

Week TWO Practice- K4-K5 and 1st & 2nd Grade



INTRODUCTION TO PASSING

Practice NEEDS:

- A full bag of soccer balls
- 10-12 7" Cones
- Noodles if you choose to use them again
- Pinnies

1) Minutes 5-10: KNOCK 'EM DOWN!

Set up: In a 10-15yd box, set out a bunch of TALL 7" cones

KNOCK 'EM DOWN!

Tell the kids you are going to race them first WITHOUT THE BALL...they will run around and knock down the cones with their hands as fast as they can while you try to keep them up/put them back upright. Continue for an allotted amount of time before moving on to doing it with soccer balls.

This time, have the kids DRIBBLE around the area, trying to pass the ball into the cones to knock them over while you or a couple of the teammates try to keep them up.

Option 2: You can also do this by splitting them into two different teams from the beginning and having them race against each other's time, one knocking over the cones while the other team picks them up then switching roles.

2) ~5 minutes: TUNNEL PASSING

Set up: Set up tunnels (like last week) using noodles around one half of the field. You will need one noodle per two teammates.

*You can also use cones as "gates", but it is more difficult for the kids to conceptualize.

TUNNEL PASSING STATIONARY

Before beginning the game, have the kiddos stand on each side of a tunnel, their partner on the other, about 5yds apart. Have them work on ***proper passing technique** standing stationary. If they make it through the tunnel, they can take a little step backward each time, trying to see how far apart they can get while still being successful.

Once done, keep the tunnels out and move on to dynamic tunnel passing.

***Proper passing technique:** Use the instep/inside of our foot, ankle locked UP (90 degree angle), plant foot (non-kicking) beside the ball, pointing toward the target.

3) 5-10 minutes: DYNAMIC TUNNEL PASSING

Set up is the same as Stationary Tunnel Passing, just now its “on the go”

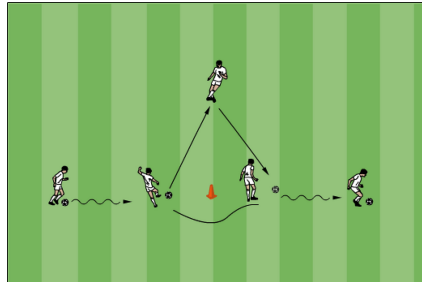
DYNAMIC TUNNEL PASSING

Using either the tunnels or gates, now have the partners race to PASS through as many tunnels as possible, trying to pass through more than the other teams for an allotted amount of time.

*Progression: introduce a ***give and go** by having the kids pass through the tunnel then relocate around a side to receive the ball back, then move onto another gate.*

-You will have to switch the passers half way through

***A Give and Go** *Give” the ball to a teammate, then “Go” make a run to receive the pass back; usually performed around a defender



WATER BREAK

4) 5-10 Minutes: 3 vs 1 (COACH)

Set up: Bring both goals to one half (or use the available PUGGs) so that you can make a smaller playing field for 3v1 (YOU being the one) and set up three cones spread 7-10 yds apart on each goal line (one goal line now being the half).

*If you have a parent or assistant that doesn't mind helping, this is a good time to have them help by keeping the group that is “up next” waiting on the line.

3 vs 1 (COACH)

Have the kids stand at each cone on ONE goal line (there will be 2-3 kids at each cone). Having one kid from each line going at a time, the objective is to score on the coach who is defending them from getting a goal. In order to start, play a ball into one of the three then begin to lightly play defense while they try to figure out, as a team of three, how to score against you. This gives the coach the opportunity to teach them to spread out and, especially for the 1st and 2nd graders, the coach can teach them how to ***get open**. Either have the kids stay and line up again on the side where they just finished, or go back behind their teammates.

Progression: If you feel your players are passing well, make one of the players the defender. You can step out and solely coach or you can jump in with a group and help teach them to get open while playing with them.

Option: If you feel your kids have high enough soccer IQ to understand this you can stop the play during this drill telling the athletes to FREEZE in place, then ask them where they should move to get open.

***getting open:** at this age kids may not understand what is a “good angle”, but they can begin to understand they are not really open if they stand directly behind a defender or in line with a teammate or opponent that doesn’t have a ball, and how they don’t have a lot of time to think/act if they’re standing “open” too close to a defender or the ball they want to receive.

WATER BREAK

5) 10-15 Minutes: SCRIMMAGE

Using your full field play 3v3 or 4v4 soccer; try not to have teams any larger than four as it makes it difficult for your players to succeed as they play “bumble bee soccer”; encourage them to stretch out for their teammates when their team has the ball.

6) 5-10 Minutes: DEVOTION WEEK 2

PRAYER