

Week 1: Dribbling and the Field

Cutters Community Soccer U-6

Notes for Coaches

- We want each child to have as many touches on the ball as possible.
- At this age, players do not want to share the ball, so we will take advantage of that attitude ☺
- Ask players to keep their heads up while dribbling so they do not run into each other.
- Also, they will learn to use different surfaces of the foot to dribble.
- We'll spend a little time discussing and dribbling to different parts of the field ☺

9:30 - 9:35 a.m. – Gather your team on your field. Start to learn your players' names.

Between 9:35 and 9:40 a.m., we will bring the players together in groups of 4 to 6 teams for the practice portion of the morning.

9:40-9:45 a.m.

Warm Up: Coordination Activities

Dribbling activities:
Using your feet with the ball

Age group trainers, with the help of the volunteer coaches, will run the warm up activity.

Coaches: Please help players who arrive late find their teams and start participating as soon as they arrive at the fields. Also, keep the players actively engaged in the activities.

9:50 – 9:55 a.m.

Activity 1: Body Part Dribbling

Players will be randomly arranged on the field. Players should dribble their balls around the area without touching other players.

While they are moving, the trainers will call out a body part (elbow, foot, knee, stomach, etc.). The players must immediately stop the balls with that body part.

Once all players stop their balls correctly, start again. Trainers will call out different parts to surprise them and get them giggling ☺



- We will ask players to **show us** how to do something instead of telling them how to do it.
- Players practice dribbling.
- Keep head up – don't run into other players ☺
- Keep the ball close (under control), so you can stop when needed.
- Helps with coordination

9:55 – 10:00 a.m.

Activity 2: Parts of the Field

Players dribble around the field.

When coach calls out a part of the field, for example, "center circle," the players dribble quickly to that part of the field. They should stop the ball with the bottom of their foot and wait until they are told to dribble again.

At the end of the practice portion, players will dribble to the field/goal that has the bandana with their team's color.



Parts of the field:

- Touch line (a.k.a. side line)
- Goal line (a.k.a. end line)
- Goal
- Corner
- Center circle

Remind players that during the game, if a ball goes over the touch line or goal line, they need to stop to wait for a restart. The coaches will help the players understand when to use a goal kick, corner kick or kick-in.

Water Break: 10:00 a.m.

Preparing for the game: 10:05 – 10:15 a.m. Since this is the first day, take some time with your team to explain the basics of the game. Talk about the direction they will go to score goals and which goal they should defend. Tell them if the ball goes out, you will help them with a kick-in (on the sideline), goal kick or corner kick (on the end line). This week, coaches may roll the ball in for the players, if restarts become time consuming or difficult.

Game

Ends at 10:30am.

Play your scheduled game.

DO NOT place all players on the field at once, please use subs.

Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.

Play to regular goals.
3 players vs. 3 players

Use substitutes.

Games are four 8-minute quarters.
Maybe substitute players every 4 minutes.

Try to keep the game moving.

- Use this time to ask trainers questions about game tactics or substitution management, if needed.
- If the ball goes out of bounds on the sideline, use a kick-in.

			<ul style="list-style-type: none">● If the ball goes over the end line, use a goal kick or corner kick, whichever is appropriate.
Players' Homework: Practice your dribbling moves this week. Be prepared to show your coaches your favorite move next week during warm up!			