



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 1 (Week of 3/25/06)**

Topic: Dribbling  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Traveling/dribbling with a soccer ball	<u>Recommended Games</u> a. Candy Store (see attached description)		a. Have players understand concept of being in biggest space possible:
2.			
	b. <u>Follow the Coach</u> (see attached description)		b. have players travel/dribble in different directions within the area with the soccer ball.
3.			
			c. have players keep heads up so that they can see each other as well as the areas of unused space.
4. Skill Activity			
a. The Drag Back Turn	Place the non-kicking foot at the side of the ball. Place the Kicking foot on top of the ball. Lean over the ball. Drag the ball back in the opposite direction and turn and follow.		a. have the players try the drag back turn with both feet



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 2. (Week of 4/1/06)**

Topic: Dribbling  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Control (dribbling and stopping with the ball)	<u>Recommended Games</u> a. <u>Hospital Tag</u> (see attached description)		a. Have the players dribble the ball at different speeds keeping the ball as close as possible to their feet.
2.			
	b. <u>Story Book Soccer</u> (see attached description)		b. Have the players be able to stop the ball with the bottom of each foot.
3.			
	c. <u>Body Parts</u> (see attached description)		c. Have the players stop the ball with the bottom of each foot and then perform a drag back turn (skill activity from last week) and continue dribbling in opposite direction.
4. Skill Activity			
a. Dribbling with the outside of the feet	Have the players push ball across the field using only the outside of the foot. Use other foot and go back in opposite direction.		a. Try to have players use both feet equally with this skill activity.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 3. (Week of 4/8/06)**

Topic: Dribbling (turns)  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Ball Mastery, Turns and Moves	<u>Recommended Games</u>  a. <u>Coneman</u> (see attached description)		a. have players move ball in different directions on coaches instructions using quick changes of direction as well as well as different speeds
2.			
	b. <u>Story Book Soccer</u> (see attached description)		b. have players use different parts of the feet to stop the ball and then turn out and accelerate in different direction.
3.			
			c. have players dribble at different speeds, stopping and turning and keeping ball as close to feet as possible.
4. Skill Activity			
a. U- Turn and Drag Back Turn	U-Turn – Place the non-kicking foot by the side of the ball. Pivot on the non-kicking foot until facing opposite direction and use inside of kicking foot to push ball away.	Drag Back – Place the non-kicking foot at the side of the ball. Place the kicking foot on top of the ball. Lean over the ball. Drag the ball back in the opposite direction and turn and follow	a. Have players try the skill activity with BOTH feet. They will be more comfortable with one foot. Make sure they continue to improve with the OTHER foot.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 4. (Week of 4/22/06)**

Topic: Passing  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Introduction to short passing and controlling the ball when you receive the pass.	<u>Recommended Games</u> a. <u>Pass yourself to the races</u> (see attached description)		a. Have players push pass with the inside of the feet to a designated target – stress the need to be as accurate as possible. Have the players work on controlling the ball when they receive it.
2.			
	b. <u>Stuck in the Mud</u> (see attached description)		b. have players plant the non-kicking foot pointing in the desired direction of the pass.
3.			
	c. <u>Ghostbusters</u> (see attached description)		c. have the players start to learn the concept of <i>weighting</i> the pass rather than simply kicking as hard as they can in a set direction.
4. Skill Activity			
a. The step-over move	Place both feet on one side of the ball. Strongest foot next to ball. Lift strong foot over the ball and place down on other side leaning body in that direction. Weaker foot pushes ball away in opposite direction		a. Have players understand move at first. Then as they progress have them understand that shifting of weight on first move is what sells the fake to the defender. Work on this to improve the step-over move.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 5. (Week of 4/29/06)**

