




Eagan Rec. Soccer

Age Group	1st and 2nd Grade
Theme	Speed Dribbling and Scoring Goals
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Cops and Robbers</p> <ol style="list-style-type: none"> 1. All players begin without a ball – the players run, skip, and warm-up in the designated space. 2. Add soccer balls to the activity. All players dribble the soccer ball close to their body in space. 3. Players should dribble with inside, outside, sole, and laces of both feet. 4. Players change directions, complete moves, toe touches, as the Coach calls it out. For example the coach will yell - Turn, move, freeze, toe touches, etc. 5. Phase 2 Progression – Take two players soccer balls away and announce that the two players are the “robbers” the rest of the players are cops. 6. The “robbers” try to rob/steal the ball from the cops and continue dribbling in space. The cops try to protect the ball. 7. If the ball is stolen from a player – the player becomes a robber 8. The goal is to end up with a soccer ball at your feet at the end of 2 minutes. <p>Coaching Points</p> <ul style="list-style-type: none"> • Use your body to shield the ball from the robber • Dribble the ball close to your body so the robber cannot steal it
	<p>1 vs 1 to End Line</p> <ol style="list-style-type: none"> 1. Four teams of players on opposite sides of the field. Players begin without a ball and try to fake out the defender without getting tagged and run across the end line. 2. Once the players learn the game and understand where to score add the soccer ball. 3. Players try to dribble passed the defender across the end line under control. 4. Players switch sides after each round. 5. Players should control the ball on the dribble. 6. Defenders apply high pressure to the player with the ball. <p>Question for the team: Do you think it is easy to defend a player who only uses one foot? Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to change direction and speed to beat the defender. • Encourage players to try moves to get past the defender. • Defenders must apply high pressure to the ball. • Players must control the ball over the line.
	<p>Speed Dribbling</p> <ol style="list-style-type: none"> 1. All of the balls in a pile with the coach between two lines of players 2. The red gate is 3 points, the yellow gate is 2 points, and the blue gate is 1 point. 3. The coach plays a ball into space and the players race to win possession of the ball. 4. The players try to speed dribble the ball under control through the gates. 5. If the defender wins the ball they try to dribble through a gate for points. 6. The goal is to score 10 points as fast as you can. You can't go over 10 – you have to get exactly 10 points or you restart at 1. <p>Question for the team: When you beat the defender and have the ball at your feet should you slow down or continue at speed?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should never stop and try to score as soon as they can • Defenders work hard to win the ball back • Control the ball on the dribble so the defender can't take it from you



Scrimmage / Game Play

- 4 vs 4 or 5 vs 5
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and picking their head up on the field.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble