

Week 4: Creative Dribbling

Cutters Community Soccer U-6

Coaching Points

- We want each child to have as many touches on the ball as possible.
- Ask players to keep their heads up while dribbling so they do not run into each other.
- **Emphasize change in speed and change in direction.**

11:00 - 11:05 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Warm Up: Cutters Foundation Dribbling

Trainers will lead the players in a few dribbling moves they can practice at home. Also, we will include turns suggested by the players (good transition to next activity). *These activities will be challenging, which is ok. Encourage the players to keep trying.*

The trainers will run the initial practice activities by combining teams on several fields.

Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.

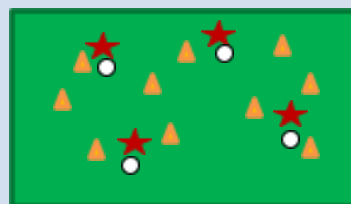
11:05 - 11:15 a.m.

Activity 1: Turning with the Ball

Purpose: To practice coordination skills with the ball, changing direction and speed.

Players dribble in the designated area and when they get to a cone, the sideline or another player, they should practice a turn to change direction (we will demo different ways to turn).

Emphasize dribbling faster after the turn to get away from a “defender.”



11:15 – 11:25 a.m.

Activity 2: The Glob

- This is a TAG game.
- Coaches and trainers will serve as “The Glob” (they are “it” – the Glob)
- Players start on one sideline
- On the trainer’s signal, players try to dribble to the other sideline without getting tagged by the Glob.
- If a player gets tagged, he/she must do 5 jumping jacks or ball touches or similar task before reentering the game. (Add variety to the tasks for fun.)



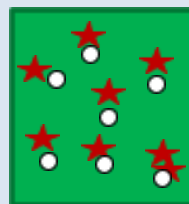
Red Stars = players
White stars= glob of coaches ☺

- Players practice moving with their heads up, looking for the Glob (opponents).
- Players will change direction, move quickly and deceptively.
- Keep head up – don’t run into other players ☺

11:25 – 11:35 a.m.

Activity 3: Freeze Tag

- All players dribble the practice field.
- Coaches and trainers are “it” – be careful not to go overboard here ☺
- Coaches and trainers tag players.
- Tagged players hold the ball over their heads and stand with feet at least shoulder width apart.
- Other players unfreeze the tagged players by passing/dribbling their ball between the frozen player’s legs.
- Once the ball goes through the frozen player’s legs, he/she begins dribbling again.
- Players should try to avoid getting tagged and look to unfreeze others.



White dots = soccer balls

- Practice dribbling, changing direction, keeping head up, deception, etc.
- Players should want to avoid getting tagged.
- **Please remind players to use the inside of their foot to pass the ball through another player’s legs – no toe balls!!**

11:35 -12pm – take a short water break before starting the game

Game

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.