



1st and 2nd Grade Curriculum

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WEEK #1

TOPIC: BALL CONTROL

Warm Up (5-8 minutes)

Body Part Game

Each player has a ball and moves around the square changing direction often.

When the coach calls out a body part they must put that part on the ball.

For example: Foot, knee, head, belly etc.

Start off by using 1 body part to make sure they understand and then make it more difficult by calling out a couple quick.

Ensure that the players are not traveling around in circles, encourage them to change direction and find open space.

Red light/Green light

Each player has a ball and dribbles freely around the square changing direction often.

When the coach calls out a command the players should react:

RED = STOP

GREEN = GO

YELLOW = SLOW DOWN, INTRODUCE USING THE FEET TO TAP THE TOP OF THE BALL WITH THE SOLE OF THE FOOT OR, MOVING THE BALL FROM INSIDE TO INSIDE OF THE FEET IN A PASSING MOTION.

HIGHWAY = INCREASE THE SPEED – BUT WITH CONTROL, EXPLAIN THERE IS A SPEED LIMIT YOU SHOULD FOLLOW SO THAT YOU ARE GOING FAST BUT UNDER CONTROL.

GAS STATION = PLAYERS DRIBBLE TO THE OUTSIDE OF THE SQUARE AND COME BACK IN AGAIN.

911/COPS AND ROBBERS = COACH TRIES TO STEAL/TOUCH THE PLAYERS' SOCCER BALLS, IF HE/SHE TOUCHES THEM THE PLAYER MUST DO 3 TAPS ON TOP OF THE BALL BEFORE RETURNING TO THE GAME.

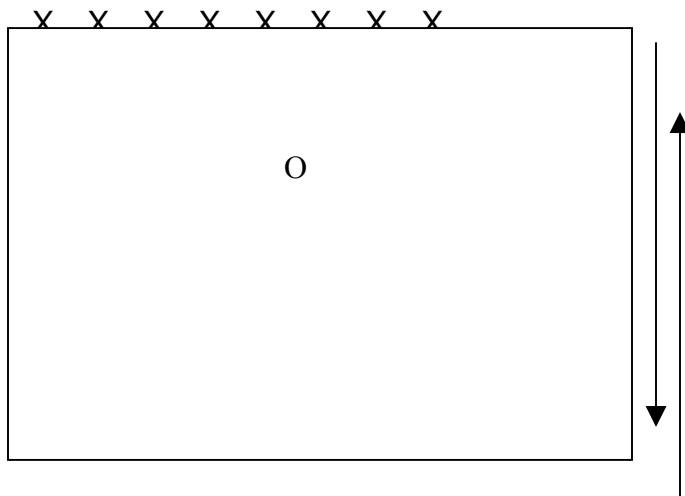
Slowly introduce the other commands, until you feel the players are comfortable remembering them all and then mix them all in together in a random order.

Ball Control Game: Ships across the ocean (10-12 minutes)

Nominate 1 player to be the pirate (O on diagram) all the other players "ships" line up.

Aim of the game is for the "ships" to get to the other side without the pirate stealing their silver (ball).

The pirate eliminates players by kicking their ball out of the area. The players "ships" go back and forth until there are no more "ships"



To make it harder for the pirate:

Only have one player be the crab.

Make the area slightly larger – be conservative.

To make it easier for the pirate:

Have more players be pirates.

Make the area smaller.

Once eliminated the other players become pirates too.

Have the players use their right/left foot only.

1st and 2nd Grade Curriculum

WEEK #2

TOPIC: DRIBBLING

Warm Up: (5–8 Minutes)

Players dribble freely in area, coach can add in some commands for example: turn, stop, change (players leave their ball and switch with someone else), taps on top of the ball.

Topic of the day: (10 – 12 MINTUES)

Divide the group into smaller groups of 2 or 3 players, each player must have a ball.

Organize the players as shown below, on the whistle the first group of players tries to get to the other side with the ball at their feet. On the second whistle the next player goes to the other side too.

