

1st & 2nd Grade Rec

Warm Up – 15 Minutes – Use the following drills each week to warm the players up. Additional warmups may be added throughout the season, look for these in the weekly lessons.

- All players line up with a ball at their feet, equally spaced out to allow for movement without crowding each other
 - **Toe Taps** – Each player stands in a static position while tapping their bottom of their toes on top of the ball.
 - Coaches Talking Points –
 - Use only the toes and touch the top of the ball, not the sides
 - Work on looking up and not at the ball
 - Steady rhythm will help improve the skill, they can work on increasing speed as they get the motions mastered.
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform toe taps across the field to the cones.
 - **Pendulums** - Each player stands in a static position with the ball placed between their legs, they then pass the ball back and forth between each leg.
 - Coaches Talking Points –
 - Maintain a steady pace, increase pace as they master the skill
 - Focus on looking up while performing the skill
 - Keeping the toes pointed slightly inward will aid in keeping the ball between their legs
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform pendulums across the field to the cones.
 - Have them work on performing the skill backwards as well.
 - **Pull Backs** – Have each player line up on the side of the field with a ball at their feet. Players will place their foot on top of the ball and pull it backwards. The player then turns around and pulls the ball back again. Encourage the players to switch feet with each turn.
 - Coaches Talking Points –
 - Slow and steady will help build this skill.
 - **Pull Overs** – Have each player line up on the side of the field with a ball at their feet and all face either right or left. Have the players shuffle to the side, while pulling the ball with their back foot. The players foot should roll over the top of the ball as they move sideways. Have the players change directions once they reach the other side of the field, they should be using the opposite search on the way back.
 - Coaches Talking Points –
 - Slow and steady will help build this skill.
 - Steady pace will help players move the ball across the field.
 - Players will increase speed as they master the skill
 - **Dribbling** – Have each player line up on the side of the field with a ball at their feet and dribble across to the other side.
 - Challenge the players with changing up the dribbling technique

- Use both feet, any side
- Use only right or left foot
- Use only inside or outside, left or right foot
- Use only laces
- Coaches Talking Points –
 - Keep the touches close, touches that are too big allow defenders to steal the ball during a game

Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

- See warm up activities section.

Juggling – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players hold the ball straight in front of themselves. Each player should bring a knee up and drop the ball directly down and bump it back up into their hands.
- Encourage the players to keep trying, this can be a challenging activity.
- Have them juggle for a certain amount of time, counting each juggle they get.
- Ask the players to improve with each time you have them juggle.

- Coaching Points –
 - Tell the players to let the ball fall to their knee, don't bring their knee up as it will cause the ball to fly off.
 - Do not use their head.
 - They can use their feet as well.

Paint the Field – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball around the field. Their ball is the paint brush and we want them to paint as much of the field as possible.
- Set a time limit of 2-3 minutes and see how much of the field they painted after the time is up.

- Coaching Points –
 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.

Gates Dribbling – 8-10 minutes

- Place many pairs of cones, making small goals around the field in different areas and directions.
- Players must successfully dribble their ball through the various gates, each gate is worth one point.
- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by "x" number, run the drill again.
- Variation
 - Ask players to use only certain foot or a certain part of their foot.

Week 2 – Time – 1 Hour

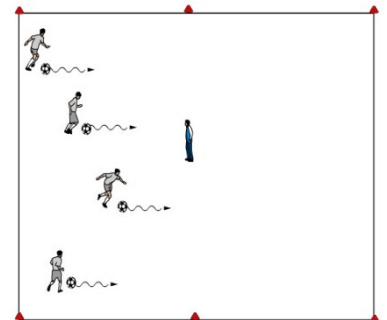
Warm Up – 15 Minutes

Tag – 8-10 Minutes

- Players spread throughout the field with the ball at their feet.
- Intent is to dribble around the field while trying to kick away other players balls.
- Players cannot leave their own ball; they have to keep control of their ball.
- If the players ball is kicked away that player is out.

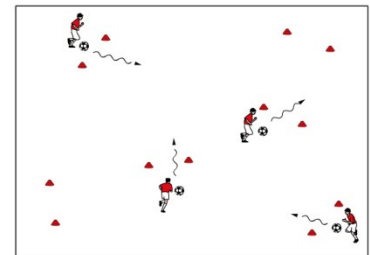
Red Light, Green Light – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball across the field to the other side.
- Coach will call out green light which means the players should dribble as fast as they can while maintaining control.
- Yellow light means to dribble slowly.
- Red light means the players should stop the ball by placing their foot on top of the ball.
- Coaching Points –
 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.



