

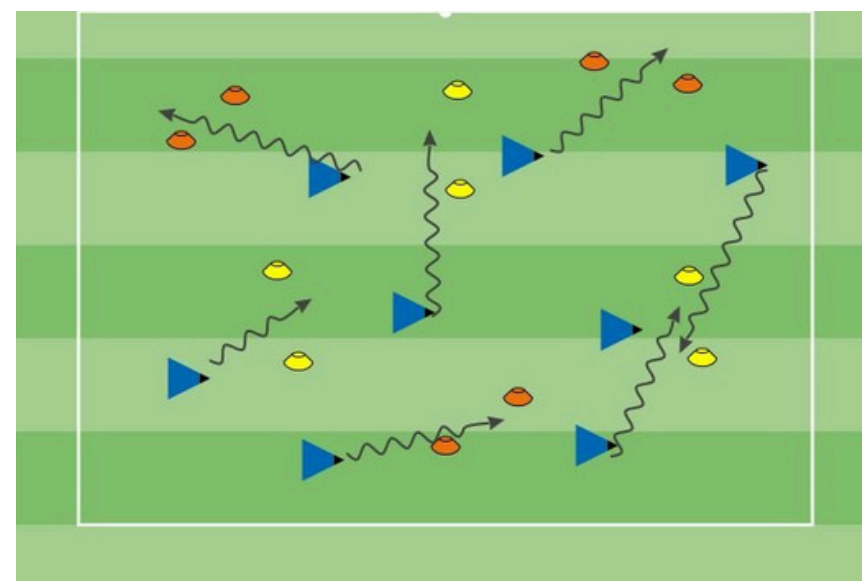
6 STEPS TO WEEK 1

Introduce Dribbling



1 START WITH PLAY!

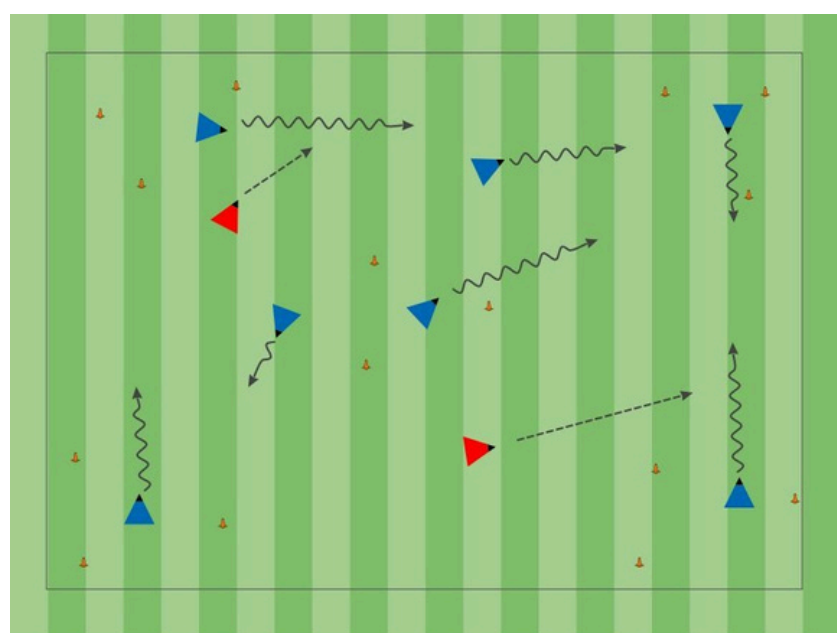
Club-wide implementation of play-practice-play methodology. Play as kids arrive. With youngest groups, they can play by themselves scoring in both goals with coach as an obstacle/defender to guide



