



# Milton YS: 1st Grade – Week 1

**Category:** Technical: Passing & Receiving

**Difficulty:** Beginner

**Move of the Week:** Step-Over



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## Robot Tag (7-10 mins)

### Arrival Activity - 5min - 4:1 work/Rest -

Game Intentional Free Play 1v1 2 v 2 etc.

As players arrive, have them join one of two games, it may be 1 v1, 2v1 2 v 2 etc.

**Objective:** Fun and Creativity -- DO NOT COACH THEM!!

### Robot Tag (7-10mins)

While the players were preparing to play, robots decided they would mess up the games and ruin the field! The players can be the taggers to start off, coaches are the robots. The player's job is to strike the coaches with their ball below the knees. Every time the coaches get hit, they lose a body part: an arm, the other arm, a leg, and the other leg. Once the coach(es) loses all aforementioned body parts, they are out of service and players win. Play 2-3 times with different variations. Examples below.

**Progression 1:** Players use their hands now (introducing throw-ins) but the ball must be behind their heads when throwing and cannot jump to do so.

**Progression 2:** same game but this time players MUST use their non-dominant foot to strike robots with the ball.

**Progression 3: Chaotic Robots** – each player is a robot. Their job is to not get hit with a ball, on their feet, while trying to hit others.

Each time a ball hits them below the knees, they lose a body part. However, every time they hit another robot, they gain a body part back. Play for about 1-2mins.

### Coaching Points:

Dribbling: toes pointed down to use laces for speed; outside and inside to change direction; sole for better control and stopping. Head up to see the space in front of them and not crash into others.

Try to strike the coaches/players close to them and not very far away. To challenge self, can do long pass but not all the time!

Look at the ball when striking it, body over the ball, lock ankles and strike on back middle of the ball while following through to target. Do not lunge after the ball.

Keep feet on ground when tossing the ball and ball behind their heads, not just over.



## Ball War (7-10 mins)

### Messy Backyard/Room(7-10mins)

Split your respective field in half using cones. There are two teams, one per side, whose objective is to dirty the team's backyard/room, hence the name. Players cannot just kick soccer balls back and forth. First receive the ball with the inside of your feet, laces or outside, then pass it back to the other side. Make sure players are not crossing to the other side and not standing by the gate. Play for about 1-minute and then have them count how many soccer balls are on their side of the field.

**Progression 1:** receive with one foot and pass with the other.

**Progression 2:** once players get the idea, play coaches vs kids where the players CAN choose to receive the ball then pass back to other side OR just pass back with a one-time pass.

### Coaching Points:

Head up to see the space in front of and check shoulders for any soccer balls behind them (helps with checking shoulders for defenders).

Look at the ball when striking it, body over the ball, lock ankles and strike on back middle of the ball while following through to target. Do not lunge after the ball.

Do not just kick the ball without using proper technique or stopping it first.



## Star Wars (7-10 mins)

### Robot Wars (7-10mins)

Players must dribble from one endline to the other without being hit with the ball from the robots, who are back and want payback! If they do, they must also become robots. Coach(es) can start as robots or have a couple players do so.

**Progression 1:** Must use non-dominant foot to strike the players.

**Progression 2:** Have them use both sidelines to make it harder on the players dribbling through.

#### Coaching Points:

Make sure you see the player before looking down at the ball to strike where they are headed, not where they were just at.

Look at the ball when striking it, body over the ball, lock ankles and strike on back middle of the ball while following through to target.

Do not lunge after the ball.

Do not just kick the ball without using proper technique and you can take a touch to lead you in the direction of the players!



## 4v4 Game (35-40 mins)

### 4v4 Game

**Duration:** 35- 40 Minutes (two 15min halves, 3min break– have one of the teams switch so each can play against one another.

I.e., England 1 v France 1 in first half/ England 2 v France 1 in 2<sup>nd</sup> half.

#### Organization:

Teams play two simultaneous games: 4v4 with no goalkeepers.

Sit back and watch them play...**NO COACHING!**

-- Minimal coaching at best so players can learn to be creative and just help with placing soccer balls on the sides when the ball scrolls too far out of play. If players understand the concept of throwing the ball in, allow them to do so and explore that option.

-- Have players back up when goals scored and other team starting with ball near their goal.

-- See different sheet for one sided scoring, and other info!

