feet turns and tries to dribble over the line behind them (diagram 2) if successful they win a point. If they get tagged by their partner the player without the ball wins a point.

Progression 2 - On the coach's command whoever has the ball can either turn and attack the line behind them (like diagram 2) for 1 point or take on their opponent in a 1v1 trying to score over the opposite line to score 3 points. (Diagram 3)

In passing the ball - Hips facing targets - planted foot pointed to target - inside of foot - locked ankle - follow through

Sharp turn on ball using speed to get away from defender



## 2nd Grade Scrimmage (15 mins)

6v6 - 5 outfield - 1 goalie

- Throw ins - players can take throw ins when the ball goes out of bounds - 2 feet on the ground, both hands on the ball behind your head, release the ball when both arms are fully extended.
- No corners - ball goes to goalie each time. On goal kicks, players from the opposing team, retreat to the halfway line, allowing the first pass to be successful.
- Each time a goal is scored, the ball is placed in the center of the field and the team that got scored on gets possession. One player passes back to a teammate.