X	X	X	X
X	X	X	X

Encourage the players to use the lace part of the foot when running with the ball.

Stage 1: Ask the players to make it to the other side by touching the ball with the laces every time they take a step.

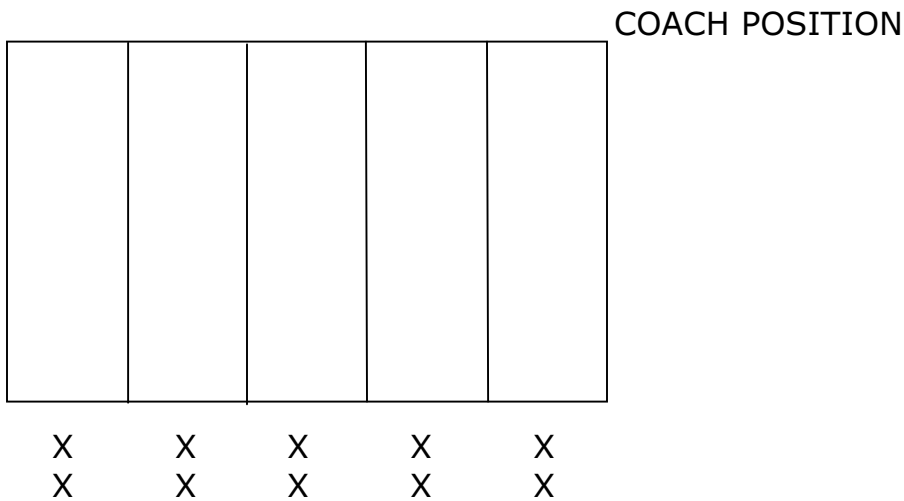
Stage 2: Ask the players to make it to the other side by touching the ball 10 times with the laces.

Stage 3: Ask the players to make it to the other side by touching the ball 5 times with the laces.

Now ask all the players, which one was easier to get to the other side. They should say the one with 5, because they are traveling faster.

Stage 4: Ask the players to make it to the other side as fast as they can, under control and see how many touches they as an individual needs. The players total number of touches should range between 3 and 5 ideally.

Team Races



On the whistle the first player in each group runs with the ball as fast as they can and stops at the end of the lane, make the players aware that they must stop the ball so the coach can see they have control. The coach should give a point for the fastest player's team.

Play to 10 points.

Dribbling Game: Soccer Dodgeball (10-12 Minutes)

In the same area, pair the players and have them join hands (or hold a bib between them), have 2 players who are "IT". They dribble into the area and attempt to dribble up to the pairs and pass the ball so that it hits a player below the knee. The player who gets hit is out and helps the "IT" players to eliminate everyone else. Play until 1 player left.

1st and 2nd Grade Curriculum

WEEK #3

TOPIC: PASSING

Warm Up: (5–8 Minutes)

Organize the players into pairs; each player should have a soccer ball. Place the players on opposite sides of the channel as shown below:

X X X X X X

X X X X X X

Work through the following ball skills:

- Ball Taps
- Paddles (passes from the inside of the left foot to the inside of the right foot and vice versa)
- Pull-push (pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot)
- Rolling the ball with the sole of the foot forwards and backwards, side to side.
- Thigh juggling (hold ball in hands, drop to thigh and catch)

On the word "switch" or the blow of the whistle the players leave their ball and run to their partners' ball on the opposite side and continue doing the exercise.

Topic of the day: (10-12 Minutes)

Passing technique

Set up the field as below: ____ represents a gate created by 2 cones about 4 yards apart.

Have the players find a partner and position them opposite each other approximately 5 yards from the gate.

Players must try and make a pass to their partner through the gate without touching the cones. Make it a competition by the first to make 5 successful passes in a row wins.

To make it harder:

Move players further away from the gate.

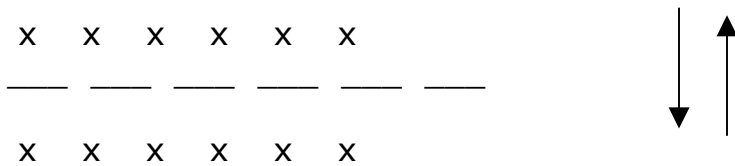
Make the gate smaller.

Have them use their "weaker" foot.

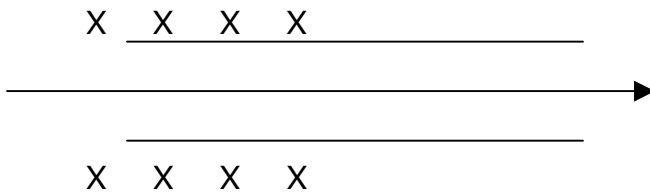
To make it easier:

Move players closer to the gate.

Make the gate larger.



Passing game: Tunnel of doom



One team of players tries to pass the ball so that it hits the players who are running through the tunnel of doom below the knee. Keep playing until the whole team is eliminated, then switch over.

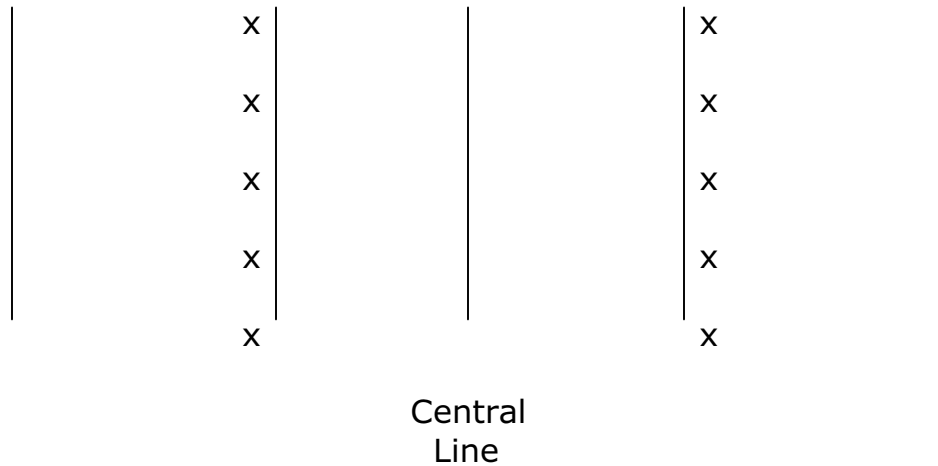
Allow one direction running only, when the players arrive at one end they must wait for the rest of the team to get there before leaving in the opposite direction.

1st and 2nd Grade Curriculum

WEEK #4

TOPIC: PASSING

Warm Up (5-8 Minutes)



Players divided into 2 groups opposite each other with a central line and 1 line behind each group.

On coach's command players perform the following ball skills:

Paddles: Passing the ball between the feet using the inside part of the foot.

Pull-push: Pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot.

Ball Taps on the move: Tap the ball with the sole of the foot towards the line behind the group and return doing the same to starting position.

Rolling the ball: Using the sole part of the foot, move the ball by rolling the sole over the top of the ball.

Go towards the line behind the group with the right foot. On the way back use the left foot.

Inside/Outside: Move the ball forwards to the central line by using the inside and the outside of the same foot, switch sides on return.

Juggling: Using the laces, allow the ball to drop to the laces and catch before repeating.

Topic of the day (10–12 Minutes)

Start by having each pair work on their passing technique through one gate. Make sure they are using the correct technique:

- Place the non-kicking foot next to the ball
- Use the inside of the foot
- Contact through the middle of the ball (keeps the ball low)
- Follow through on the move

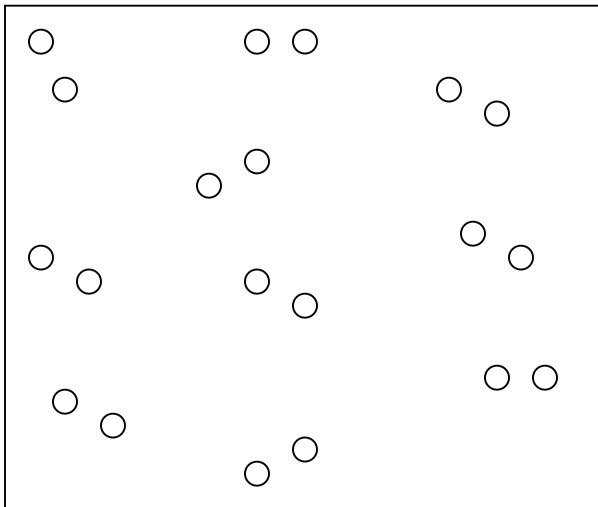
Progression: The Great Passing Game

Each player has a partner and 1 ball between 2.

Set up an area where there are lots of gates (made with 2 cones) as shown in the diagram on the next page:

Stage 1: Partners have 30 seconds to pass through as many gates as they can.

Stage 2: Partners have 30 seconds to beat their 1st score



Passing Game: Bocchia Ball

Players in pairs, opposite each other with a tall cone (or ball on a disc) in between the 2 approximately 5 yards away from each player.

x x x x x

o o o o o

x x x x x

The partners take it in turn to knock the tall cone (or ball on a disc) down, if successful the players gets on point. First player to 10 wins the game.

To make it easier:

Move players closer to the target.

To make it harder:

Move players further away from the target.
Use "weaker" foot.

1st and 2nd Grade Curriculum

WEEK #5

TOPIC: SHOOTING

Warm Up (10-12 Minutes)

Red light/Green light

Each player has a ball and dribbles freely around the square changing direction often.

When the coach calls out a command the players should react:

RED = STOP

GREEN = GO

YELLOW = SLOW DOWN, INTRODUCE USING THE FEET TO TAP THE TOP OF THE BALL WITH THE SOLE OF THE FOOT OR, MOVING THE BALL FROM INSIDE TO INSIDE OF THE FEET IN A PASSING MOTION.

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Slowly introduce the other commands, until you feel the players are comfortable remembering them all and then mix them all in together in a random order.

Topic of the day (10-12 Minutes)

Shooting technique

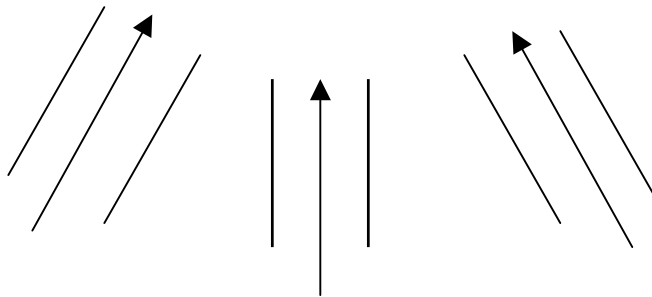
Players to pass to each other over 5 yards by using the lace part of the foot.

The coach should explain that players will need to do the following:

- Keep the toes down towards the ground
- Keep ankle firm
- Contact the ball in the middle with the lace part of the foot.
- Strike through the ball/Follow through, land on striking foot.

Dribble through the channel and shoot.

GOAL/CONES/FLAGS



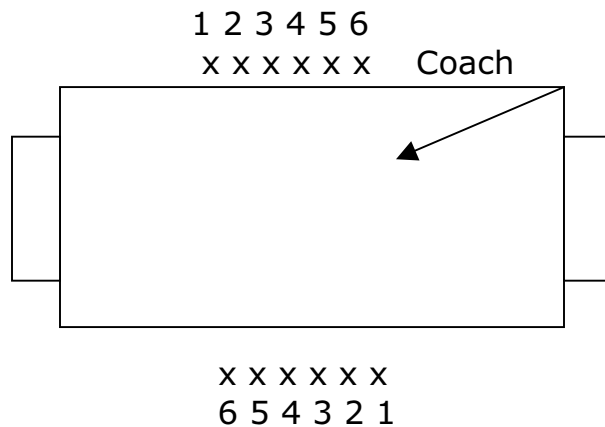
Players take it in turns on the coach's command (number the lines?) to dribble down the channel and take a shot at goal.

