



1st & 2nd Grade Milestones



Major Targets and Milestones:

- Continued familiarity with the soccer ball
- Skill Development- Dribbling, Passing + Receiving, etc.
- Working with a teammate
- Beginning of opposed practice (Defenders)

Fall:

- **Week 1:** Dribbling with different surfaces of foot (Inside, outside, no toes)
- **Week 2:** Dribbling into space: keeping head up to avoid defenders
- **Week 3:** Dribbling Continued- Changing Speed while dribbling
- **Week 4:** Dribbling Continued- Protecting the ball from defenders (Show belly not back)
- **Week 5:** Changing direction: Simple turns to avoid a defender
- **Week 6:** Intro to passing: Using the inside of the foot to control and pass
- **Week 7:** Passing Continued: Using inside of foot to pass and receive
- **Week 8:** Review week: Dribbling with inside/outside of foot, keeping head up, changing speed direction, etc.

The eight sessions in the fall should continue to work on the players becoming familiar with the soccer ball at their feet- high number of touches on the ball with a beginning emphasis on dribbling and close control. An introduction to passing in receiving should also be part of the fall season, to be touched on upon more in the spring.

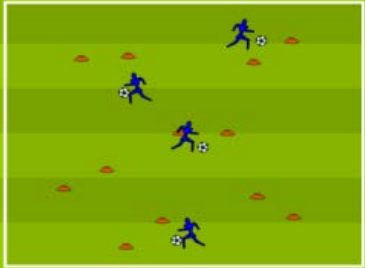
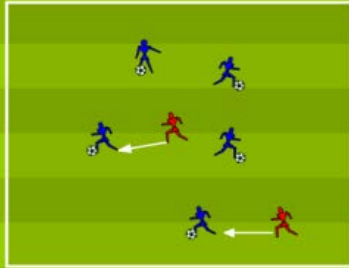


Spring:

- **Week 1:** Dribbling with different surfaces of the foot (Inside, outside, no toes)
- **Week 2:** Dribbling with head up to find space
- **Week 3:** Dribbling to avoid a defender (Changing direction, speed, etc.)
- **Week 4:** Passing and receiving basics with inside of foot
- **Week 5:** Passing and receiving with inside of foot continued
- **Week 6:** Playing with a teammate – Passing and working as a team
- **Week 7:** Shape off the ball- Helping teammates when you don't have the ball
- **Week 8:** Review week: Touch upon dribbling with all parts of the foot, passing and receiving with inside of foot, etc.

The Spring season should continue to touch upon the basics of dribbling with every surface of the foot, while spending more time working on passing and receiving as well as introducing the team aspect of the game- helping teammates when the players don't have the ball, shape off the ball, etc.



	<p>What Makes a Good Dribbler?</p> <ul style="list-style-type: none"> -All players are dribbling around the square -Players are not dribbling in a circle, but changing directions finding the space -Ask players questions below on what makes a good dribbler 		<p>Ball Tag</p> <ul style="list-style-type: none"> -All players but 1 start with ball -1 player (called defender) starts with a pinnie held in their hand -Defender tries to tag other players soccer balls, switch when tagged
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Do players go one speed? (Ask players to go all different speeds) -Do players only go one direction? (Ask players to go in many different directions) -Do players stay close to each other or spread out? (Ask players to stay spread out) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> -Dribblers should never let their ball stop moving -Dribblers should stay as far away from defenders as possible -Dribblers should show defenders their back not belly 		
	<p>Chasing Nemo</p> <ul style="list-style-type: none"> -Dribblers are "Nemo's" and must stay away from defenders (sharks/Bruce) -If Shark steals ball they must score in a pug goal- if they miss the Nemo is still in -If a Nemo's ball is scored, they become a Shark (Defender) 		<p>Get Out of Here</p> <ul style="list-style-type: none"> - Create two teams, each team next to the goal they are defending -The first player in each line enters the field when the coach rolls a ball on to play 1v1 -If the ball leaves the field or after a goal, coach yells "Get Out of Here"
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Try to point out how players successfully dribble away from the defenders -Introduce showing defenders your "back" not your "belly"- start of shielding -Keeping the ball close, changing speeds, defenders try to score not just kick away 	<p>Coaching Points:</p> <ul style="list-style-type: none"> -Encourage players to keep the ball on the field for as long as possible -Players should control the ball every time it comes to them -If a defender is trying to steal the ball they should go another direction and show them their back 		

