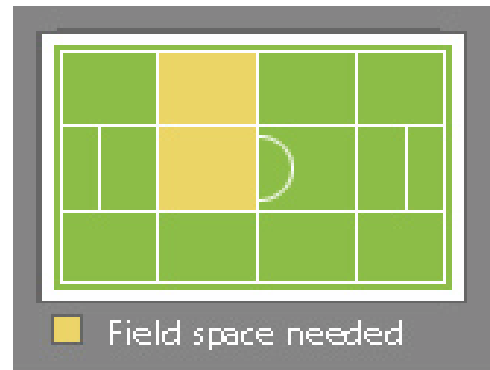


Gate Dribbling



Materials Needed



20 x 30 playing area

- Group of players
- Cones
- Large supply of balls

Gate Dribbling Dribbling

Description:

Coach randomly places cones in pairs making small 1 yard goals in a large space about 30 by 20 yards. Players pair up and must successfully dribble the ball through the gates for a point. Challenge the players to gather as many points as a possible.

Coaching Points

- Keep ball within 1 giant step
- Use arms to maintain balance
- Use all parts of your feet
- Lean over the ball, keep both knees bent
- Try to keep your head up
- Use laces and outside the foot for speed

Progressions:

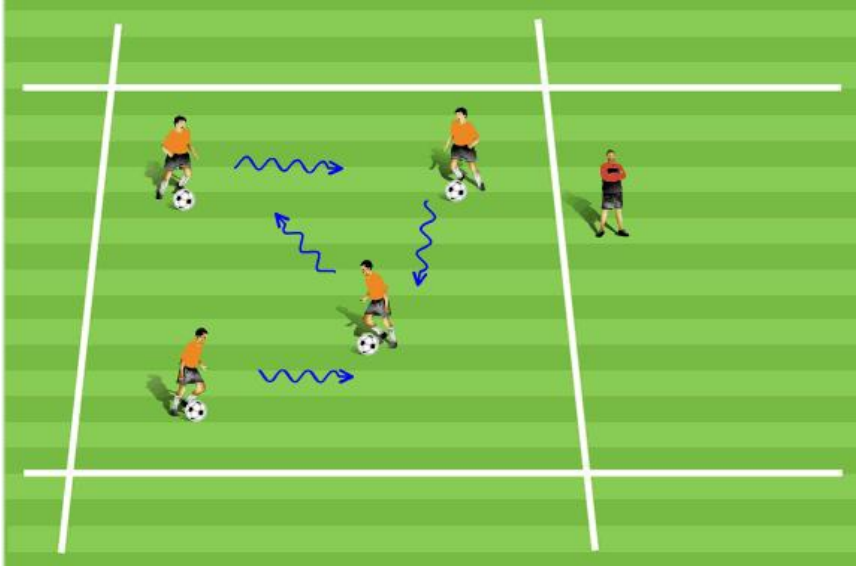
Have players add up all their points in the time provided by the coach. After doing this activity twice, ask the players to improve their score by at least 1 point and play the game again. Challenge each player individually. *Rule: Cannot dribble back in forth in one goal or just two goals*

Variations:

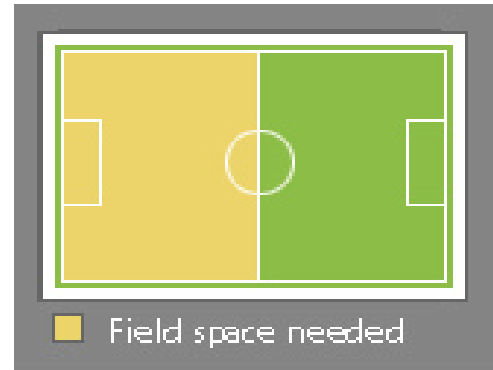
Timed gate dribbling...the coach times the players for 30 seconds. The players must count how many gates they dribble through in 30 seconds. Ask each player how many they dribbled through when they are finished. Challenge them to increase their score by one on a second attempt.

