


Week 5: Dribbling in a Crowd

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.

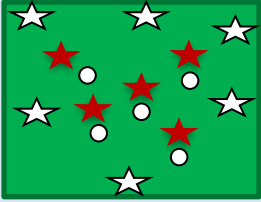
11:15 - 11:22 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Warm Up, Part 1: Cutters Foundation Dribbling	Trainers will lead the players in a few dribbling moves they can practice at home.	The trainers will run the initial practice activities by combining teams on several fields.
Warm Up, Part 2: Cross Over	<ul style="list-style-type: none"> • Have half of the players on each side of the field (use half of the field, see diagram →) • On the trainer's signal, players attempt to cross to the other side of the rectangle without touching each other. • Trainers may make the field smaller so players have to maneuver through the crowd. • The trainer may call out the color of the shirt of two or more teams to cross the field. • Trainer may ask teams to change direction as well. 	 <p>Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.</p>

11:23 – 11:30 a.m.

Activity 1: Body Part Dribbling	<p>Have players randomly arranged on the HALF of the field. The smaller area will encourage players to keep the ball close. Players should dribble their balls around the area without touching other players.</p> <p>While they are moving, call out a body part (elbow, foot, knee, stomach, etc.). The players must immediately stop the balls with that body part.</p> <p>Once all players stop their balls correctly, start again. Call out different parts to surprise them and get them giggling 😊</p>	 <ul style="list-style-type: none"> • 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
--	---	--

11:30 – 11:35 a.m.

Activity 2: School of Fish	<ul style="list-style-type: none"> • All players dribble the practice field. • Coaches are positioned in a large circle around the field. • Coaches take turns raising their hands in the air. The players are instructed to dribble toward the coach with his/her hands up. • Once all the players are near that coach, s/he puts his/her hands down and another coach raises his/hers. 	 <p>White dots = soccer balls White stars = coaches</p> <ul style="list-style-type: none"> • Keep head up to see where to go next and to avoid running into another player. • Practice dribbling, changing direction, keeping head up, etc.
-----------------------------------	--	---

11:35 -11:40 a.m. – take a short water break before starting the game

Game	<p>Play your scheduled game.</p> <p>DO NOT place all players on the field at once, please use subs.</p>	<p>Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.</p>
-------------	--	---