Work on using both feet, left and right. Reinforce good shooting technique: NO TOES.

To make it harder, place 2 cones in the goal so there are now three sections, the left side the right side and the middle area which should be the largest.

Players now score 3 points for a goal in the corner and 1 point for a goal in the middle.

Shooting game: The numbers game



The coach plays a ball into the area and calls out a number, those players go into the area and try to get possession of the ball and score a goal for their team.

If the ball goes out of bounds the 2 players return to their teams.

To make it easier:

Players can score in either goal.

To make it harder:

Players can only score in one direction.

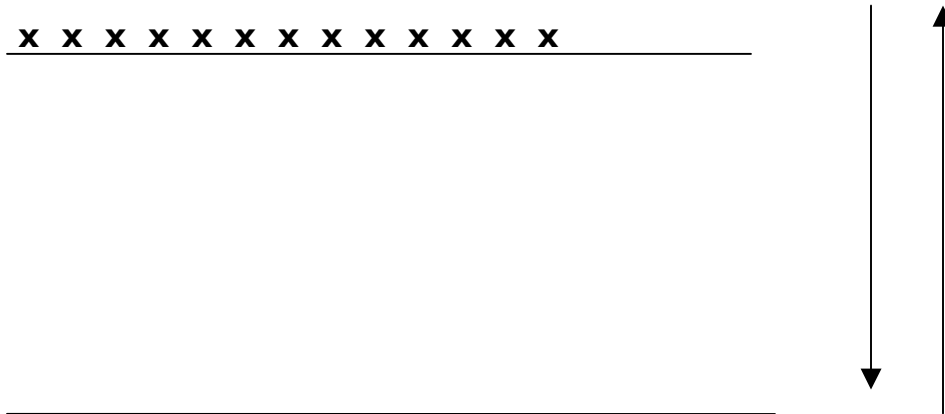
Call out 2 numbers.

1st and 2nd Grade Curriculum

WEEK #6

TOPIC: DRIBBLING

Warm Up (5-8 Minutes)



Players to work from one line to the other using the following ball mastery skills:

- One touch with the laces for every step, right foot and left foot
- Move the ball forwards using the inside and outside of just the right foot – cutting the ball. Then switch sides, left foot.
- Ball tapping, moving the ball forward on the move by tapping the ball with the sole of the foot.
- Rolling the ball with right and left feet.
- Stop/Start, dribble half way, put one foot on top of the ball to stop and push with laces to start dribbling again.

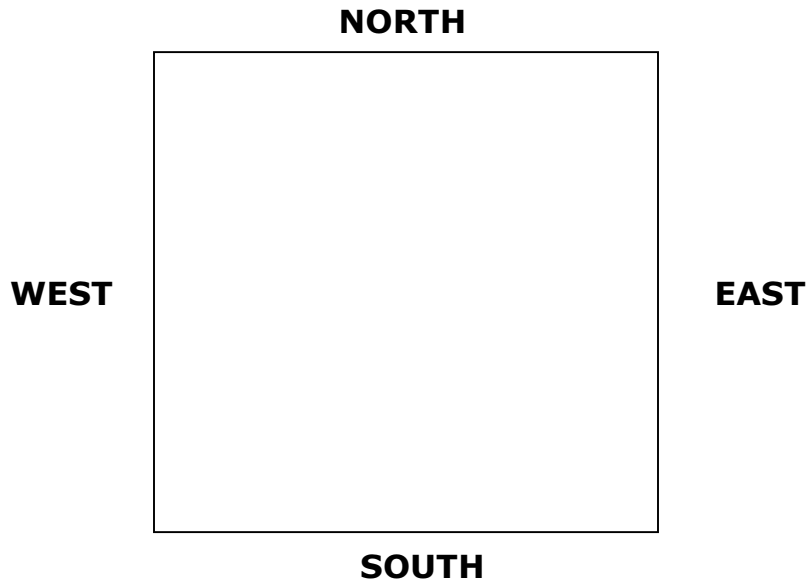
Topic of the day (10-12 Minutes)

North, South, East and West Game

Name the sides of the square, all players with a ball in the middle of the square dribble around and on coach's command, they must dribble to the correct name called.

