

Activity Name	Description	Diagram	Coaching Points
<p><b>1 BALL MASTER</b></p> <p>Each player should have a ball.</p>	<p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p>		<ul style="list-style-type: none"> <li>▪ Listening skills</li> <li>▪ Problem solving</li> <li>▪ Dynamic dribbling</li> </ul> <p><i>Q.:</i> How do you know where the ball is? <i>A.:</i> Look down at it.</p> <p><i>Q.:</i> How do you know where the Ball Master is? <i>A.:</i> Look up to see him or her?</p> <p><i>Q.:</i> Then if you glance up and down can you see the ball and the Ball Master? <i>A.:</i> Yes.</p>
<p><b>2 SHADOW DRIBBLE</b></p> <p>Each player has a ball and follows the coach.</p>	<p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic.</p> <p>Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p>		<ul style="list-style-type: none"> <li>▪ Dribbling &amp; movement enhancement</li> <li>▪ Decision making</li> </ul> <p><i>Q.:</i> How can you keep close to me as we dribble our soccer balls? <i>A.:</i> Take easy touches on the ball so it doesn't go far away.</p>
<p><b>3 KNEE TAG</b></p>			



In a 10 x 15 yard grid each player has a ball.

The kids dribble and try to tag others on the knee to collect a point for each tag.



- Physical fitness components
  - Dribbling & shielding skills
  - Vision
- Q.:* How do you know if someone is coming to tag you?  
*A.:* Look all around.  
*Q.:* Even over your shoulder?  
*A.:* Yes.  
*Q.:* Can you move your body so the tagger can't get your knee?  
*A.:* Yes, I can put my back to the tagger (shielding).

**4 BALLS GALORE**

Divide the players into two groups.

Play on a normal 6-U game field with goals. Play a normal 3v3 or 4v4 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.



- All techniques for the age group occur
  - Vision
  - Some teamwork
  - Lots of 1v1 situations
  - Problem solving
- Q.:* When your team is down to one ball how can you help?  
*A.:* Be near the ball to receive a pass.

**5 3 VS. 3**

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Coaching Advisor  
Lesson Plan



Topic: Dribbling

Age: 6-U

<p>2 goals 1 ball No goalkeepers</p>	<p>Play a 3-on-3 or a 4-on-4 match according to US Youth Soccer modified rules for the 6-U age group.</p>	An illustration of a soccer field with a green field and white lines. There are two goals at the ends. A coach in a pink shirt and grey pants stands at the bottom center. Several players in various colored jerseys are on the field, some with a soccer ball. There are also four red cones placed around the field.	<ul style="list-style-type: none"><li>▪ Summation of all challenges for the players.</li><li>▪ Stay out of their way and let them PLAY!</li></ul> <p><i>Q.:</i> How do you know when to shoot from your dribble? <i>A.:</i> Glance up while I'm dribbling to see the goal and then shoot when I am close to it.</p>
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Low Fives All Around – Water – Go Home