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- Run the drill for a specific time, i.e. 2 min., 5 min, etc.
- Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
- Variation
 - Ask players to use only certain foot or a certain part of their foot.



Week 3 – Time – 1 Hour

Warm Up – 15 Minutes

Sharks and Minnows – 8-10 Minutes

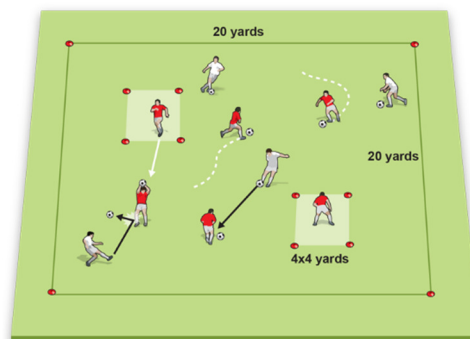
- Have all players line up on one line of the field with a ball at their feet. They are the minnows at this point.
- The Coach is the shark in the middle of the field.
- The players should dribble the ball across to the other side, while the coach tries to kick their balls way.
- Any player who has their ball taken/kicked away now becomes a shark. Repeat the dribbling from one side to the other.

Hospital Tag 8-10 Minutes-

- Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their balls.
- Identify a player to be the tagger, they must dribble around and tag other players.
- When a player is tagged, they must grab their ball and hold it above their head, while spreading their legs. The other dribblers can pass their ball between the hospital players. Once the ball goes through the hospital player is free to dribble around again.

Doctor Doctor – 15-20 Minutes

- Split players into 4 equal teams, each group having a different color penny.
- Each player will need a ball for this drill.
- Set up 4 small squares in each corner of the field with cones, one team per square.
- One player from each team is considered the Doctor and will not use their ball. The other players will use their ball.
- Coach says go and all the players with the balls will dribble around the field, trying to tag players from the other team by hitting them with their ball. The ball must strike the other players below the knee.
- If a player is tagged they must grab their ball and sit down. Now the doctor for their team must come out and tag their frozen players. If a doctor is hit while trying to unfreeze their players, that team is out.
- Continue drill until only one team is left. Rotate through the players so that each one gets to play doctor.



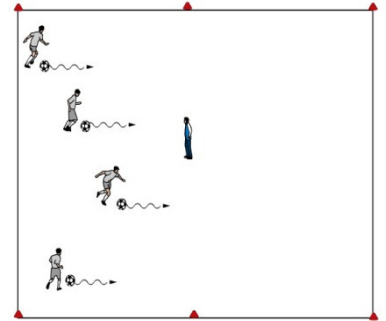
Week 4 – Time – 1 Hour

Warm Up – 15 Minutes

Red Light, Green Light – 8-10 Minutes

- Each player has a ball and is lined up on the side of the field.
- Have the players dribble the ball across the field to the other side.
- Coach will call out green light which means the players should dribble as fast as they can while maintaining control.
- Yellow light means to dribble slowly.
- Red light means the players should stop the ball by placing their foot on top of the ball.

- Coaching Points –
 - Encourage the players to use both feet.
 - Challenge them to use only a certain foot or a certain part of their foot.
 - Keep the ball close to their feet, no big kicks.



2v1 – 15 Minutes

- Split the team into 3 teams, two attacking and one defender.
- Attackers will be positioned on one end of the field in two separate lines. One group near each side of the field.
- Defenders will position themselves next to one side of the goal with the ball.
- Defender will pass the ball out to the attackers.
- Attackers must work together to get the ball around the defender and score.
- If defender wins the ball the drill is done.
- Players will rotate clockwise to the next position.
- Variation –
 - Increase attackers to 3, Right, Middle, and Left.
 - Increase defenders to 2, one on either side of the goal, only one ball is played.
 - Add a goalie, continue to rotate to all positions.

Coaching Points

- Accurate passes
- Focus on where the ball is located, find the open space and move to it.
- Defenders need to get to the ball quickly, try to slow or stop the attackers closer to the midfield versus down by the goal.
- Attackers need to use each other and the entire field to work the ball down to the goal.

3v3, 4v4 – 15 Minutes

- Split the team into teams of 3-4.
- Split the field into two equal sized playing fields. Place a goal on each end of the two fields.
- Each team is focused on moving the ball around and scoring in the goals.
- Continue playing for several minutes, have each team keep track of their score.

- After a determined amount of time, swap teams so they play against different groups.
- No goalies.

Coaching Points

- Use the entire field.
- Find the open space and get there for a pass.
- Dropping the ball back is ok.