2

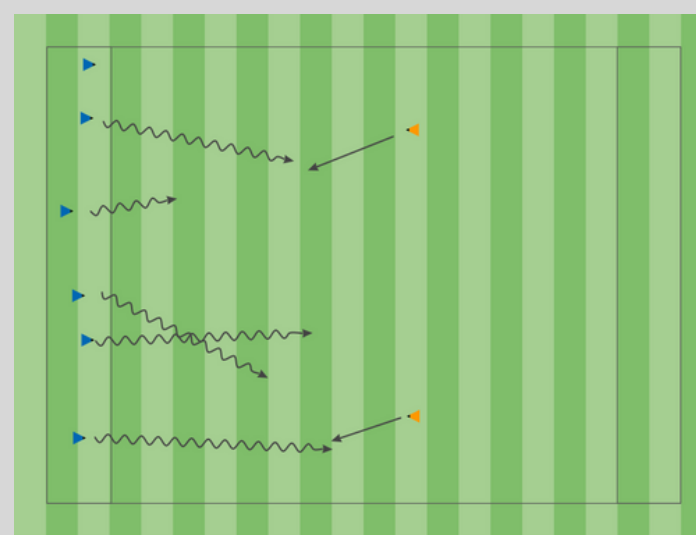
GATE KEEPER

Players each have a ball and try to dribble through as many gates as they can in ONE minute! Try to beat your previous score! Goal - Identify different parts of both feet to dribble. Have the kids identify them! Ask them, which parts of the feet can we dribble with? Let's Try It!



3 SPACE BASE!

Players each have a ball and the coach will try to win the ball. Bases are safe space. Goal is to get from one base to another without getting the ball stolen. Each successful base is a point!

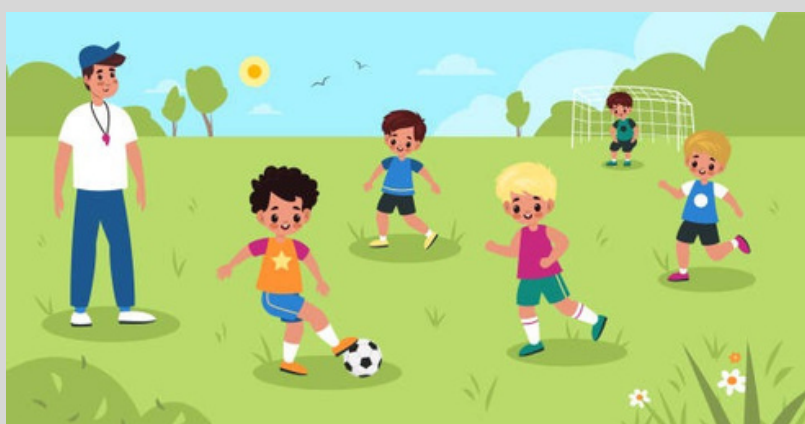


4

SHARKS AND MINNOWS... OR WHATEVER IS COOL!

Each player with a ball - Coach starts as sharks. As the coach steals a ball, player becomes a shark. End zones at the end so they have a space to stop (sole).

We will teach that it is good to steal other balls and it is OK to have your ball stolen.



5

END WITH PLAY!

Even with our youngest ages, we should start guiding 3v3 play. Guide when the ball is out. Ask: Who kicked it out? Who gets to kick it in? Let them dribble in...

Goal - If you don't have the ball, get it. If you do have the ball, dribble and score!



6

RECAP - DID WE HAVE FUN TODAY?

Some questions to ask the players today:

Did you have fun today?

Wasn't it so much fun to dribble today?

What parts of the feet can we dribble with?

Are you excited for next week?



FUNDamentals - Week 1



Dribbling

Why do we find space? Why is space important?... space is the most critical awareness we can have in soccer. It gives us time to make decisions. It keeps us away from defenders. It allows us to dribble or pass forward... or SHOOT!

In week one, players are asked to dribble with all parts of both feet to find space. We ask questions to give the players ownership of the answer and to check for understand. Sometimes kids give answers that don't work, but we like to let them try it and then explore why it didn't work. We also like to explore when to use different parts of the feet for different applications. Some questions (and answers) we ask throughout the session to get them thinking about how to find space and the technique used to get into space quickly are:

- What parts of the feet can we dribble with? (ALL)
- What part of the foot is best when we want to go fast? (laces/pinky toe)
- What parts of the foot is good in small spaces for small touches? (inside, outside, bottom/sole)
- How do we know where space is? (We have to look around/head up)
- How do we know where the defender/opponent is? (head up)
- If we want to stop the ball, what part of the foot can we use? (inside, outside, sole... sole is good for the base game)