Topic: Dribbling II  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Ball Mastery (turns and moves using inside and outside of foot)	<u>Recommended Games</u> a. <u>Hospital Tag</u> (see attached description)		a. Have players change directions quickly using drag back turns, u turns and step over moves. Make sure players only increase speed when they can keep ball close to their feet while doing so.
2.			
	b. <u>Power Rangers</u> (see attached description)		b. Have the players concentrate on using BOTH of their feet while dribbling and while using the moves
3.			
			c. Have players use the inside and outside of their feet while doing the u-turn move. d. Try to make sure that players keep their heads up and look where they are going during all drills.
4. Skill Activity			
a. Practice all three moves – U-Turn (inside & outside of the feet), drag back turn and step over move.			a. Have players understand that if they can use these moves well, they have all they need to be good soccer dribblers



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 6. (Week of 5/6/06)**

Topic: Shielding  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Shielding the soccer ball	<u>Recommended Games</u>  a. <u>Cowboys and Indians</u> (see attached descriptions)		a. Have the players use the inside of the foot to turn around in a circle and use the outside of the foot to turn around the opposite way, keeping the ball shielded from an imaginary opponent.
2.			
	a. <u>One versus One dribbling and defending</u> (see attached description)		b. Have the players use their bodies to shield or protect the ball by placing their bodies between the ball and the opponent
3.			
			c. Have the players do some of the dribbling games with half of the group as defenders and have them concentrate on shielding the ball.
4. Skill Activity			
a. The Cryuff Turn	Place the non-kicking foot in front of and at the side of ball. Place the kicking foot at the side of the ball. Push ball behind non-kicking foot and turn and follow.		a. This move should first be taught in a stationary position. As the movement becomes more natural, the players can make the move while the ball is in motion and it will resemble a u-turn move.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 7. (Week of 5/13/06)**

Topic: Defending  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Stealing/Tackling the ball from the opponent – Introduction to Defending.	<u>Recommended Games</u> a. <u>British Bulldog</u> (see attached description)		a. Encourage Players to be persistent in their pursuit of the ball. Reward effort here as much, if not more, than in any other area.
2.			
	b. <u>Cowboys and Indians</u> (see attached description)		b. Have players try to steal the ball rather than simply kicking it away from the other player and themselves.
3.			
			c. Have the players shadow defend rather than go for the steal UNTIL they are sure the steal or tackle will be successful.
4. Skill Activity			
a. Long and Short Passes	Have players break down into pairs and have them try long and short passes while dribbling. Concentrate on calling for the ball and passing it accurately.		a. Have players try to understand that weighting the pass will make it easier for other player to control.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 8. (Week of 5/13/06)**

Topic: Shooting  
 Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Introduction to shooting	<u>Recommended Games</u>  a. <u>Crocodile Alley</u> (see attached description) use shooting form rather than passing form)		a. Make sure players use the laces of the foot to contact the ball rather than the instep while shooting.
2.			
			b. Make sure Players plant non-shooting foot pointed in direction of the shot.
3.			
			c. Make sure players use BOTH feet to shoot with proper form.
4. Skill Activity			
a. Have players try and shoot the ball (using proper shooting form) when the ball is moving .			a. Make the movement of the ball very slow at first. Increase speed of ball as players get better at hitting moving target.



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 9. (Week of 6/3/06)**

Topic: Review  
Age: FIRST GRADE

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Weekly Activity			
a. Review where need exists b. TOURNAMENT and ENJOY			
2.			
3.			
4.			

## Descriptions of the Games

### British Bulldog

The Children play in a square approximately 30 by 20 steps. The children start at one side of the square (which the children call the street). The coach has told the story of a “British Bulldog” who will not let the children out to play. The children have to dribble their soccer ball past the “British Bulldog” so that they can get out to play. The coach plays the part of the “British Bulldog”. Each time the children make it past the “British Bulldog” they get a quarter to buy candy, this is done by performing toe taps. The young players can only travel across the street when the coach says “British Bulldogs”. Once the players have been caught they become a bulldog and assist the coach to catch the others.