Make it more interesting by:

Asking about favorite animals/drinks/candy and naming the sides those instead of North, South, East and West.



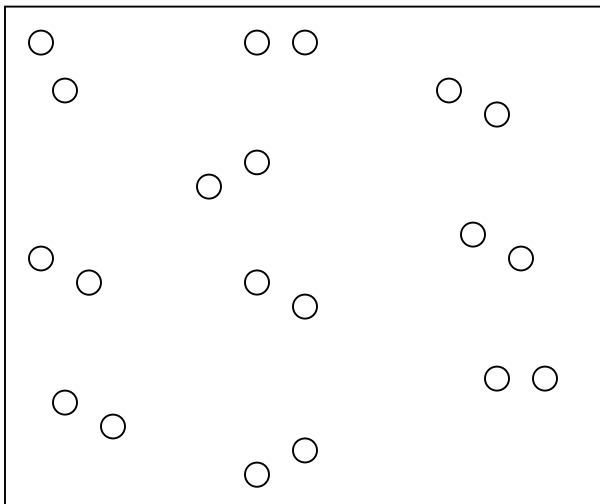
The Great Gate Game

Each player has a ball. Set up an area where there are lots of gates (made with 2 cones) as shown in the diagram on the next page:

Stage 1: Players have 30 seconds to dribble through as many gates as they can.

Stage 2: Players have 30 seconds to beat their 1st score

Stage 3: Pair the players up so one has a pinney, now same as before but now they have to try and beat their partners score.



1st and 2nd Grade Curriculum

WEEK #7

TOPIC: SHOOTING

Warm Up (5-8 Minutes)

Organize the players into pairs; each player should have a soccer ball. Place the players on opposite sides of the channel as shown below:

X X X X X X

X X X X X X

Work through the following ball skills:

- Ball Taps
- Paddles (passes from the inside of the left foot to the inside of the right foot and vice versa)
- Pull-push (pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot)
- Rolling the ball with the sole of the foot forwards and backwards, side to side.
- Thigh juggling (hold ball in hands, drop to thigh and catch)

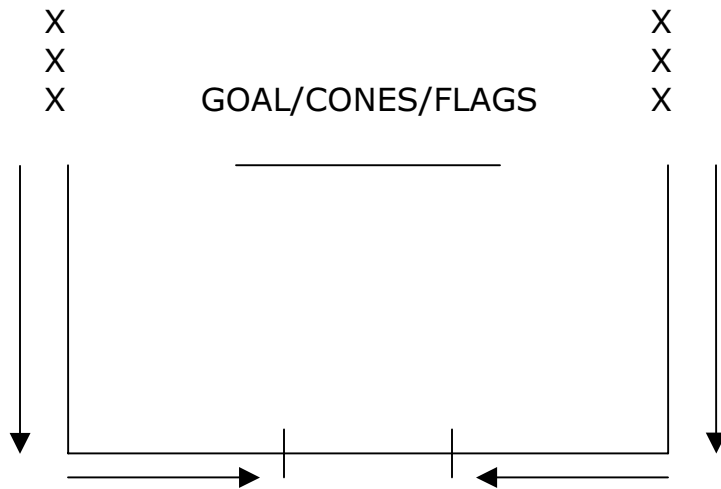
On the word "switch" or the blow of the whistle the players leave their ball and run to their partners' ball on the opposite side and continue doing the exercise.

