

2012 Spring Recreational Practice Curriculum

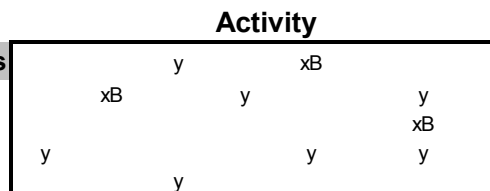
Ages: 1st and 2nd Grade



Session #1 Session Focus: Dribbling

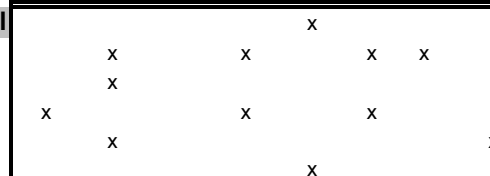
Technical Warm-up Hunters and Rabbits

Space 30 x 40 yards
Three players start with soccer balls - they are the Hunters, all other players are Rabbits, they do not have soccer balls. Hunters try to kick their ball and hit the Rabbits. When successful, the 'hit' Rabbit gets a ball and becomes a Hunter, until only 1 rabbit remains.



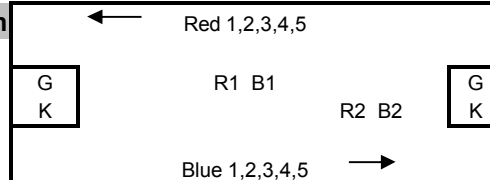
Small sided activity Body Ball

Same space as prior activity, all players have soccer balls and are dribbling with grid. When coach yells out a body part, ie. ear, nose, elbow, shoulder, etc, the players must touch the ball with that part and continue to dribble. Use good dribbling technique. **Zig - Zags, Little Piggies**, using different surfaces of the foot, inside and outside. **Introduce Moves -Step on the Bug, Shake and Bake** - see dribbling sheet for description.



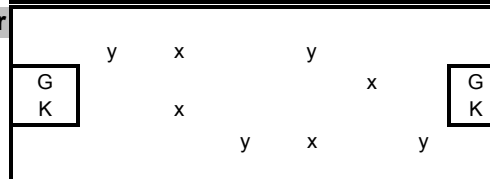
Expanded Small sided activity Steal the Bacon

Same space needed - players are broken into 2 teams, and each given a number, stand on opposite sides of the field, coach yells a number and throws a ball and those players each try to score in their respective direction, ball ends when goes out of bounds. Repeat. Important - when playing 1v1 - should have multiple balls in play at same time to limit idle players. Restriction - must do new move before scoring, progress to 2v2, 3v3.



Final game 4v4 + Goalkeepers Microsoccer

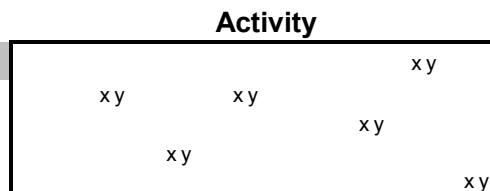
Space 30 x 40 yards ~ 2 small goals
Play 4v4 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
Focus should be on dribbling technique, Step on Bug, Shake and Bake Moves move. Players not involved in games should be juggling - see Juggling Sheet.



Session #2 Session Focus: Dribbling

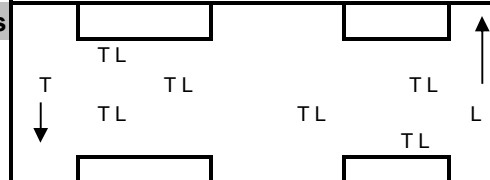
Technical Warm-up Me and My Shadow

Space 30 x 40 yards ~ players should be in pairs, each with a ball. One is the leader one is the Shadow. Players dribble in the grid, Shadow must follow Leader. Switch roles on coach command. Review previous weeks moves - add **Crazy Legs**. Progression - on Coach command, Leader tries to get away from the Shadow.