### Candy Store

The children play in a square approximately 30 by 20 steps. The coach names each side of the area after a piece of candy. Each child has a soccer ball. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.

### Body Parts

The Children play in a square approximately 30 by 20 steps. The children dribble around with a ball each. The coach calls out a body part, for example a left elbow. The first child to stop the ball completely with the named body part gets a point. A variation on this game is for the coach to point to a body part (rather than call out) to make the children dribble with their heads up to see the coaches next move.

### Stuck in the Mud

The Children dribble around the marshland approximately 30 by 30 yards. Two marsh monsters attempt to freeze out the players. To do this they simply have to touch the player’s ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen players legs.

### Crocodile Alley

The children are lined up each side of the area. Place cones between each pair so that the cone is directly in the middle of the children lined up on each side of the area. The aim of the game is to knock the cone over in the middle by striking the ball against it. First player to hit the cone three times is the winner.

### Story Book Soccer

The children play in a square 30 by 20 steps. The coach tells a story of when he/she was young and on his/her birthday they were given a magic car. The coach then asks the children if they want to play “magic cars”. The children dribble around the area and the coach introduces three gears. In the first gear the children must dribble their soccer ball really slowly. In the second gear, the children should be encouraged to dribble the ball at a medium speed. Third gear is “racing car” speed; the children should be encouraged to dribble the soccer ball as fast as they can.

### Hospital Tag

Kids dribble in Soccer Island. When you say hospital, they can try to tag each other . When you are tagged, you have to hold that part of your body with your other free hand. Second time you are tagged, you hold that part of your body with your free hand. Third time, you are tagged you are out. To get back in the game, you have to do three moves or ten juggles.

Pass Yourself to  
The Races

The children play in a square approximately 30 by 30 yards. Players work in pairs. They have to pass to themselves before they can pass it back to their partner.

Power Rangers

The children play in a square approximately 30 by 30 steps. Select a catcher(s). All the players dribble around the area with a ball. The catcher gets players out of the game by touching their soccer ball with her or her foot. The catcher is “Evil Rita” he/she can win the game by getting all the power rangers out of the square. The players must perform three moves or ten juggles to get back in the game.

Ghostbusters

The children stand approximately six yards apart. The coach introduces the game as “Ghostbusters”. Every time the children can pass the ball through their partners legs, they score a “slimer”. First pair to get five “slimers” is the winner.

Coneman

The children play in a square approximately 30 by 20 steps. The coach is the “Coneman/woman” who runs around the area attempting to “cone” the players. This is done by placing a cone on top of the players’ ball and shouting “Coneman has got you”. Once a player has been coned they must perform three moves or ten juggles to get back in the game.

Follow the Coach

The Coach should have all the children gather together in the dribbling area. The Coach should tell the children that the aim of the game is for them to follow him while he walks/runs backward. This will enable the coach to watch the children as they dribble after him. The coach should award points to the children as they get close to him. At first, the Coach should move slowly and in predictable directions. As the children get more advanced, the Coach should move faster and make quick and rapid changes of direction. Make movements that force the children to use both feet.

Cowboys/Indians

Break the children up into pairs. Have one child be a cowboy and one child be an Indian. Have them stand facing each other about four yards apart. Place one soccer ball in the middle of the children. When the coach calls out “Cowboys and Indians” the children should each try and get possession of the ball and dribble away from the other player. The player who does not get possession of the ball should try and tackle the ball from the other player. A variation on this game, is to have the children in the same position to start but to face away from each other.

One versus One

Have the children break up into pairs. Have one child have the soccer ball. Have the child try to dribble and keep the ball from the other child. Try and encourage the children to make the move (u-turn, drag back and step over) that they have been learning and praise them even if not done correctly. In this game, you will notice that the child with the ball will simply dribble in a direction away from the other player. Try and encourage them to dribble at the other player and try and beat them rather than escape from them.