	<p>Mini Goal Challenge</p> <ul style="list-style-type: none"> -Put down at least as many “goals” as you have players -Challenge players to get through as many without ball, skipping, then with creativity -Challenge players to get through as many dribbling ball, turning on line, then creatively 		<p>Keep Away Group</p> <ul style="list-style-type: none"> -All players have a ball except 1 or 2- Coaches start as defenders -Defenders must try to steal ball, if player’s ball is stolen they must now steal another -If ball goes out of square get it back in as soon as possible
<p>Coaching points:</p> <ul style="list-style-type: none"> -Encourage players to dribble as fast as they would during a game -Encourage players to find their own way around the field- not follow others -Encourage players to find an open goal- not one that other players are at 		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Prior to start: “Does the other team let you score in a real game?” “What do defenders do in a real game?” “If a defender steals your ball what do you do?” -After Start: Big touches vs little touches, going in opposite direction of defenders, keeping ball on field, “Should defenders just kick ball away or keep it” 	
	<p>Get Out of Here</p> <ul style="list-style-type: none"> - Create two teams, each team next to the goal they are defending -The first player in each line enters the field when the coach rolls a ball on to play 1v1 -If the ball leaves the field or after a goal, coach yells “Get Out of Here” – Next ball and pair go on 		<p>Intro to 3v3</p> <ul style="list-style-type: none"> - Set up appropriate fields for 3v3 without goalie- fields can border each other -Coach puts a ball back in as soon as possible to keep game flowing
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Encourage players to keep the ball on the field for as long as possible -Players should control the ball every time it comes to them -If a defender is trying to steal the ball they should go another direction and show them their back 		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Primarily encourage players to change directions, show defenders their backs, dribble when they see space and pass when under pressure, encourage players “not to be next to anyone.” -Coaching points should be based off of previous training sessions 	

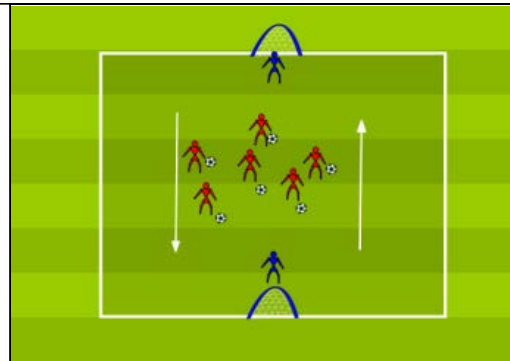
	<p style="text-align: center;">Frogs and Flies</p> <ul style="list-style-type: none"> -All players start without soccer balls (Fly's) and coach starts with a ball (Frogs) -Coach tries to hit players on foot with a ball- once hit they become frogs and get a ball -Once frogs they try to hit flies- last fly standing is the winner 		<p style="text-align: center;">Goals Galore- Passing</p> <ul style="list-style-type: none"> -Two players with one ball should pass between the "goals" -Progressions: 1. Must use inside of foot. 2. Can only use bottom of feet. 3. Get it back to teammate in 2 touches. 4. Pass through goal then find another open goal. Give them 1 minute to do as many as possible
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Players should move around the soccer field to find the most space, staying away from frogs or "defenders" -Players should keep the ball as close as they can until they are sure they can hit their target 		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Focus on using proper technique- "Standing foot pointing towards target, using inside of kicking foot, contact the middle of the ball." -Encourage players to control the ball before passing 	
	<p style="text-align: center;">2v1 Get Out of Here</p> <ul style="list-style-type: none"> -Create 2 teams- One team is attackers, one team is defenders -Attacking team has 2 lines -When coach rolls a ball on the field the first from each line comes out creating a 2v1 -If players score or ball leaves field it is done 		<p style="text-align: center;">Intro to 3v3</p> <ul style="list-style-type: none"> - Set up appropriate fields for 3v3 without goalie- fields can border each other -Coach puts a ball back in as soon as possible to keep game flowing
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Encourage players to pass to teammate when under pressure- many will try to pass when they have time and space- encourage them to dribble into space and pass when under pressure -Encourage players to keep ball on the field as long as possible -Players should control the ball every time it comes to them 		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Primarily encourage players to change directions, show defenders their backs, dribble when they see space and pass when under pressure, encourage players "not to be next to anyone." -Coaching points should be based off of previous training sessions 	

	<p style="text-align: center;">Cone Tag</p> <ul style="list-style-type: none"> - Place 1 or 2 less cones than players- cones are the safe zones -Players on cones can't be tagged, if a player runs up to an occupied cone the player at the cone must leave -If tagged the player becomes the tagger, start without balls then add balls 		<p style="text-align: center;">Team Knockout</p> <ul style="list-style-type: none"> - Split group into 2 teams- one group starts keeping the balls, the other defenders -The coach plays in one ball at a time- one defender enters at a time until the ball is won, then the defender tags out for another- coach plays next ball -Time how long attackers can keep balls
<p>Coaching Points:</p> <ul style="list-style-type: none"> -Think about where you are going before you start moving -Rapidly change directions -To make game more challenging subtract cones or add defenders 		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Encourage showing backs to defenders when you have the ball -Only pass the ball when the defender is trying to steal it -Get the ball as far away from the defender as possible 	
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Treasure Island

- Create 4 squares about 10 steps apart in corners- Players are "Pirates" and each corner is an "Island"
- Progressions: 1. Without a ball, how many islands can players run to. 2. With ball, how many islands can players dribble to. 3. How many islands can they dribble to and roll their ball from heel to toe. (Bury the Gold)



