



Milton YS: 1st Grade Week 3

Category: Technical: Ball Control

Difficulty: Moderate

Move of the Week: Step-Over



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Ball Mastery SAQ (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!!

Instructions:

Players move around area pretending other players are defenders and penetrating gaps in the oppositions defense. Use of change in direction and speed to avoid opponents.

Head/eyes up & scanning at all times.

Ensure they are aware of why they need to scan: No bumping into other players.

Coaching Points:

To ensure scanning is happening, use visual numbers/color check with players call out the number of fingers held up or pinnie color.

Coach to call out Control points:

Players are to use both feet inside and outside of foot.

Right Foot Only/Left Foot Only

Inside of both feet only

Outside of both feet only

Progressions:

Add other specific touches to the ball.

Toe Taps, foundations (tick tocks/bell), Heel Taps, Move of the Week



1v1 first touch & Pass (7-10 mins)

Explanation:

The player with the ball passes long to their opponent at the other end and then advances to stop the opponent from dribbling the ball to the opposite end to score a point. They should learn to pass the ball to an area that provides an advantage in allowing them greater time to advance, up against a sideline area or just very deep into the attackers end of the zone. Coach can start off by passing ball if players cannot.

Coaching Points:

Lock ankle and follow through with the pass to defender.

Look at the ball when passing it!

Defenders close down quickly and do not allow the attacker past you.

Attacker, can you take a positive first forward towards goal.

1st touch: open hips towards target/open field; receive with inside or outside foot and relaxing on contact.

Do NOT kick the ball back to the defender!

Use the move of the week or others to get by defender!

Defender, stand your ground and win the ball!



Learning Objectives

	Technical (20%) Tackle Technique, Ball Control
	Tactical (20%) Field Awareness
	Physical (20%) Determination, resolve
	Psychological (20%)
	Social (20%)

The Gates (7-10 mins)

A series of "gates" are created using at least two different colored cones. Note the placement of the red cones for later use.

Explanation: Players Pair up between a chosen gate and count how many passes they can complete between that gate within a minute. Highest pair score wins first round, can repeat for 2-3 rounds.

Progression: Could restrict players to use their non-dominant foot for a minute. Pass through yellow gates to red gates. Check out and check in to receive ball. Do not just stand around!

Coaching Points:

Quality of the pass -- locked ankle, body over the ball, looking at the ball, strike back middle, follow through and to target
Passing action -- center line of ball and ball remains on ground level.

Ball Speed -- quicker ball speed over distance of pass.

First Touch -- is ball kept close to their feet to allow better possession and control to advance the ball on.



SSG (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!