Gate Keeper...parents act as gate keepers. They step in between the cones when signaled to do so by the coach. If a parent is in the gate, players cannot dribble through that gate. When the coach signals a parent to step out of the gate, players can dribble through it again.

Interactive Dribbling (U6)



Materials Needed



15 x 20 yd grid

- One ball per player

Interactive Dribbling (U6) Dynamic Activity

Description:

The ball carriers dribble their soccer balls inside the rectangular grid moving through each other. They try to avoid collisions with other players and their soccer balls.

Coaching Points

- Fun
- Dribbling technique
- Keep the ball close
- Simple decision making
- Use different surfaces of foot

Progressions:

Coach has the freedom to use his imagination and engage the players. Ask players to do moves, speed up and change direction.

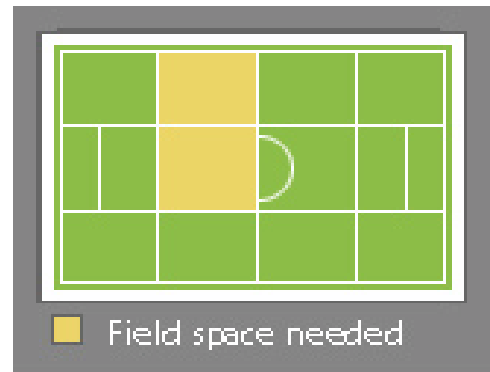
Set up Note:

15 yd x 20 yd rectangular grid. All players have a ball at their feet (ball carriers) except for 3-4 players, who do not have a ball (free players).

Sharks and Minnows



Materials Needed



10 x 15 playing field

- Cones
- Large supply of balls
- Pinnies

Sharks and Minnows Dribbling

Description:

All players (minnows) line up side-by-side outside one end of the grid. Each player has a soccer ball at his/her feet. The Coach (shark) takes a position inside the grid, without a soccer ball, facing the players. Coach then controls the game.

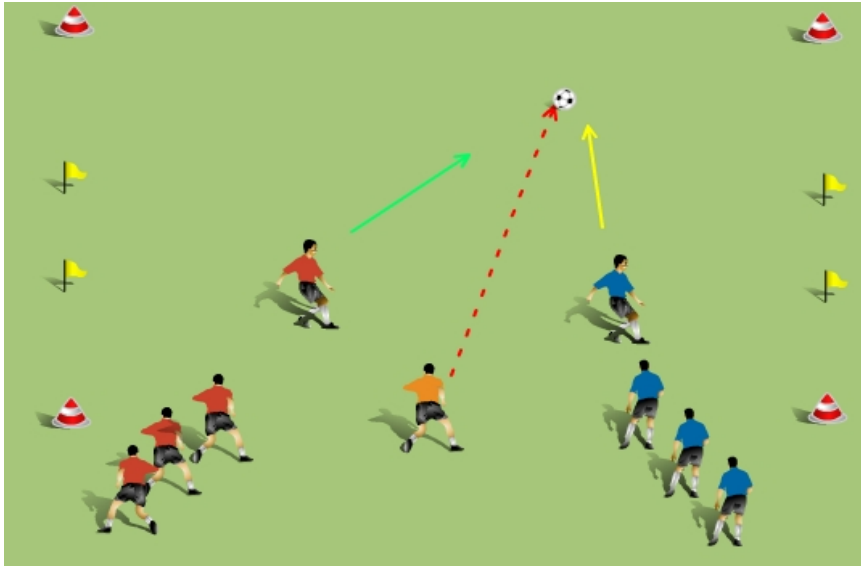
Coaching Points

- Fun
- Following directions
- Changing speed and direction while dribbling
- Simple decision making
- Defending
- Tackling
- Speed dribbling or running with the ball

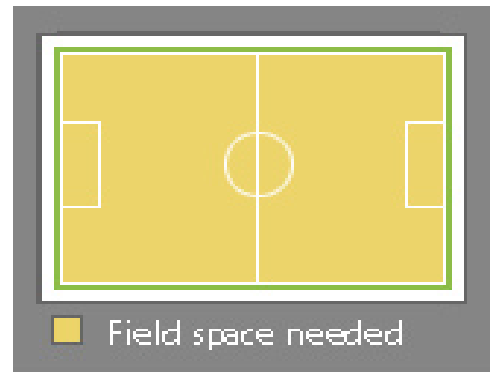
Progressions:

