

## U6 dribbling

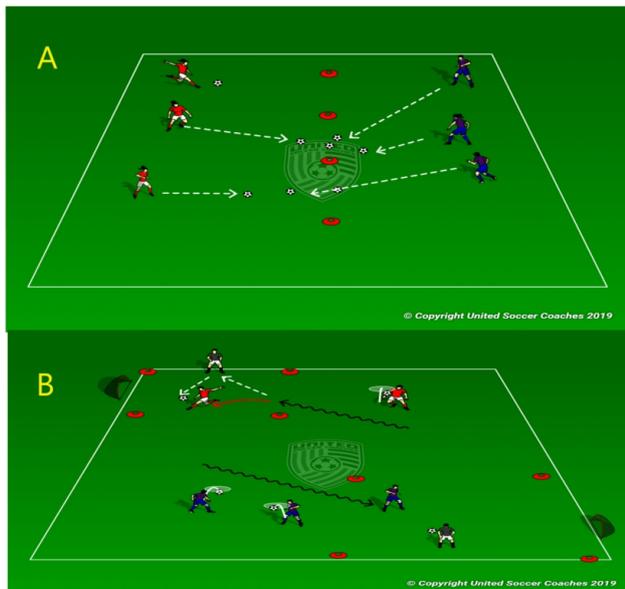
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### Comments before Training

For warmup games in U6, depending on skill coaches can use the two warmups provided here, the U5 warmups, or play various U7/8 2 v 2 games.



## U6 warmups



## Warm-up - 10 min.

In addition to U5 warmup, these two are more challenging for U6.

### PLAY PRACTICE PLAY

At U5/6, it should be all about PLAY. The focus of the warmup should be fun, but take early time in attention span to instruct on mobility, ball technique, and concepts as a group. All Warmups can be turned into a race against time or the coaches. Races are fun. After a couple of runs, challenge them to do it faster. During the games, provide 1 on 1 conversations as you see repetition of the items discussed in warmups. The warmups A, B, C, or D, naturally align with the U5 topics.

### Dribbling, Turning, Striking.

Modified from US Youth Soccer Lesson Plans (Sam Snow)

**Setup:** These are 4 warm up drills for U5 Age Group. Groups are all 8-10. Grid size 20 X 20  
**Duration:** 10-15 Min

**Objective:** Get the players moving, thinking, and ready for soccer games in a fun and engaging manner.

**A. U6 Soccer Pool.** Split a 20 X 20 box in half. Make two teams. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the 10 X 10 Grid, shrink the grid.

**Coach Points:** Discuss balance and position of non-kicking foot to be able to kick in direction of the ball. Discuss distance, too far away you'll miss, too close others will hit you when they kick. Discuss difference between kicking moving ball and standing still.

**Variation/progression:** Start at the end line and the team tries to cross the mid-line before the other team gets to their half.

**B. Juggle & Shoot:** In 20 X 20 Grid with 2 goals and two boxes. Coaches are in the boxes. Players start in open space. Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. After a few minutes of walking through the concept, players will make 3 juggle attempts, then dribble to coach, pass, get back and shoot. (This creates a reward for attempting to juggle, changes speed and variation of focus to keep them engaged.)

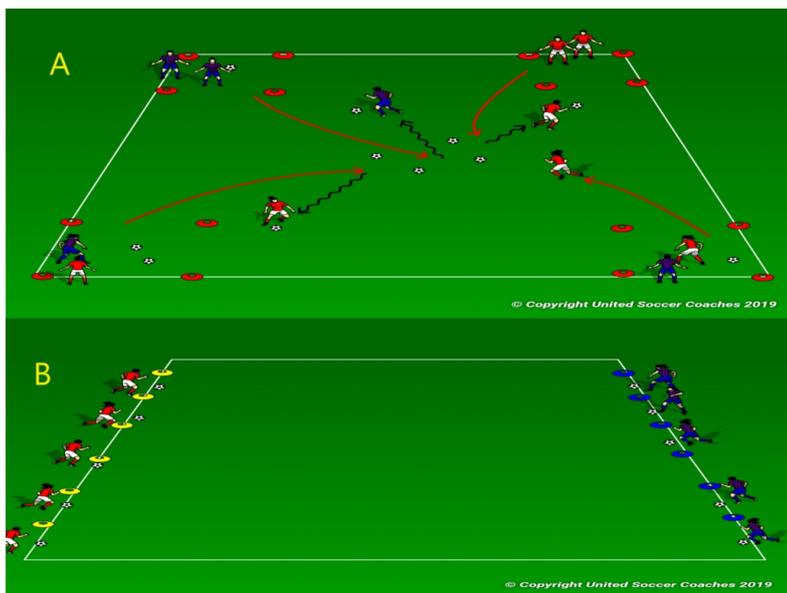
**Coach Points:** Eye-Hand Coordination Eye-Foot Coordination Timing. Discuss demonstrate, using laces and thighs to pop the ball up. Encourage trying to get multiple juggles. Highlight players that it high scores.

## U6 Dribbling

## Main phase - 15 min.

The concept of these games is to build excitement through imagination. Players are thinking about the polar bear or dragon and getting many touches dribbling fast and controlling the ball. This is guided explorations, ask questions and





prompt answers. Across the season we will use both variations, 1 per practice.

**Setup:** In 20 X 20 Grid with teams of 8-12.

**A. Steal the Ball:** Divide into 4 teams and set them in the corners of a 20 X 20 grid. All the balls are in the middle. Players run into the middle to steal a ball and bring it home. Object is to get as many balls in your home as possible. When the balls are gone from the middle, they can steal from each other. If possible send the players one at a time or in pairs. After two minutes, see who has the most balls. (best if you use extra balls which will be in the shed)

**Variations/progression:** 1st Coach then add in one or two players who steal and bring balls back to the middle.

**Coaching Points:** Discuss about ways to turn the ball around quickly. (Roll Back, Outside turn, Inside Cut). After adding center thieves discuss bigger touches when have space and smaller touches when in a crowd or thief is near by.

**B. Steal the Cones:** Divide into 2 teams on either side of the grid. Start with crossing the grid.

Without pressure to discuss dribbling with head up, keeping ball close so one can turn to avoid oncoming players. Add in race concept. Players race to other side, take one cone and return. 1st team with all of the other teams cones on their side wins.

**Variations/progression:** Put different color cones on the other edges of the grid. Now players are asked to steal one line of cones and put it on another line after dribbling across the half line. 1st Coach then add in one or two players who steal and bring balls back to the middle.

**Coaching Points:** Discuss how to get low and bend knees to quickly turn to steal the ball. Discuss about ways to turn the ball around quickly. (Roll Back, Outside turn, Inside Cut). Discuss bigger touches for speed, small touches before you shoot.

### U6Big Game



### Shot on goal - 10 min.

**Setup:** In 30 x 30 grid, with 6-8 goals. Set up 2 teams of 4-6 . Use more balls than team size to start. Eventually work down to two balls and have two 3 v3 games Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.

Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.

**Execution:** Recruit parents to stand by each goal to keep balls in play. Ensure there are more balls then players. Coaches and trainers work through the middle to pressure players and to be target for players to steal the ball.