




Eagan Rec. Soccer

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

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Touches</p> <ol style="list-style-type: none"> 1. All players begin without a ball – the players run, skip, and warm-up in the designated space. 2. Add soccer balls to the game. 3. Players begin dribbling the ball listening for the coach to yell a command. 4. Coach introduces toe touches and penguin (in-between your feet) touches. Players continue to dribble, when you yell freeze players have to stop the ball and continue with toe touches or penguin touches whichever you call out. 5. Player should dribble with their laces, inside and outside of their foot. <p>Question for the team: How do you avoid dribbling into your teammate?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball with small touches close to your body • Pick your head up to see where open space is • Do not run into your teammates
	<p>1 vs 1 to End Line</p> <ol style="list-style-type: none"> 1. Four teams of players on opposite sides of the field. Players begin without a ball and try to fake out the defender without getting tagged and run across the end line. 2. Once the players learn the game and understand where to score add the soccer ball. 3. Players try to dribble passed the defender across the end line under control. 4. Players switch sides after each round. 5. Players should control the ball on the dribble. 6. Defenders apply high pressure to the player with the ball. <p>Question for the team: Do you think it is easy to defend a player who only uses one foot?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to change direction and speed to beat the defender. • Encourage players to try moves to get past the defender. • Defenders must apply high pressure to the ball. • Players must control the ball over the line.
	<p>Numbers Game</p> <ol style="list-style-type: none"> 1. All of the balls in a pile in the middle of the field. Select two teams – one in pinnies. 2. Coach numbers off each player on the team. 3. When the Coach yells out a number the players with the number sprint around their goal and enter the field. The game continues until the ball goes out of bounds or a goal is scored. 4. Begin the game 1 vs 1 and transition into 2 vs 2 and 3 vs 3. 5. Make sure to call out every number and have goals for both teams to score on. <p>Question for the team: When you are playing 1 vs 1 what do you want to try and do? When you are playing 2 vs 2 or 3 vs 3 what can you look to do on the field?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to dribble the ball 1 vs 1 and take on the defender. • Encourage the players to take a lot of touches on the ball when dribbling. • Transition from offense to defense quickly. • Encourage players to pass to their teammate when playing 2 vs 2 and 3 vs 3.



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