When the Coach says, "Swim across to the other side, my little minnows!", all of the minnows (players) attempt to dribble their soccer balls to the opposite side of the grid without getting their ball kicked out of the ocean by the shark (coach). If they all make it, they will be able to swim across again and again. If the shark kicks their ball out of the ocean, the minnow turns into a shark and joins the other shark. Once a few minnows become sharks, the coach can step out and facilitate the activity. The last minnow to lose their ball will start the next game as the shark.

Get Outta' There (U6)



Materials Needed



15 x 20 yard grid

- Soccer Balls
- Cones
- Flags

Get Outta' There (U6) Economical

Description:

At the moment the ball is played into the field by the coach the first player in each line enters the field and plays 1 versus 1 until a goal is scored or the ball goes out of bounds. When that happens, the coach yells, "Get Outta' There!".

Coaching Points

- Fun and challenging
- 1v1 dribbling (attacking)
- Tackling (defending) skills
- Decision making
- Creativity
- Scheming

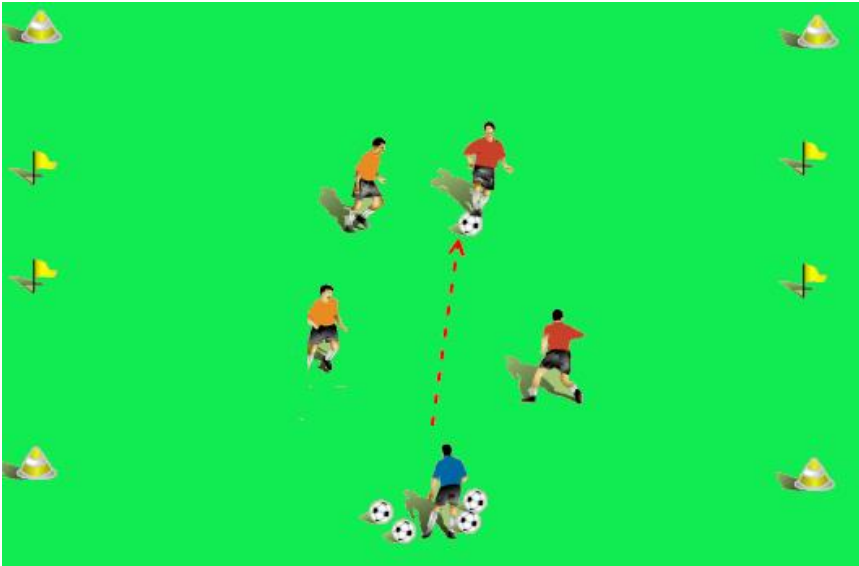
Progressions:

The players must get off the field quickly and get back in their line. When they are off the field, the coach sends another ball into the field and the next two players enter the field and play 1 versus 1. Play continues in this manner until all of the balls are used up. At this point, the coach says that he is out of soccer balls and asks all the players to go get a ball and dribble it back to him/her.

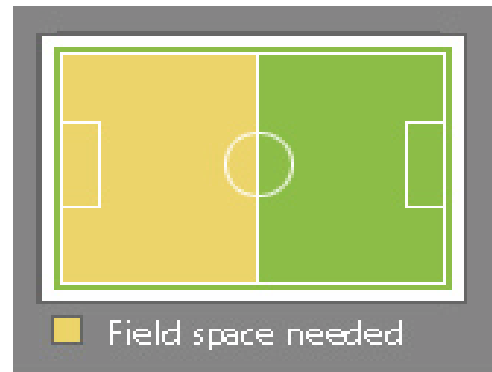
Variation: The game can be played without goals. Players get a point by dribbling over their designated end-line; players get a point for kicking the ball over their designated end-line.

