




# Eagan Rec. Soccer

<b>Age Group</b>	<b>1<sup>st</sup> and 2<sup>nd</sup> Grade</b>
<b>Theme</b>	<b>Dribbling and Awareness</b>
<b>Time</b>	<b>35 minutes of training / 25 minute scrimmage</b>

<b>Activity/Drill</b>	<b>Notes and Coaching Points</b>
	<p><b>Freeze Tag</b></p> <ol style="list-style-type: none"> <li>1. All players begin without a ball – select 2-3 players to be “it”.</li> <li>2. The players who are it are trying to freeze all of their teammates by tagging them on the arm, shoulder, back and other appropriate body parts.</li> <li>3. Switch the players who are “it” and see who can freeze/tag more people.</li> <li>4. Add soccer balls to the game and the only way to become unfrozen is by dribbling the ball and passing through their teammates legs. Once a player is tagged they hold the ball above their head and yell for a teammate to help unfreeze them.</li> <li>5. Once a teammates passes through their legs they continue dribble around in the space.</li> </ol> <p><b>Question for the team:</b> Is it better to dribble the ball with your head down or your head up? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Dribble the ball with small touches close to your body</li> <li>• Pick your head up on the dribble to see where open space is/or if a teammate needs help.</li> <li>• Protect the ball from the defenders – the players who are “it”.</li> </ul>
	<p><b>Red Light, Green Light with Bombs</b></p> <ol style="list-style-type: none"> <li>1. All players on one end line without a ball.</li> <li>2. On green light the players go and red light the players must stop.</li> <li>3. Players run/move across the space following the coach command without running into a bomb/cone – if they run into a cone they have to sprint back to the beginning.</li> <li>4. If the players are moving when the coach says red light they have to restart at the beginning.</li> <li>5. The goal is to be the first player to reach the coach across the space.</li> <li>6. Once the players understand the game add soccer balls.</li> <li>7. Final Stage – no voice commands and hold up a red or yellow pinnies/cones and encourage players to pick up their head on the dribble.</li> </ol> <p><b>Question for the team:</b> What part of your foot should you use to avoid the cones/bombs? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Use the inside and outside of your foot to avoid hitting the bombs/cones</li> <li>• Encourage the players to dribble the ball under control.</li> <li>• Players must pick their head up on the dribble.</li> </ul>
	<p><b>2 vs 2 to Goal</b></p> <ol style="list-style-type: none"> <li>1. Two teams of 4-6 players on opposite sides of the field. Make sure the teams understand what goal they are scoring in.</li> <li>2. Coach passes the ball into either team – as soon as the ball goes out of bounds the next four players step onto the field.</li> <li>3. Keep the game competitive by selecting what team you pass the ball into.</li> <li>4. Encourage the players to take on 1 vs 1 and pass to their teammates when they run into pressure.</li> </ol> <p><b>Question for the team:</b> What is important to do when you receive the ball? <b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Receive the ball under control close to your body – do not just kick it.</li> <li>• Encourage the players to control the ball on the dribble.</li> <li>• Transition from off and on the field quickly.</li> <li>• Encourage players to pick their head up before they pass.</li> </ul>



### **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