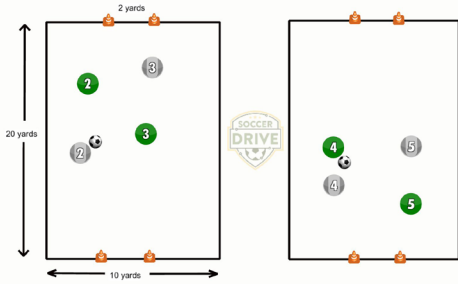




DRIBBLING GAMES

AGE LEVEL: U6 TIME: 60 MINUTES



2 VS. 2 PLAY

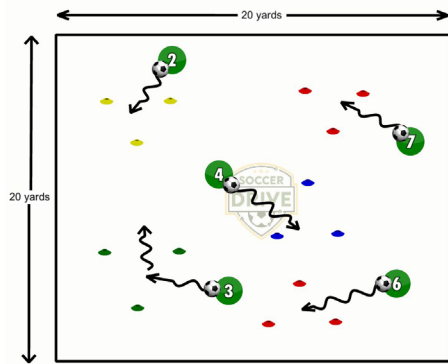
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



GALAXY EXPLORER

TIME 10 minutes

SETUP

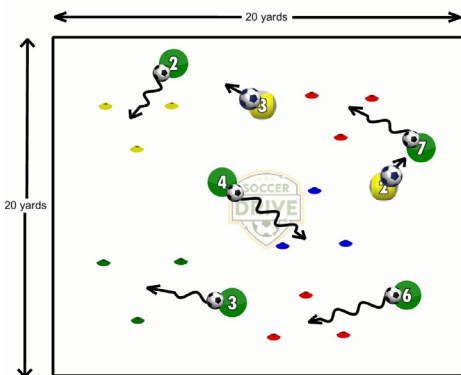
- » In a 20x20yd grid with several 3 yard triangular shaped gates (Galaxies).
- » All players have a ball.
- » In 90 seconds, challenge the players to get into and out of as many Galaxies as possible. Each new round, have them try to beat their previous score.

COACHING POINTS

- » Use peripheral vision while dribbling the soccer ball.
- » Keep the ball close so you can change speed or turn quickly.
- » Encourage players to use both feet when touching the ball.

VARIATIONS

- » Round 1: Get to as many Galaxies as possible.
- » Round 2: Whichever side they enter the Galaxy, they must exit the same side (encourages turning).
- » Round 3 & 4: Ask the players to use only one surface of their feet on their way to each new Galaxy (bottom of feet, outside of feet, instep etc).



SPACE INVADERS

TIME 10 minutes

SETUP

- » In a 20x20 yard grid with several 3 yard Space Ships (Bases).
- » Select 2 players to be it (The Blasters).
- » The blasters have the ball in their hands and are guarding the bases.
- » The rest of the players dribble their ball and are trying to land on the bases to be safe. Have them count the number of bases they can get to.
- » The Blasters use the ball to tag the other players (touch them with the ball, not throw the ball at them)
- » The Blasters are trying to see how many players they can tag in the time allowed.
- » Switch blasters each round, and encourage everyone to beat their previous scores!

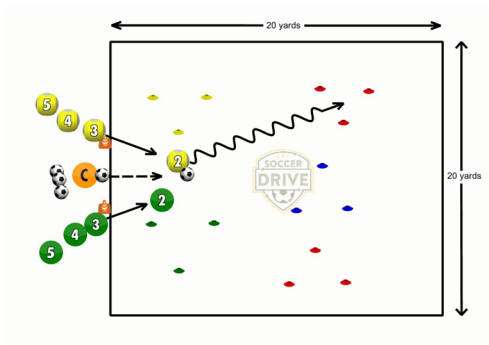
COACHING POINTS

- » Look for moments to fly to a new base. Don't take too long, or your score will be lower!
- » Big touches vs. little touches. Encourage players to take shorter touches when in tight spaces or getting to a base, and longer touches if they have space in front of them and need to build of speed fast.



DRIBBLING GAMES

PRACTICE PLAN



STAR DESTROYERS

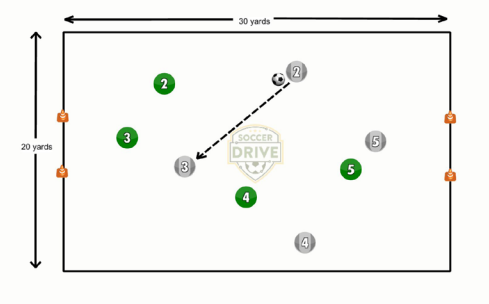
TIME 10 minutes

SETUP

- » In a 20x20 yard grid with several 3 yard Space Ships (Bases).
- » Select 2 players to be it (The Blasters).
- » The blasters have the ball in their hands and are guarding the bases.
- » The rest of the players dribble their ball and are trying to land on the bases to be safe. Have them count the number of bases they can get to.
- » The Blasters use the ball to tag the other players (touch them with the ball, not throw the ball at them)
- » The Blasters are trying to see how many players they can tag in the time allowed.
- » Switch blasters each round, and encourage everyone to beat their previous scores!

COACHING POINTS

- » Look for moments to fly to a new base. Don't take too long, or your score will be lower!
- » Big touches vs. little touches. Encourage players to take shorter touches when in tight spaces or getting to a base, and longer touches if they have space in front of them and need to build of speed fast.



4 VS. 4 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » What are some surfaces of the feet we can use to move our soccer ball with? (inside, outside, laces, heel, bottom, toe)
- » Why is it important to be able to use both feet while dribbling? (so you can turn direction quicker, as well as evade defenders easier!)
- » Why should you look for space to dribble into, instead of just dribbling straight ahead? (it's important to know where defenders are, so you can avoid them and get past them!)
- » Have a team cheer; great job coach!