Topic of the day (10-12 Minutes)

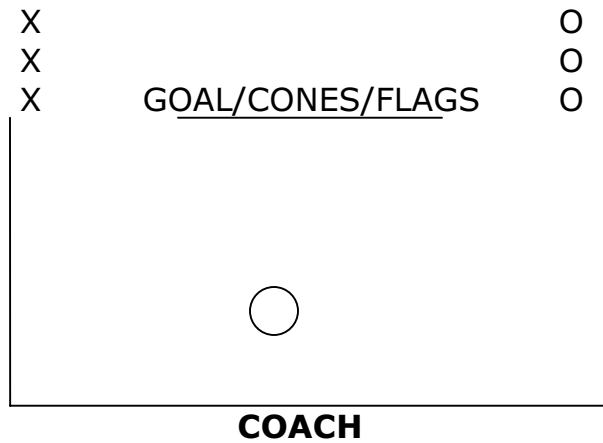
Dribble and score

Players go one against one in this game, the players must dribble in the direction of the arrow on the diagram (up and then across) and through the gate in front of the goal. The first team to score gets a point.

Have an open goal - do not put anyone in goal.



1V1 SHOOTING GAME (10 – 12 MINS)



Coach has the supply of soccer balls at his/her position.

When the coach passes the ball into the area the first player from each team tries to get the ball and shoot in the goal. If the other player steals the ball they can shoot too.

To make it more fun:

Have the player start from different positions:

Sitting

Back to coach

Lying on belly

1st and 2nd Grade Curriculum

WEEK #8

TOPIC: PASSING

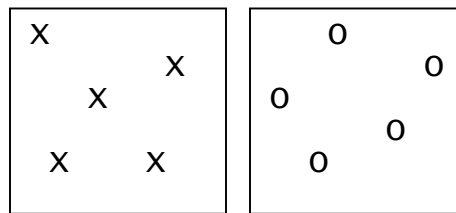
Warm Up (5–8 Minutes)

Players dribble freely in area, coach can add in some commands for example: turn, stop, change (players leave their ball and switch with someone else), taps on top of the ball, paddles, rolling the ball, inside/outside cuts.

Thigh juggling: Hold ball in hands, drop to thigh and catch. Increase to 2 juggles and then catch. If some players can do the above then adjust accordingly – 3 or more juggles or left then right thigh.

Topic of the day (10–12 Minutes)

Pass in numbers



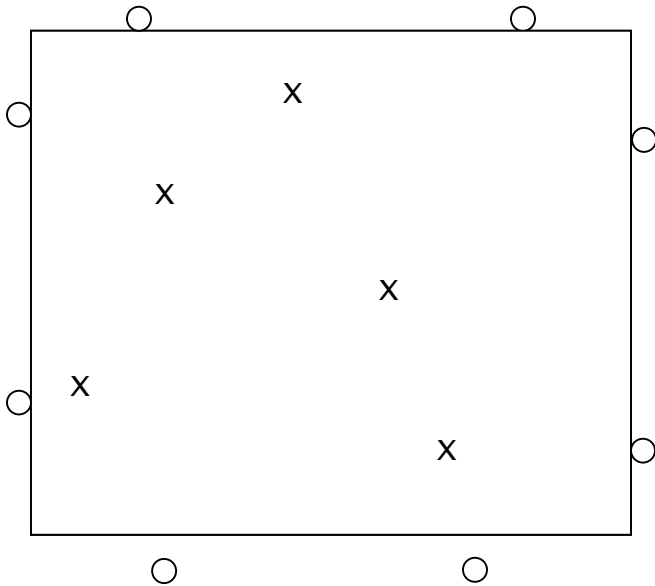
Split the group in 2. Assign each group an area and number each player in the group 1-5.

Players should pass the soccer ball around in numerical order from 1-5.

Progress by merging the areas together so both teams have to pass and move around traffic.

Encourage players to mix in and not follow their ball and their team members (like bees to honey).

Receive and pass



X's move around the inside of the square and receive a pass from the outside player. Control and pass back and move to a different player. Switch roles after 1 minute.

To make it harder:

Player passes to the outside and the outside player receives the ball and dribbles towards a different player – players are constantly switching places.

Passing game: Soccer Pinball

Organize the players into 4 groups.

Dribble from one corner to all the other corners around the channel created by the smaller square.

The aim is to get back to your corner, enter the middle square and get close to the ball in the middle, which is on a disc.

The player scores a point by being the 1st player to knock the ball off by passing their own ball at the target.

