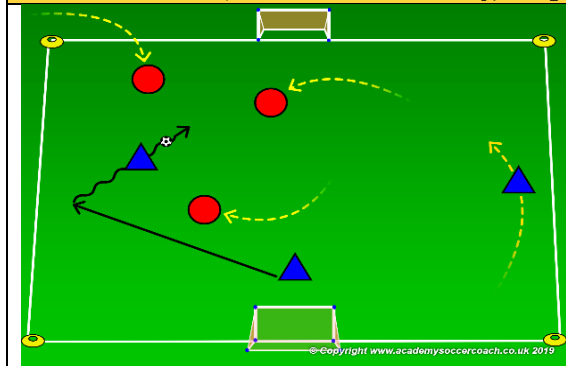
	<b>GOAL:</b>	Improve the techniques of dribbling		<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Dribble forward		<b>6U</b>
	<b>KEY QUALITIES</b>	Take initiative, be pro-active		
	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 Minutes

**1<sup>st</sup> PLAY PHASE (Intentional Free Play) – Up to 3v3 Game** **Play multiple 3-4 minute games**



**Objective:** to pass or dribble past an opponent then score goals

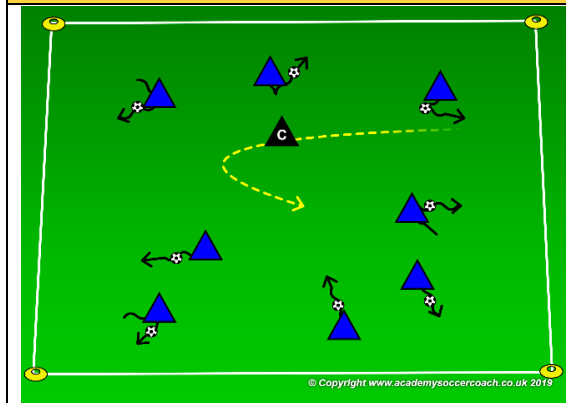
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** play forward, try a new move, beat them

**Guided Questions:** If you have the ball, which direction should you try to play? What should you do if some is defending you?

**Answers:** Play in the direction of the goal you are attacking. Try a move to go around them (show me a new move).

**PRACTICE (Activity 1): 6 Surfaces Dribbling** **8 min.-6 intervals-1 min. play-20 sec. rest**



**Objective:** to dribble and change directions with different surfaces of the feet

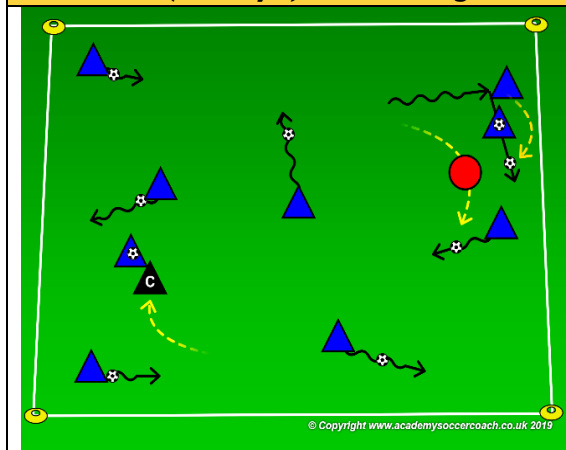
**Organization:** In a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. **Rules:** Play starts on coach's command. Players must stay within the field of play.

**Key Words:** Keep the ball rolling, which surface of the foot is next?

**Guided Questions:** What if the players cannot remember the pattern or the surfaces? How do you use the inside or outside of the foot?

**Answers:** Ask the players to say the surface they are going to use before they touch the ball with that surface. With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the outside or their big toe for the inside.

**PRACTICE (Activity 2): Freeze Tag** **8 Minutes-6 intervals-1 min. play-30 sec. rest**



**Objective:** to dribble your ball & change direction to find a target

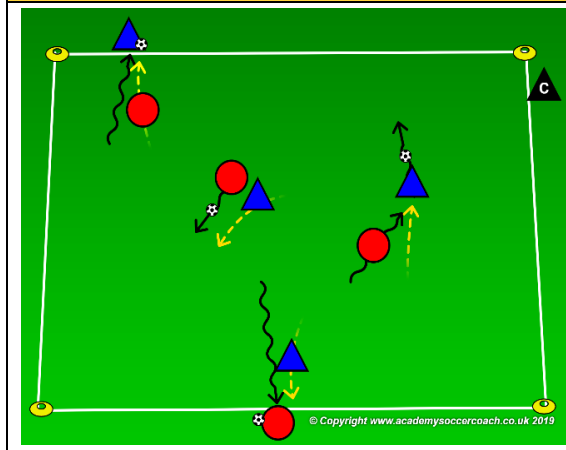
**Organization:** In a 15Wx20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. **Rules:** Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.

**Key Words:** Turn the ball, stop the ball, kick your ball through the open legs

**Guided Questions:** How do you know where the Freeze Monsters are? What do you have to do to un-freeze a teammate?

**Answers:** If you do not see a Freeze Monster in front of you, look over your shoulder to make sure they do not sneak up. Dribble close to your teammate and kick the ball through their legs.

**PRACTICE (Activity 3): 1v1 Dribbling Challenge** **7 Minutes-7 intervals-30 sec. play-30 sec. rest**



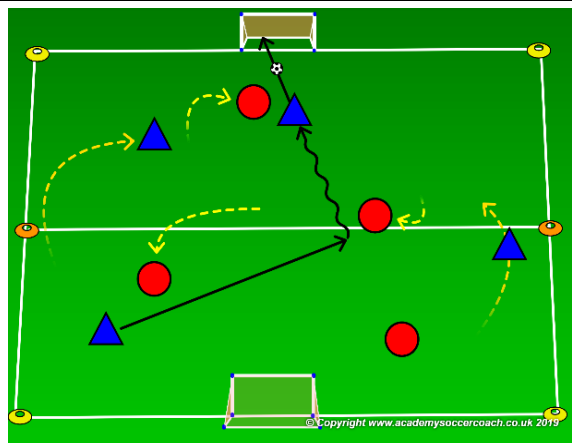
**Objective:** to dribble your ball past an opponent and stop it on the line

**Organization:** In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player attacks an end line and their partner/opponent attacks the opposite end line. All pairs play at the same time. **Rules:** play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 30 seconds. Players must stay within the grid.

**Key Words:** Dribble forward to go by your opponent. Move the ball side to side to get around them.

**Guided Questions:** Do the players understand how to score? Where should you go if you see space behind your Opponent?

**Answers:** After a quick explanation (20-30 sec. max.) have players demonstrate the activity. Use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Coach can determine to play quarters as well with a short break between. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** turn, play forward, score goals

**Guided Questions:** If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

**Answers:** Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?