Set Up Note: 15 yard x 20 yard rectangular grid (field). Goals at each end made out of cones or flags, approximately 5-6 steps wide. Coach positioned outside the field at the mid-line with all of the soccer balls. Two teams of players, in different colored pennies, lined up in single file, on each side of the coach. Goals are designated for each team.

Boss of the Balls (2v2)



Materials Needed



15 x 20 yard grid

- Cones
- Flags
- Balls
- Goals 5-6 steps wide

Boss of the Balls (2v2) Economical

Description:

The coach serves a ball into the field of play and play begins. When a ball goes out of bounds or into the goal, the coach sends another ball into the field and play continues in this manner until all the balls are used up.

Coaching Points

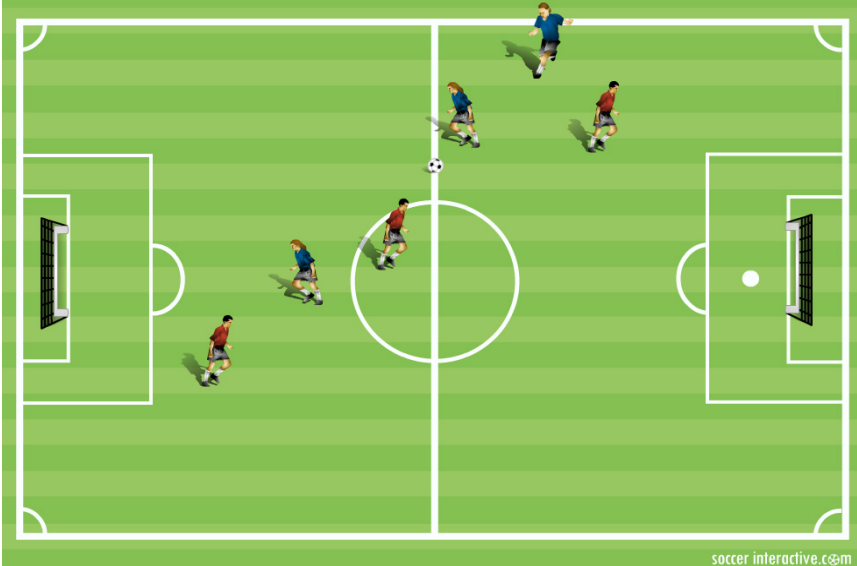
- Fun
- Making decisions that only the game can present
- Excitement.
- Dribbling
- Shooting
- Passing
- Anticipation

Progressions:

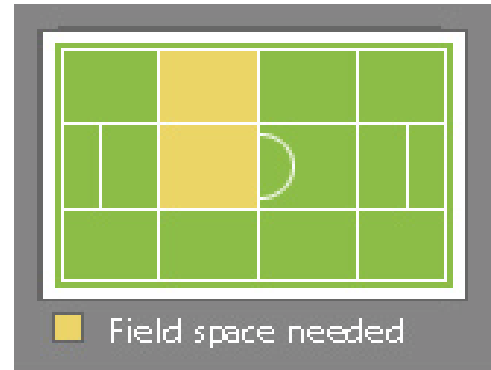
Coach positioned outside the field at the mid-line with all of the soccer balls. 2 players versus 2 players on the field. Set up two (2) fields so that more of your players are playing.

At this point, the coach says that he is out of soccer balls and asks all the players to go get a ball and dribble it back to him/her.

3 v 3 to Goal



Materials Needed



30 x 25 yards

- Group of players
- Cones
- Large supply of balls
- Mini-goals
- Pinnies

3 v 3 to Goal Economical

Description:

To create a game situation for players to familiarize themselves with pressure situations. This will allow players to work on their individual skills, problem solving skills and creativity.

Coaching Points

- Dribbling
- Passing
- Receiving
- Attacking Support
- Ball Control

Progressions:

Field about 30 x 25 with players on either side of the half line. Coach serves ball into the field and the Blue team controls it and attacks the red player's goal. If red wins the ball, red player attempts to score on the blue goal.

A point is awarded to the player who successfully scores a goal. Attacking players can work on the triangle shape and problem solving.