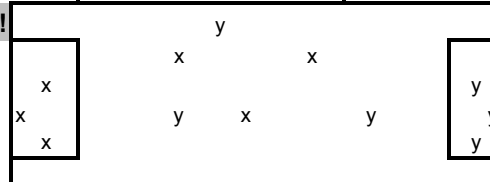
Small sided activity Lion vs Tigers

Same Space - add 2 goals to each 40 yard sideline.
Split group into 2 teams, Lions and Tigers. Next have a Lion partner with a Tiger, each pair with a ball. On command all players will play at same time, essentially 1v1 with their ball. Tigers attack on pair of goals, Lions attack the other pair. Start with a move restriction before scoring then remove. Play 1-2 minute games - switch partners.



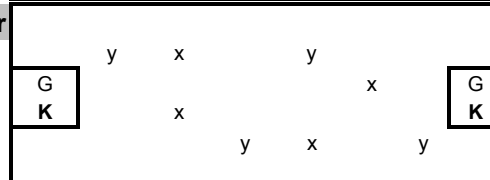
Expanded Small sided activity Change !!!

Same Space - now put large goals on endline to play with greater length. This is a 3v3 game, multiple goalkeepers, ideal for 12 players. 3 field players and 3 goalkeepers, play for 2 to 3 minutes, the Coach yells 'Change', immediately all field players leave ball and run to become goalkeepers and goalkeepers run to become field players. Play should not be stopped for this.



Final game 4v4 + Goalkeepers Microsoccer

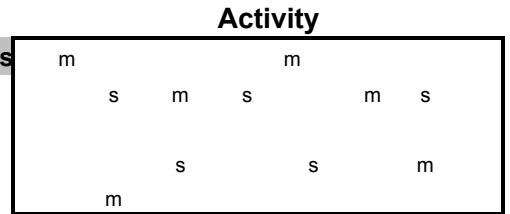
Space 30 x 40 yards ~ 2 small goals
Play 4v4 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
Focus should be on dribbling technique and moves. Players not involved in games should be juggling - see Juggling Sheet.



Session #3 Session Focus: Passing

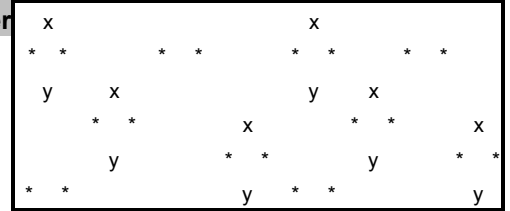
Technical Warm-up Sharks and Minnows

Space ~ 30x40 yards. Divide into 2 teams, the sharks have balls, the other team is the minnows - no soccer balls. The sharks try to dribble around and using good passing technique, try to hit the minnows with their balls. If minnows get hit they have to go out and do 10 taps to come back in. Switch roles. Make competitive by counting knockouts.



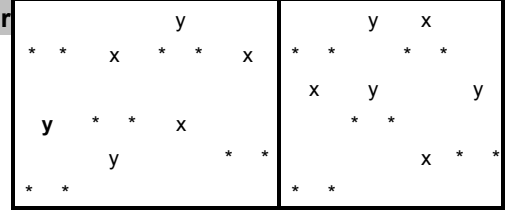
Small sided activity Partner Super Goal Soccer

Using same space ~ add multiple goals throughout the grid. Each player now has a partner. Start stationary where players stand on either side of the a goal and pass their ball back and forth through the goal. Give a time and see how many each pair can get. Focus in good inside of the foot passing technique, increase distance from goals to increase difficulty. Progress to players moving around, passing through different goals.



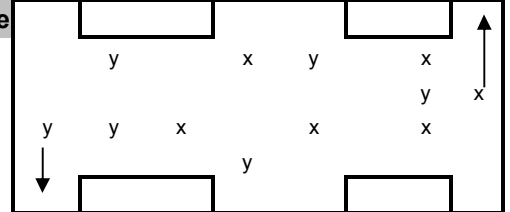
Expanded Small sided activity Team Super Goal Soccer

Similar to the Partner Super Goal, however, now we break up into 2 small games. 3v3. The teams must play a completed pass to a teammate through one of the goals to score a point. Focus on good passing technique. Play 3 minute games - rotate teams.



