

Activity Name	Description	Diagram	Coaching Points
1 Free Form Dribbling			
<p>Start by having players dribble in and out of each other in a confined area.</p>	<p>The space can be marked off with cones. For the 6-U age group use a 10 x 10 yard area.</p>		<p>This prepares the body and mind for the session to follow. <i>Q.:</i> How do you know where the edges of the grid are while you dribble the ball? <i>A.:</i> Glance up once in a while.</p>
2 Free Form Dribbling			
<p>Have all players toss up a ball and then dribble the first ball found. (Obviously each player needs a ball.)</p>	<p>Same as above</p>	<p>Same as above</p>	<p>This builds hand/eye coordination and general movement abilities. <i>Q.:</i> As you dribble the ball how do you keep it inside the grid? <i>A.:</i> By having easy touches on the ball.</p>
3 Free Form Dribbling			
<p>Vary the pace at which the players dribble in and out of each other, at fast, slow motion and medium speeds.</p>	<p>Same as above</p>	<p>Same as above</p>	<p>Observe ball control and balance. <i>Q.:</i> How do you keep your balance as you dribble around another player? <i>A.:</i> Get closer to the ground by bending my knees.</p>

4 Follow The Coach

Play follow the coach. Every player follows the coach dribbling around the field. Along the way, coach does goofy things like hopping on one foot, rolling on the ground, sitting on and spinning on the ball, etc. Show players that coach has fun too.

Mark off a 20 x 20 yard grid.



The varied movement patterns that you demonstrate will simply put the players in positions that will help them improve their general coordination and balance. Along the way, enjoy yourself.
Q.: Which part of your foot can you dribble with to be able to keep up with the coach?
A.: The top (instep) of my foot.

5 3V3 NO GOALKEEPER

Play 3 vs. 3 with no goalkeepers. Have one extra team of equal numbers. They rest until you switch them. This allows for recovery. Rotate in the third team after a goal is scored or every three minutes, whichever comes first.

Mark out a 25 x 15 yard playing area with cones and small goals. The smaller space allows for end to end action with shots on goal.



Let them play! Here they can learn everything! They should have a great time!