



U6 SESSION #1

FOCUS/ BENCHMARK: DRIBBLING

Dribble through cones under control, using the right and left foot (inside and outside) , and basic turns.

Take water breaks as necessary



CROCS IN THE RIVER (Activity #1)

SET UP

- Create a 20x25 yard field, with a 3 yard end zone on each end line.

METHOD

- The coach begins as the crocs in the river.
- Coach says "GO!" players try to cross the river by dribbling their soccer ball.
- Round 1- Coaches start as crocs and if ball is lost, dribbler and crocs switch roles
- Round 2- 2-3 players start as crocs and if ball is lost, dribbler and crocs switch roles
- Round 3- When ball is lost, dribbler becomes a croc.

COACH SAYS (Activity #2) 8-10 Minutes

SET UP

- Create a 20x25 yard field.
- Have each player get a ball and spread out into open space **and dribble**.

METHOD

- The game is similar to Simon Says. When you say "Coach Says" and then call a body part (elbow, nose, ear, knee) the players must **stop** the ball using their foot.
- Once **stopped** they must put whatever body part was called out on the ball.
- If you don't say "Coach Says" first and a player **stops** the ball with that body part, have he/she do (5) toe taps (tap the top of the ball with the bottom of their foot) to rejoin the game.

DOG CATCHER (Activity #3)

SET UP

- Create a 20x25 yard field
- Scatter disc cones (one per player) around the space.
- Players have a soccer ball at their feet.

METHOD

- Coach says "GO!" players start dribbling around the space, staying within the boundaries.
- Every 30-45 seconds Coach yells "HERE COMES THE DOG CATCHER!"
- Players stop their ball with their foot. Grab the nearest disc cone, put it on their head, and cover their face. (They are hiding behind a "tree")
- The player who is last to hide, does (5) toe taps to re-join the game.
- You can remove cones each round, like musical chairs.
- Play 3-4 rounds.

