



## SOAR Grades 1-2

Category: Technical: Ball Control

Difficulty: Beginner

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### Warm Up

Set Up: Grid size dependent on number of players. Place a number of cones around inside the grid

Players start at a cone and run to another cone. Give them a task to do at the cone before running to the next cone.

- A. Run to cone and jump side to side over it 5 times with feet together
- B. Run to cone and jump over it forwards and backwards 5 times
- C. Run to 1st cone forwards, and second cone sideways
- D. Run to 1st cone forwards, 2nd cone sideways, 3rd cone backwards

Coaching Points: Head up, mobility, motor skills, and cognition



### Dribble and Control

Set Up: Size of grid dependent on size of group.

Objective: Players dribble their ball around the grid attempting to avoid each other and the cones on the ground. When the coach "calls out" a word of their choice the players have to stop their ball and run to another and then continue to dribble.

Progression once the players are comfortable - coach "calls out" a different part of the body (elbow, knee, etc) that the players have to stop their ball with before getting a new ball to dribble.

Coaching Points: Heads up, vision, keep the ball close



### It's a Knockout x 2

**KNOCKOUT:** Two adjoining grids dependent on numbers, and all players start out in the same grid with a ball each. If a player's ball is knocked out of grid A they retrieve it and enter grid B.

If a player is knocked out of the grid B, they retrieve their ball and have to dribble through the cones and through the gate back into grid A.



## Storm the Castle

**Set Up:** Two adjoining grids - size dependent on numbers. Group is divided into two teams and each team has tall cones spread out within their grid. Each team has one defender who's job it is to prevent opponent knocking cones down by kicking their ball away. Players attempt to dribble into the opponents half and knock down one of their cones with the ball. If they knock the cone down they pick it up and place it somewhere in their own half. **Coaching Points:** Avoid defenders, heads up when dribbling, keep ball close, change direction



## Stack the Cones

**PROGRESSION:** Now there's only one ball and the two teams play against each other trying to knock down the cones in their opponents half.

**Coaching Points:** Same as before, but now there will be 1v1's, 2v1's, 2v2's, etc.



## Game

**GAME:** Play 3v3 or 4v4 in 30x20 yard area using four goals.

This game can use four goals, the end line, two goals, etc.

**Coaching Points:** All of the points from the previous four games

