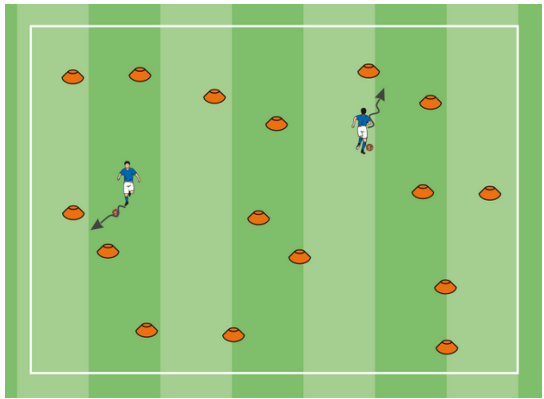
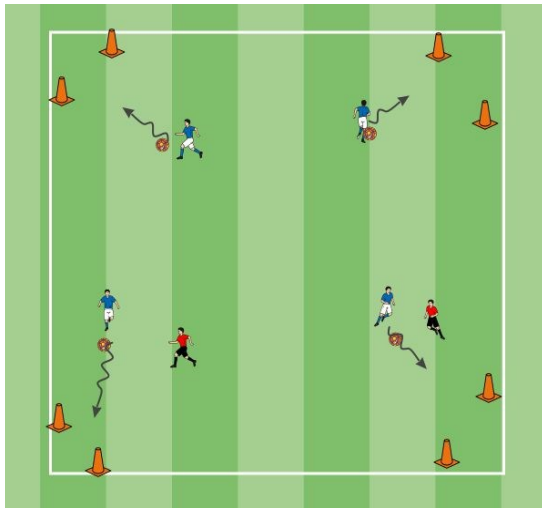
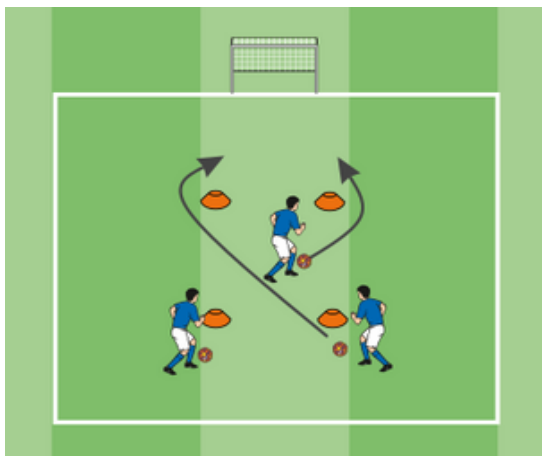


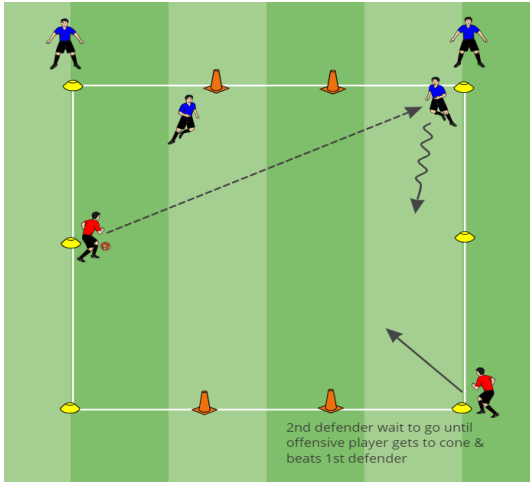

# Micro Lesson Plan the Y YMCA

1st Grade Week 7

Gate Dribbling	Organization	Coaching Points
	<p>Set up multiple gates with cones. 1st time through have players without a soccer ball run through as many gates as they can for 30 seconds.</p> <p>Next round each player should have a soccer ball to dribble through the gates to see how many gates they can get through before time is up.</p>	<ul style="list-style-type: none"> <li>• Keeping the ball close</li> <li>• Looking up and not at the ground</li> <li>• Change of direction</li> </ul> <p><b>Time:</b> 5 minutes</p>
Wreck it Ralph	Organization	Coaching Points
	<p>Set up 4 goals with cones &amp; every player has a soccer ball. All players but two are trying to score as many goals as possible. 2 players or coach are trying to steal the ball from the other players before they make a goal. Once player scores goal they keep dribbling to other goals to see how many they can get.</p> <p><b>Variations:</b> Younger age groups have coach be defender. Get parents to help be defenders.</p> <p>Make players dribble through goal instead of shooting.</p>	<ul style="list-style-type: none"> <li>• Dribbling with head up</li> <li>• Protect your ball</li> <li>• Defenders position</li> <li>• Goals do not have to go in corner of field make grid a size that best works for your players.</li> </ul> <p><b>Time:</b> 5 minutes</p>
Criss Cross Shooting	Organization	Coaching Points
	<p>Create a square with cones out away from the goal. Each player has a ball forming 2 lines. One player takes off dribbling for cone diagonally across. Go around the outside of the cone and take a shot on goal. Once a player gets to the front cone the player from the opposite line can go.</p>	<ul style="list-style-type: none"> <li>• Dribble fast &amp; under control at cone</li> <li>• Plant foot and strike ball</li> <li>• Planted foot toe should be pointed at goal</li> <li>• Strike ball getting your hips and upper leg involved</li> </ul> <p><b>Time:</b> 5 minutes</p>

# Micro Lesson Plan the Y YMCA

1st Grade Week 7

2v2 Two Zones	Organization	Coaching Points
 <p>2nd defender wait to go until offensive player gets to cone &amp; beats 1st defender</p>	<p>Split players into 2 groups and create grid with cones. 1st defensive player in red passes the ball across to offensive player who attacks goal with other offensive player. As soon as defender passes they cover the ball. Offense needs to decided to pass or get by defender. Once the offensive player is past the half way cone the 2nd defender can come in to try and stop them from scoring if first defender is beat.</p> <p>Can switch it up and start with 2v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> <li>Angle of pass</li> <li>Defender staying in front of the ball</li> <li>Quick attack, 1st touch</li> <li>When to pass, when to attack</li> </ul> <p><b>Time:</b> 10 minutes</p>
Game	Organization	Coaching Points
 <p>4v4</p>	<p>New ball method: This means that coaches must always have a ball/balls available in their hands to restart the game any time the ball goes out of play. There are no throw-in, goal kicks, corner kicks or re-starts. The game is ALWAYS restarted by a coach who yells "New Ball" and then rolls a ball back into the field of play.</p>	<ul style="list-style-type: none"> <li>Do not throw the ball in the air</li> <li>Always keep it on the ground</li> <li>Create inclusive atmosphere</li> <li><b>NO GOALIES</b></li> <li>Players are not allowed in the goal boxes. New ball if ball stops inside goal box</li> <li>2 - 12 minute halves</li> </ul>