Group Goal Fest

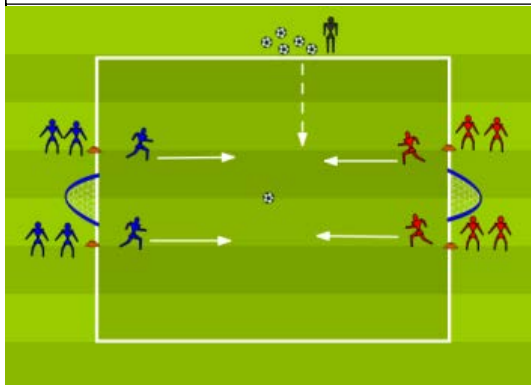
- Each player starts with a ball, coach + assistant are goalies in pug nets
- 3 Progressions: 1- Players can score on either goal, goalie throws it back out. 2- Once scored, ball is dead and players must steal another. 3- Add 2-3 defenders who just keep ball, they do not try to score

Coaching Points:

- Players should never stand still
- Players should keep the ball close to their feet for close control
- Point out that players should use all parts of their feet.

Coaching Points:

- Encourage players to go with speed
- Encourage players to show their backs to anyone stealing the ball, what should they do when someone steals their ball?
- Encourage shooting AWAY from goalie



2 v 2 Get out of Here

- Create two teams, each with two lines next to their pug goal
- Coach rolls a ball onto the field and the first players in each line come out, creating a 2v2 game
- If the ball goes out or is scored, the coach yells "get out of here", the round is done and the next pair and ball begin



4v4 No GK

- Use cones to mark an area in front of the goal where defenders can't go
- Have coach get a new ball in as soon as possible- once players can get it back in quickly switch to kick ins
- Limit stoppages

Coaching Points:

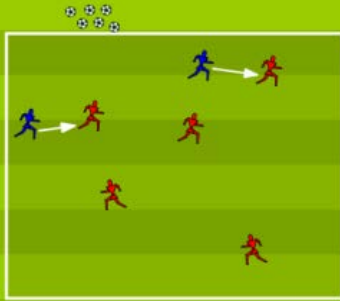
- Encourage players to keep the ball on the field as long as possible
- Players should control the ball every time it comes to them
- If a defender is trying to steal the ball they should decide whether to pass to an open teammate or show the defender their back/change direction

Coaching Points:

- Introduce shape- Not positions: Players should be in a diamond shape as much as possible
- Continue to focus on when to pass vs. when to dribble
- Begin encouraging passing backwards when a forward option is not on

	<p style="text-align: center;">Ball Tag</p> <ul style="list-style-type: none"> -All players but 1 start with ball -1 player (called defender) starts with a pinnie held in their hand -Defender tries to tag other players soccer balls, switch when tagged 		<p style="text-align: center;">Chasing Nemo</p> <ul style="list-style-type: none"> -Dribblers are “Nemo’s” and must stay away from defenders (sharks/Bruce) -If Shark steals ball they must score in a pug goal- if they miss the Nemo is still in -If a Nemo’s ball is scored, they become a Shark (Defender)
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Stuck in the Mud

- All players start without ball. There are two defenders with pennies in their hand
- If players are tagged they are “stuck in mud”- teammates crawl through legs to unfreeze them
- Add soccer balls- players must kick through legs to unfreeze



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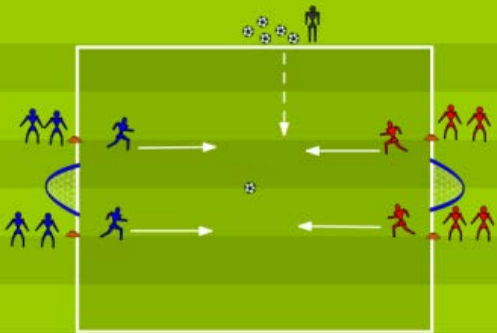
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Coaching points:

- Encourage players to dribble as fast as they would during a game
- Encourage players to find their own way around the field- not follow others
- Encourage players to find an open goal- not one that other players are at

Coaching Points:

- Encourage players to go with speed
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2 v 2 Get out of Here

- Create two teams, each with two lines next to their pug goal
- Coach rolls a ball onto the field and the first players in each line come out, creating a 2v2 game
- If the ball goes out or is scored, the coach yells “get out of here”, the round is done and the next pair and ball begin



Scrimmage Multiple Goals

- Set up a 4v4 field- two goals per team
- Encourage players to dribble to open goal and change directions frequently
- No goalies allowed

Coaching Points:

- Encourage players to keep the ball on the field as long as possible
- Players should control the ball every time it comes to them
- If a defender is trying to steal the ball they should decide whether to pass to an open teammate or show the defender their back/change direction

Coaching Points:

- Encourage players without a ball to get into open areas for a pass
- Help players realize if one goal is blocked they should change directions and attack the other goal