Final game 4 Goal Soccer Game

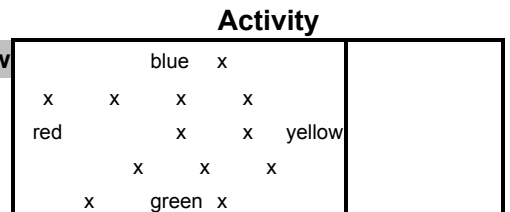
In same space - teams will play 5v5 (can add neutral player if odd numbers). Each team will attack and defend 2 goals. Should make goals large enough to encourage scoring. Multiple goals will add multiple options for players. Coach should focus on good passing technique, players should be encouraged to try moves when appropriate. Tactical awareness of spreading out to make use of both goals.



Session #4 Session Focus: Dribbling and Shooting

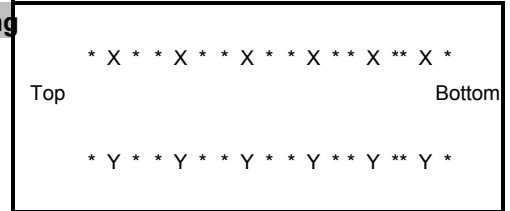
Technical Warm-up Rainbow

In a 25x25 square, all players with own ball. Each side of the square is give a color, when coach yells out a color, all players have to dribble to that line, and perform a task (ie taps) Review previous moves from earlier sessions - add **-Walk the Dog** dribbling technique.



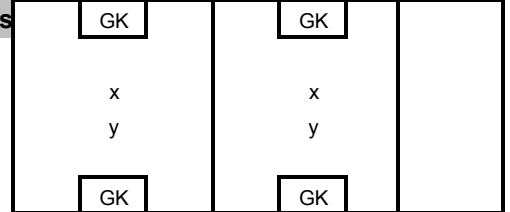
Small sided activity Kings of the Mountain Shooting

Set up goals 10-15 yards apart (distance will vary with players ability). Each player will go into a goal directly across from an opponent. These players will take turns shooting on one another. All players should be participating. Once players get the idea of the game, play 3 minute games and keep score. Winners move up a field, losers move down - who will be King of the Mountain.



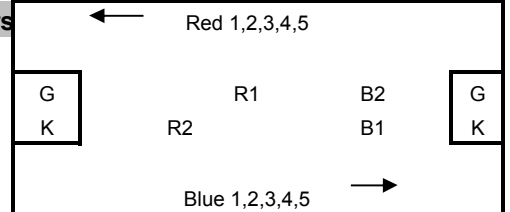
Expanded Small sided activity 1v1 + Goalkeepers To Goal Games

Create two 15x20 spaces ~ team splits into 2 groups Withing those two groups, each has 2 teams, coach throws a ball in to the middle for two players to play 1v1, each trying to score in the opponents goal, play stops when the ball out of bounds or a goal is scored. The next two go.....progress to where a move must be performed before a shot can be taken. Many Repetitions for players!!



Final Game Steal the Bacon with Goalkeepers

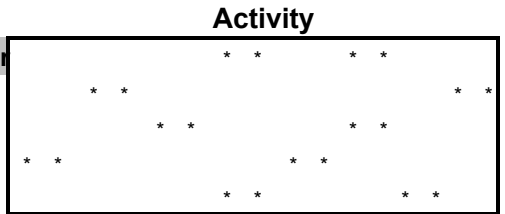
30 x 40 yard space - players are broken into 2 teams, and each given a number, stand on opposite sides of the field, coach yells a number and throws a ball and those players each try to score in their respective direction, play ends when goes out of bounds. Repeat. Start with 2v2 and build numbers as this is the final exercise of the session, should finish with all players participating.



Session #5 Session Focus: Dribbling

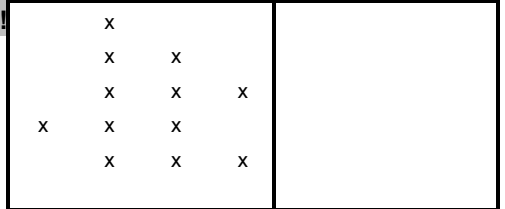
Technical Warm-up Individual Super Goal Soccer

Space 30 x 40 yards ~ 10 small goals randomly placed. 30-45 second intervals, players dribble through as many goals as possible. Progress to where they must do a move or specific dribble prior to going through the goal. Review all moves. Who can score the most goals.



