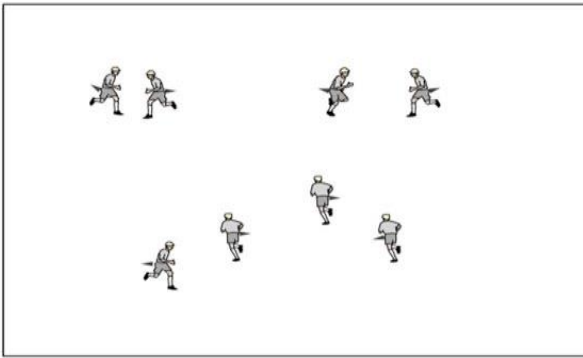


U6: Week Nine and Ten
Shielding and Dribbling

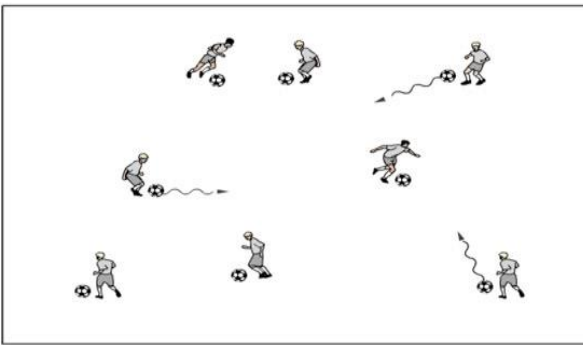


Warm-up Foxes and Rabbits

2-3 players are designated as foxes, the rest are rabbits
 Foxes chase the rabbits and try to steal their "tail" (pinnie tucked into the players' shorts) if the tail is stolen they join the foxes team.

Coaching Points

Change direction/change speed
 How can you use your body to fake the opponent?
 How can you use your body protect the tail without holding?



Knockout - non elimination

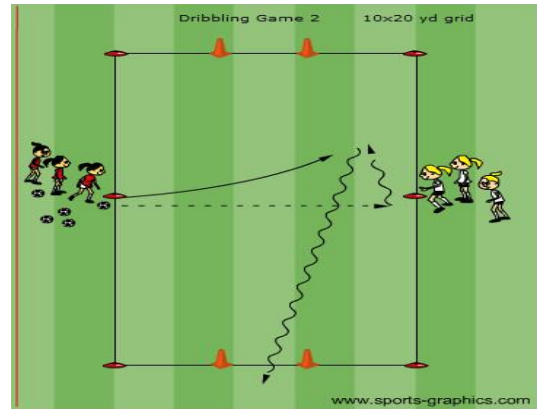
Players dribble in the area. (Or set up two areas side by side)
 On the coach's signal the players try to knock out other players' soccer balls while keeping their own under control.
 When a ball is knocked out, the player goes and gets their ball and re-enters the game to play again.

Coaching Points

Change direction/change speed
 Toes down, heel up, lace dribble, inside/outside to turn
 Knee bent, low center of gravity
 Eyes up to see the gaps and open space

Dribbling Game (1 on 1)

Set up a 10x20 yard field with two 3-4 yard wide goals
 No more than 3-4 players in each group
 Set up multiple groups if needed depending on numbers.
 1) Coach rolls a ball in for the players to play 1 on 1 to either of the end line goals by using changes of direction/turns.
 2) Start with a pass across to the opponent, play 1 on 1 to either of the end line goals by using changes of direction/turns.



Additional Coaching Points

- 1) How do you know to change direction?
- 2) Which part of the foot can you use to change direction?

Conditioned Small Sided Game(s)

Divide players into equal teams.
 Play 3v3 or 4v4.
 Each field has two end zones or simply an endline.
 Dribble into the end zone or across the endline and stop the ball to score.
 Once a goal is scored, the opposition start with the ball in the end zone.

