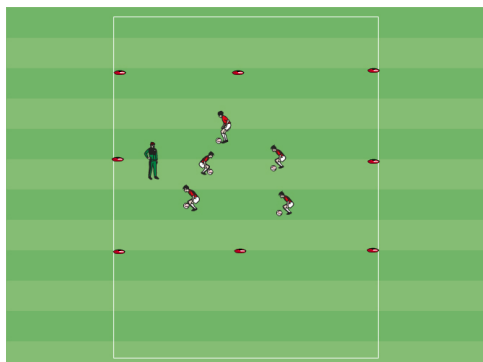


TRAINING SESSION: U6 - DRIBBLING


Objectives

Introduce coordination, balance, agility, dribbling technique

Body Parts



 **12 Players**

 **Each player needs a ball. Create a playing area with cones for players to stay inside.**

 **Intensity: 5**

 **12:00 min**
(6 x 01:00 min, 01:00 min rest)

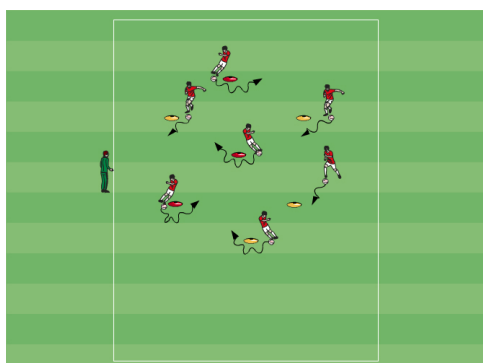
Coaching Points

Keeping the ball within reach while dribbling. Keeping the head up when dribbling. Using the inside or outside of the foot when turning a ball. Using the laces or pinky toe when running with the ball.


Description

Each player has a ball and is inside a playing area. When the coach calls out a body part, they stop the ball with the called part. Example: Coach says "knee", all players try to stop the ball with their knee. Variations: A) Call two body parts they have to use both. Example: knee, foot. They touch the ball with their knee and then

The Network



 **8 Players**

 **balls/cones**

 **Intensity: 3**

 **12:00 min**
(6 x 01:00 min, 01:00 min rest)

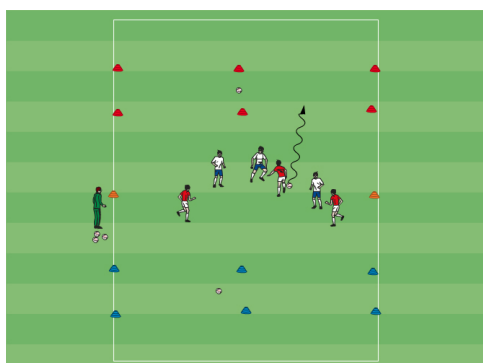
Coaching Points

Running with the ball using pinky toe or laces. Turning the ball with the inside or outside of the foot.


Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball.

Small-sided game to an end zone (first to three) 2v2-4v4



 **10 Players**

 **Cones, minimum of three soccer balls per field.**

 **Intensity: 7**

 **00:12 min**
(6 x 01:00 min, 01:00 min rest)

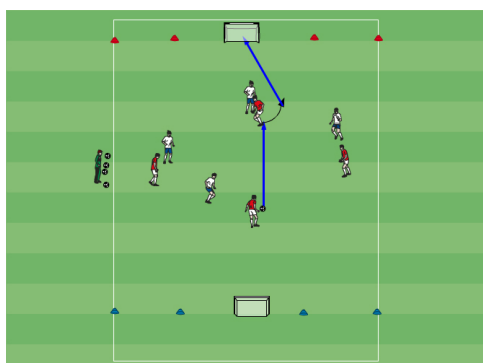
Coaching Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.

Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.

Small-sided game: More To Score



 **12 Players**

 **Balls, cones, small goals**

 **Intensity: 7**

 **00:12 min**
(4 x 02:00 min, 01:00 min rest)

Coaching Points

Technical application of dribbling, passing, receiving/redirecting, shooting. Attacking principles

Description

Two teams of equal numbers. Set up a small field with goals on each end. Normal game rules. The team, however, that gets more players to score in the small-sided game wins. Example: If a team in red has three players score goals and the team in white has only 2 players score then red wins.