

Week 2: Dribbling and Coordination

Cutters Community Soccer U-6

Coaching Points

- 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.
- Each of these activities can be practiced at home!

9:30-9:40 a.m.

Warm Up: Coordination Activities

Ball taps, pendulums,
Roll ball underneath foot – front-to-back then side-to-side for each foot

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

Coaches: Please help players find their teams and start participating as soon as they arrive at the fields.

9:45-9:50 a.m.

Activity 1: Off to the Zoo

Players should line up on the sideline with their team.

Players move across the field imitating an animal called out by the age group trainers.

Try a variety of animals, which will change the motion from crawling to standing to flying to swimming. (elephants, snakes, lions, rabbits, monkeys, slow animals, fast ones...)



- Players practice dribbling.
- Keep head up – don't run into other players ☺
- Helps with coordination

Coaches: Please help keep your team involved in the activities. Use encouraging words and make sure they are having fun!

9:50 – 9:55 a.m.

Activity 2: Dribbling by the numbers

Have players randomly arranged on the field.

- Players should dribble their balls around the area without touching other players.
- While they are moving, call out a number.
- The players must immediately touch their ball with that many body parts.
- Then they start dribbling again.
- For example, coach says “three” – a player may choose to touch the ball with her foot, elbow and knee before she starts dribbling again.

- 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 a.m.

Activity 3: Red Light. Green Light. (modified)

Players dribble around the field. When coach calls out “Red Light” the players stop dribbling by placing the sole of their foot on top of their ball.



Other instructions:

- Green light = go
- Yellow light = go slow
- U-turn
- Race car = go fast
- Keep the ball close (under control), so you can stop quickly when needed.
- Keep your head up so you don't run into anyone ☺

Water Break & Preparing for the game: 10:00-10:05 a.m. Since this is the second day, take some time with your team to review 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 touchline/sideline), goal kick or corner kick (on the goal line). Coaches may roll the ball in for the players, if restarts become time consuming or difficult.

On goal kicks, ask each team to stand on their own half of the field for added safety and so the ball will get out of the goal area.

Game

10:05-10:30am

Play your scheduled game.

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

Play to regular goals.
3 players vs. 3 players

Use substitutes.

- Use this time to ask trainers questions about game tactics or substitution management, if needed.

	Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.	Games are four 8-minute quarters. Try to keep the game moving.	<ul style="list-style-type: none">• If the ball goes out of bounds on the touchline/sideline, use a kick-in.• If the ball goes over the goal 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!			