



Milton YS: 1st Grade – Week 2

Category: Technical: Passing & Receiving

Difficulty: Beginner

Move of the Week: Step-Over



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Description

In Week 2, we are looking to create a "Me and My Partner" type atmosphere. Players learn the correct way to pass a soccer ball and do so with their friends.

Warm-Up: Pass and Switch (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!!

Warm-Up Description:

Half of the players start in the middle with a ball. The other half are spread out around the outside of the field. Blues must find a Player on the outside and pass to them, taking their place. The new Player (Red) must dribble into the box and find another outside player to pass to. Continue.

Progression 1: Pass to outside player, receive the ball back and go find another player to pass to.

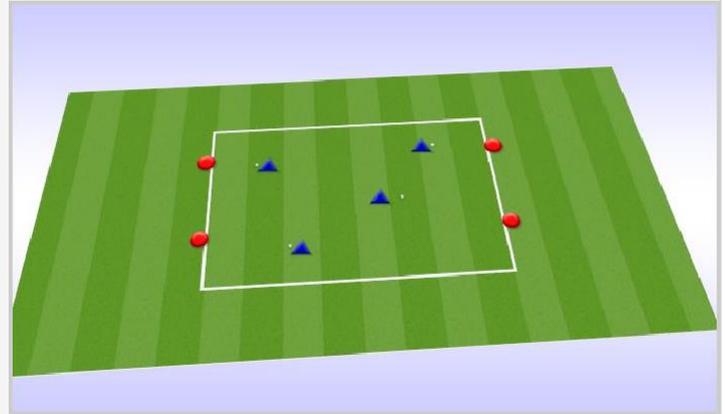
Coaching Points

Ankle locked.

Heel down, toe up.

Clean strike with inside of foot

Body faces target, follow through.



Activity 1: Pass through Gates (7-10 mins)

Description

Set up 10 cone gates, 5 of each color, if possible. Put players in pairs with a ball between them. Pairs must travel around the area passing through as many gates as possible in 1 minute. Make sure players DO NOT just pass and run to another gate. They MUST pass while simultaneously moving toward gate(s).

Progression 1: Have them alternate through the different colored gates.

Coaching Point:

Ankle locked.

Heel down, toe up.

Clean strike with inside of foot

Body faces target, follow through

Receive while facing your partner.

Open hips and lock inside/outside/sole of foot to receive with



Activity 2: Hit the Target (7-10 mins)

Description

Partner up: players stand facing the ball. Using the correct passing technique, partners must knock the ball off of the cone as many times as possible in 2 minutes. Shift partners along.

Progression 1: Each partner gets a ball and see who can hit the target first.

Progression 2: Have them alternate partners. Winners move to the right and losing player moves to the left.

Coaching Points

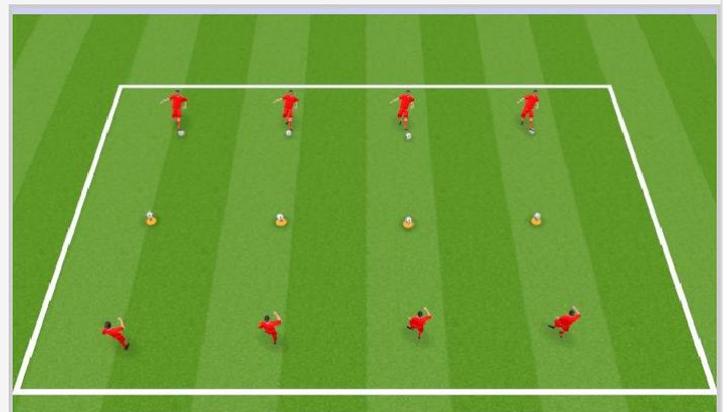
Lock Ankle

Strike back middle of ball

Step into the ball

Body facing target

Follow through



Game: 4v4 (35-40 mins)

4v4 Game (35-40 mins)

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 2nd half.

Organization:

Teams play two simultaneous games: 3v3/4v4 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.
- 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!