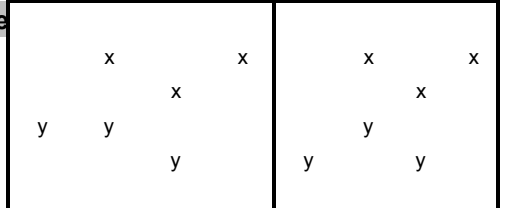
Small sided activity Knockout!!

20 x 20 yard space - all players have a ball and dribble around the grid. While players are dribbling and controlling their own ball, they attempt to kick other players' balls out of the grid. If a player's ball gets kicked out of the grid, they must accomplish some task (ie. taps, juggles) prior to coming back in. The player that gets knocked out the least is the Champ!!



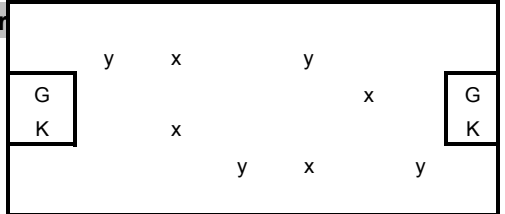
Expanded Small sided activity 3v3 Dribble Over the Line

Create two 20x30 spaces ~ team splits into 2 groups so there are 2 games. Game is 3v3, and the goal is to dribble the ball over the opponents endline and stop the ball on or near the endline. Focus on dribbling technique and Moves. Rotate teams so all teams play one another.



Final game 5v5 + Goalkeepers Microsoccer

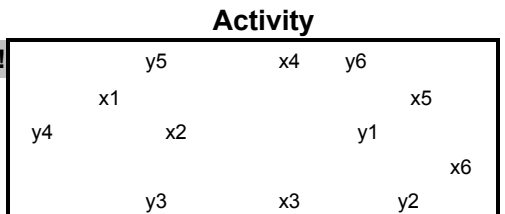
Space 30 x 40 yards ~ 2 small goals. Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points. Focus should be on dribbling technique and moves. Players not involved in games should be juggling - see Juggling Sheet.



Session #6 Session Focus: Passing

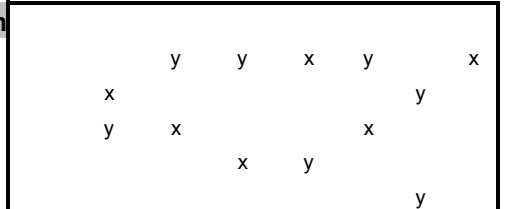
Technical Warm-up Numbers!!

30 x 40 yard space - break into 2 teams, one team in pinnies. Give each player a number and start with one ball per team. All players should be moving throughout the grid, with the ball traveling numerically through the group. If 6 players per team, #6 passes to #1 to continue. Progress - add a 2nd or 3rd ball. Focus on passing and receiving technique.



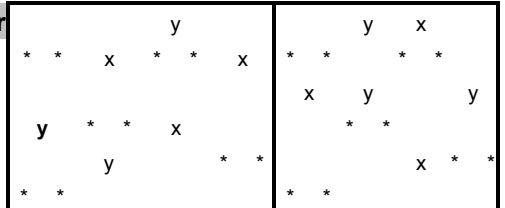
Small sided activity Super Ball Possession

Same space and teams, play with 4 to 6 balls, the fewer balls the more difficult, so start with more balls and every round remove a ball. Play 2-3 minute rounds. Teams try to possess as many balls as possible, players may either dribble to elude opponent or pass to one another. Players without balls should try to steal them from the opponent. At the end of the round, whichever team has the most balls - wins!



Expanded Small sided activity Team Super Goal Soccer

Same game as in Session #3. Playing 3v3. The teams must play a completed pass to a teammate through one of the goals to score a point. Focus on good passing technique. Play 3 minute games - rotate teams.



Final game 5v5 + Goalkeepers Microsoccer

Space 30 x 40 yards ~ 2 small goals. Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points. Focus should be on dribbling technique and moves. Players not involved in games should be juggling - see Juggling Sheet.

